

A Natural Way of Healing for Children: Art

"Art has the role in education of helping children become like themselves instead of more like everyone else."

Sydney Gurewitz Clemens

The Healing Power of Art

Art is one of the methods used for healing in many cultures since ancient times. Artworks as a statement of creativity and imagination are expressions of our feelings and thoughts. Since its existence, the art works, which have arisen primarily as a result of the need for self-healing, have been observed to bring society together against common and binding difficulties, reconcile emotional conflicts, increase awareness, enable development of social skills, manage behaviors, direct reality and contribute to problem solving.

While actively dealing and producing in any branch of art takes us away from the stress of daily life, it also creates an opportunity to listen to our own inner voice. Whatever our interests are in music, painting, photography, ceramics, model making, gardening or similar, it enables us to get away from the outside world and do something for ourselves, to take a break and discharge to relieve the tiredness and tension of the day. We can turn cooking, sewing and various handicrafts into an art. All efforts enable us to know ourselves better. Whatever we do, when we concentrate our attention and focus on what we do, we don't think about anything else and focus only on the moment. At this point, the healing power of art emerges. Art is a field where we can easily reveal our inner world and express ourselves clearly. If we release our emotions and thoughts, we will realize that we are hearing our inner voices more, that we are relieved of worries and anxieties and relaxed.

One of the most powerful features that distinguishes art from other methods as a healing method is that it enables people to handle challenging life events in their lives in a less disturbing and gentle way by inserting a material between. For this reason, art therapy methods can be practiced comfortably with many mental difficulties at

various levels that occur in different trauma situations such as loss, mourning, war, natural disaster, including the pandemic that is currently in progress. In addition, it can be said that art is an important tool for children and adults who experience these processes to reduce the intense emotions they feel in the face of the events they experience. The book [I Never Saw Another Butterfly](#), which consists of poems and pictures of children staying in concentration camps during World War II, and [Messages to Ground Zero](#), which consists of pictures, poems, stories and letters prepared to express the feelings of children living in America after the September 11 events, appear as two different works that can be examples for this situation.

The Benefits of Art for Children

Art has a supportive role in the development of creative skills, coping with challenging emotions / experiences and expressiveness for children and adolescents of all abilities. The utility of art does not depend on our skill or talent, nor is it related to the resulting artistic product. Because the utility of art is the process itself.

Children and young people trying to find, understand and form their identity can greatly benefit from art that helps them understand and express their ideas, perspectives, and feelings. In addition, it can be said that art is a power that supports the emergence of other talents such as the production of ideas that will create change and find solutions to problems on an individual and social basis.

In addition to its effects on social and emotional development, the effect of artistic activities on cognitive development cannot be denied. Physiologically, the human brain consists of 2 parts, the left and right hemispheres. The left hemisphere is used in logical thinking and analytical processes. The right hemisphere is used in emotional perception, intuition, and creativity. It is the right hemisphere that is most commonly used when a person engages in creative endeavors such as making art. When a person engages in artistic activities, by stimulating and activating the right hemisphere of the brain, it strengthens the connection between the hemispheres so that their cognitive skills mature. The right hemisphere develops like the left hemisphere and both hemispheres can work together to achieve the full potential of the mind.

Besides the physiological effects, some of the other benefits of exposing children to the arts include:

- ★ Your child learns to observe, identify, analyze and interpret.
- ★ Your child learns to express their feelings with or without words.
- ★ Help your child gain problem-solving, critical thinking skills, dance, music, theater and art-making skills, and knowledge in the language and vocabulary of the arts.
- ★ Your child discovers that there are more than one right view and multiple points of view.
- ★ Art introduces children to world cultures.
- ★ Art helps the child develop self-confidence skills. Because there is no single right way to make art, every child can be proud of their original artistic work.

Artworks You Can Do At Home With Family

Artistic activities, which are particularly useful for managing stressful times, help both our children and us stay calm, produce something, and develop our creativity and imagination in the home environment.

Creativity cannot be learned, but can be developed when appropriate conditions are created. An aphorism of Picasso on this subject is as follows: “Every child is an artist. The problem is how to remain an artist once we grow up.”

We have compiled some activity ideas for you to make the most of the day by doing fun activities for a quality and enjoyable family while we are at our homes:

- You can exercise as a family by finding an exercise video that can be done at home on the internet.
- You can follow yoga and exercise videos suitable for children. This family activity will also be physically beneficial for your child while developing your relational connection.
- You can shoot a short film inside the house by writing a small script with the children. This activity contributes to children's creativity and supports their empathy and

emotional expression skills.

- You can make and decorate cookies together.
- You can support him to create his own box game.
- Together you can write a story using your imagination.
- You can do handcrafted activities, such as sewing, making mock-ups.
- You can try to paint a wooden item or furniture together.
- You can grow plants. Planting seedlings and watching their development every day will be really rewarding, but also educational.
- You can organize a themed movie night.
- You can organize a Karaoke night.
- You can make a collage that “describes yourself” by using old newspapers and magazines available at home.
- You can draw a picture of a family forest by working as a family on a large picture paper. You can also do this work in a way that everyone puts together individual drawings by gluing them to a common picture paper.

Contributions of Different Branches of Art to The Development of Children

MUSIC

Music, which has a very important place in our lives, is a very important transfer tool in a cultural and artistic sense. Music, which is among the many different methods used for centuries to prevent and treat mental disorders, performs its therapeutic function while reducing tension by providing emotional ejaculation and relaxation of the child.

Music contributes to the language development of the child in preschool, primarily through singing and rhymes. It also appears to have a positive effect on reading ability. In many studies, it is stated that music education significantly contributes to children's reading levels and correct vocalization of letters. The positive effect of music education

is manifested in learning and creativity, as well as reading.

A specific program can be created to introduce the child to music in order to develop his / her interest in music. For example, listening to music instead of watching TV at home with a child from time to time, like going to different concerts. Ensuring the transition to sleep with classical music before sleep facilitates sleep, as well as provides the development of musical interest in the child. But while doing all this, it is important to explore children, determine which type of music they are more interested in, and whether they have an ear for music. Children can be guided by their interests and encouraged to play a musical instrument.

PAINTING

Painting is an expression and character activity. The child reflects his inner world through painting, which is a simple means of expression. Children could express their feelings and thoughts. The painting helps the child's small novelization, hand-eye coordination, motor and cognitive development. It contributes indirectly to some courses, such as geometry. In Child Development, painting education is at least as important as other processes of Education. In the process of painting, design, application, the child acquires the ability to "think with the eye" in a short time. By drawing, painting, editing and building, the child creates a meaningful whole from objects and images that do not make much sense in the singular around it.

In this process, the child uses, interprets and formats the active selection preference. It is important for the parent to prepare the appropriate environment for the child, encourage them to use different materials and direct them to activities appropriate to the age level.

CINEMA

Psychology and cinema are two areas where the methods of work and the products they reveal are different, but basically try to understand and explain a person. In addition to having a pleasant time, movies give them an opportunity to look at their own lives from the outside. For this reason, many people begin to find characters that are familiar to them from real life in the film that they start watching, knowing that it is a figment of imagination. And he makes notes of his own reality through their story.

Family movie viewing activities are usually pleasant, relaxing, peaceful for children and strengthen the communication and ties between the family. Conversations about stories, characters, and events during and/or after the Film will help children raise awareness of and think about different emotions and situations.

“What character would you like to be in? How do you think that character could have felt here? What would you do/feel/say if you were him? How else could the character behave so that things don't end like this? If you were to change a part of the movie, where would it be and how would you change it? How would the movie end if you wrote the end of the movie? Do you know anyone who looks like the characters here? What's your favorite part of the movie, why? questions like " can make it easier for you to chat about the movie.

It also includes *the names of the characters, their profession, the city or country in which they live, a special place in the film, etc.* A mini quiz or attention-memory game with questions about where it is, if any, or other information highlighted in the film can be a fun event.

Our adult film recommendations, which focus on family child relationships, and our movie recommendations, which you can watch with children, sorted by age group, can be found at the links below:

[Movies for Parents](#) (*Films focusing on family-child relationships were selected.*)

[Movies for Childrens](#)

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