

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!

KS1 Process Art Activity

Kitchen tool Process Art

Resources:

A range of kitchen tools – forks, spoons, potato masher, spatula, cookie cutters, rolling pin (you may want to cover this in tin foil or bubble wrap to protect it!) etc.
PLEASE DO NOT USE ITEMS THAT MAY BE SHARP such as knives, pizza cutters etc.

AND

Paper/Card – the larger the better. Newspaper and cut up cardboard boxes work well too!

AND

Washable paint – you could choose as few or many colours as you like.

Give the children either a large piece of paper/Card, a few different kitchen tools, some paint and allow them to explore! Remember there is no right or wrong in how the children go about this activity or what they produce.

It is fun! Have a go yourself!



