

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!

EYFS Process Art Activity

Vehicle/Animal Process Art

Resources:

A range of washable toy vehicles – cars, tractors, lorries etc.

or

A range of washable toy animals/dinosaurs.

AND

Watered down mud from the garden and either a concrete area or large paper/packing box cards etc.

or

Washable paint and large paper

Simply give the children either a large piece of paper/marked out concrete area, a few different vehicles/animals, some paint/mud 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!

