

Emotional Well-being

Purpose:

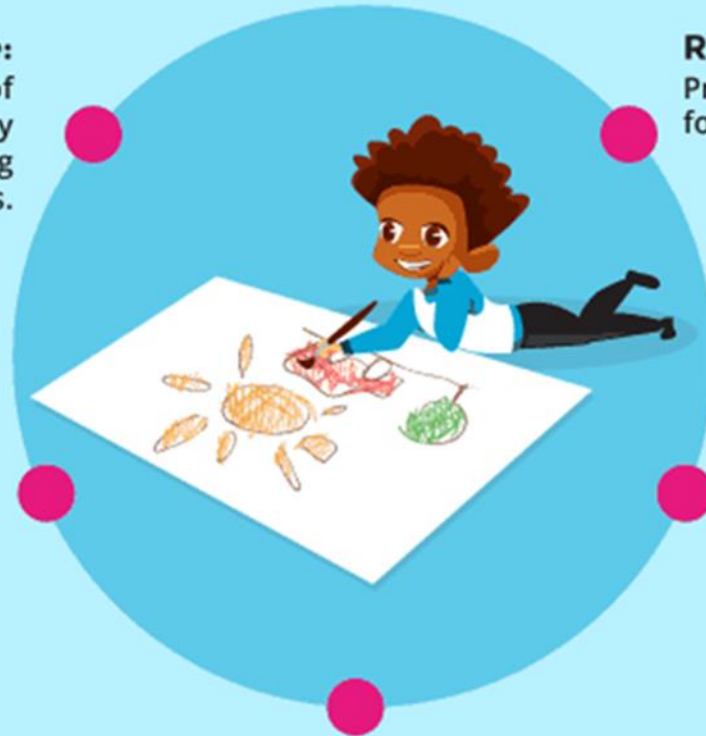
Art gives kids a sense of purpose, especially if they struggle with learning difficulties or social issues.

Relaxation:

Practicing art can be like a form of meditation.

Bonding Opportunity:

Arts and crafts can provide an opportunity to spend time together as a family.



May Discover Lifelong Passion:

Kids may go on to become artists and professional craftspeople.

Reduces Anxiety and Depression:

Arts and crafts can help people unwind and feel happier and calmer.

Identity and Personality

Confidence Boost:

Art can become a respite for kids who need to be good at something.

Promotes Self-expression:

Children express themselves through decisions about their art medium.



Perseverance:

Students learn not to give up; to keep working at their medium.

Teaches Patience:

The process of creating arts and crafts often requires patience.

Emotional Intelligence:

Kids learn to process and express emotions through art.

Exploration and Healthy Risk Taking:

Kids are free to experiment during arts and crafts.

Encourages Reflection:

Arts and crafts are useful for quiet time and much-needed introspection.

Life and Social Skills

Teamwork:

Art gives kids common ground with peers or adults who might not share the same interests.

Conflict Resolution:

Kids learn to welcome different points of view.

Ability to Follow Directions:
Craft projects teach kids to follow direction—a useful skill.

Handling Criticism:

Art helps children accept and use criticism constructively.

Sense of Responsibility:
Group arts and crafts help children learn to take responsibility.

Improves Behavior:

“At-risk” kids may find art empowering and may be motivated to change.

Improved Social skills:
Art groups can be a great place for kids to make friends.

Cultural Exposure:

Art can help children understand the world around them



Boosts Brain Power

Higher IQs:

The relationship is still being studied, but there seems to be a link between intelligence and creativity.

Creativity and Craftsmanship:

Kids learn originality and innovation, as they practice being creative earlier in life.

Problem-solving Skills:

Making decisions while creating art carries over into other parts of life.

Imagination:

Even older children can benefit from escaping into their imaginations through art.

Visual Learning:

Looking at art can help a child interpret, criticize, and process what they see.

Improves Concentration:

Crafting may help less attentive kids improve their focus.



Academic Performance



Grades

The many benefits of practicing art, when applied to other subjects can improve grades.



Kids with Learning Difficulties

Kids with ADHD, dyslexia often benefit from art as a learning tool.



School Attendance

The arts may make school more exciting for kids and improve attendance.



Reduced Dropout Rate

Students who take arts in school and out, often demonstrate lower dropout rates.

Language Development



Language Skills

When kids describe what they have created, they expand their vocabulary.



Comprehension Skills

Reading directions or playing picture games may build comprehension skills.



Literacy

Art can help develop reading, listening, and speaking skills, making kids more literate.

Improves Motor Skills



Gross Motor Skills

Painting, drawing, and crafts encourage neural connections that improve gross motor skills.



Fine Motor Skills

Drawing, cutting with scissors, finger painting, and origami all build fine motor skills.



Hand-eye Coordination

Playing with shapes, tracing, and even coloring within lines, help hand-eye coordination