

Promoting Emotional Health and Well-being Through Process Art

Art is a perfect way to help support children's well-being and emotional health.

Process art is art where the end product is not the main focus. The process of making is the most important part. It is a way to create without being inhibited or worried that the end product isn't just right! It is imaginative and experimental, and nothing that is produced is wrong. Often the end results are magnificent pieces of art in their own right! Process art stimulates children and gives them the opportunity to respond imaginatively and enthusiastically to the given resources.

Below is a process art activity for you to do at home – most of these activities are suitable for all ages and all abilities, so if you have children at home from different year groups you could choose just one of the activities sent out to do..... I bet lots of you end up doing more as they are so enjoyable!

LKS2 Process Art Activity

Stick Process Art

Resources:

A stick

AND

Paint – one or more colours

AND

Wool/string/ribbons/cut up fabric – one or more types/colours

** If you have pom poms, beads, coloured tapes etc. you might want to give them the option of using these too!

Get the children to pick a stick – you might tie this activity in after going on a walk and stick hunt!! Give the children paint and brushes (it is up to you how many paints etc. you use). Give the children some things that they can wrap around the sticks.

Get them to decorate the sticks – some might choose to paint; some might just wrap the sticks others may choose a combination. Remember there is no right or wrong way to going about this activity, the children will explore and learn to make choices and problem solve themselves.

I think it would make a great hanger for another piece of artwork!



