



## Expressive Arts Background

### What are the expressive arts?

Expressive arts utilize the creative process to promote emotional growth, healing, and forms of expression. The expressive arts include a wide range of art forms including visual, dance/movement, music, drama/theater, and writing/poetry.

### Process vs. Product:

Artistic ability is not required to use the expressive arts or benefit from them. The expressive arts focus on the **process** of creating, rather than the artistic outcomes, or products, of the activities.

### What are the benefits?

Expressive art allows people of all ages to express themselves and their ideas in a variety of ways without necessarily having to find the words to describe how they are feeling or what they are thinking. Participating in the expressive arts can positively affect function, mood, cognition and behavior. Other benefits include:

- Helping lower anxiety and stress
- Advancing social skills
- Strengthening relationships
- Regulating behaviors
- Improving self-awareness and self-esteem

### Children and expressive arts:

The expressive arts help spark imagination and creativity, as well as, positively impact mindset, interpretation of surroundings, and emotional state. Having the express arts gives them a safe and healthy place to express a wide variety of emotions. The expressive arts are a great tool for coping, and can have positive effects on a child's social, cognitive, emotional, and physical development.



Passport to the World  
**Colors of the Pandemic: Art Directive**

**Objectives:**

Using pictures and color, you will create an image that portrays your thoughts, feelings, and experiences you are having throughout the pandemic.

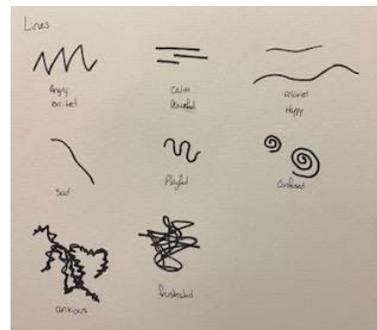
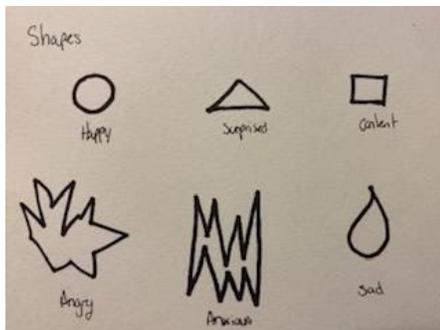
**Materials:**

- Paper
- Coloring tools (markers, crayons, colored pencils, watercolor, etc.)

**Procedure:**

1. **Acknowledge:** it is okay to let ourselves feel different things or be unsure of how you are feeling. We all process experiences differently. Think about spending time at home when many places were initially shut down, when the way we interacted with each other started to change. How do these changes make you feel? Are they upsetting, boring, or relaxing? What does this time look like for you?
2. **Recognize:** different colors can represent different feelings and we all may make different connections to different colors. Some people may look at blue and see it as a sad color, others may think of a blue happy sky. Red could mean angry or maybe red feels warm and activating.
3. **Connect:** if your feelings were a color, shape, or line what would they look like? Are they bright or dark? Sharp or fuzzy? Smooth? Big or small? Is there more than one?

*(Examples of shapes and lines connected to feelings)*



4. **Create:** an image that fills the entire paper, using the colors, shapes, and lines you imagine your feelings to be. This can be representational (depicts person/place/thing) or non-representational (does not depict person/place/thing).