

The WONDER CABINET WISDOM

Social-Emotional Development - The Art Studio

Through art experiences, children practice taking perspectives, cooperating, and sharing. They also learn how to appropriately express their emotions and gain independence.

Ways to support your child's social-emotional development:

- * **Let your child choose their art materials:** Making choices within the structure of an activity helps children develop initiative and self-confidence.
- * **Encourage your child to express themselves through art:** Remember to emphasize the process of making art, rather than the finished product.
- * **Show interest in what your child is creating:** Encourage your child to talk about their artwork by asking questions like, "Tell me about your picture," or "What about your painting do you like best?"
- * **Model problem-solving skills:** Children can get frustrated if their artwork does not turn out the way they envision. Help them think of ways to try things differently by asking questions like, "I wonder what would happen if we tried...?" or "How could we use this piece of?"



Why is this important?

Art encourages children to engage in self-directed learning, an essential life skill that helps nurture a desire for lifelong learning. You can help develop this skill by praising your child's efforts, rather than their abilities. For example, say "I noticed you figured out how to..." versus, "You are so smart." This helps children learn to feel comfortable making mistakes, taking risks, and trying new things.

Adapted from *Mind in the Making: The Seven Essential Life Skills Every Child Needs* by Dr. Ellen Galinsky
www.mindinthemaking.org

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