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!

UKS2 Process Art Activity

String Process Art

Resources:

Some pieces of string/wool/thread

AND

Paint – one or more colours

AND

Paper

Get the children to explore and create with the paint and the string!







