

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.

EYFS Process Art Activity

Resources:

Heart shaped piece of paper or card – coloured, plain or cut from a box!

A variety of small torn up/cut pieces of old wrapping paper, tissue paper, magazine pages, bits of fabric – any scraps of coloured paper and card – a lot of packaging contains colours so you might want to look in your recycling!

Scissors and glue,

Give the children the range of materials and ask them to fill the heart – some will cover every part of it, others will leave spaces – it is entirely up to them!



When your child has completed the activity please upload to Google Classroom for me to see. It is always interesting to see how children respond to process art, when you attach your photo if you could give me a quick summary of whether your child enjoyed it and how they engaged in it. This would be useful when planning new process art activities. **Thank you.**

Some examples to help you...

My child was ... Calm, excited, frustrated, well-motivated, enthusiastic, lost, didn't know where to start etc.

My child enjoyed the freedom this activity gave.

My child struggled with the fact that they didn't know what the 'end product' would look like.

My child loved the activity and spent a long time exploring the resources.

My child found this really tricky, they struggled to get going and needed lots of encouragement.

My child spent ... minutes on the activity.

The length of time a child spends on the activity will be different for each child, so try to allow them as much time as they want to explore and use the resources – they will know when they have finished!!!

