

HOW TO CONNECT TO KIDS THROUGH CREATIVITY

FOR RIVER'S EDGE COUNSELLING CENTRE BY LISA HARDY



MY GROUND



MY WORLDVIEW

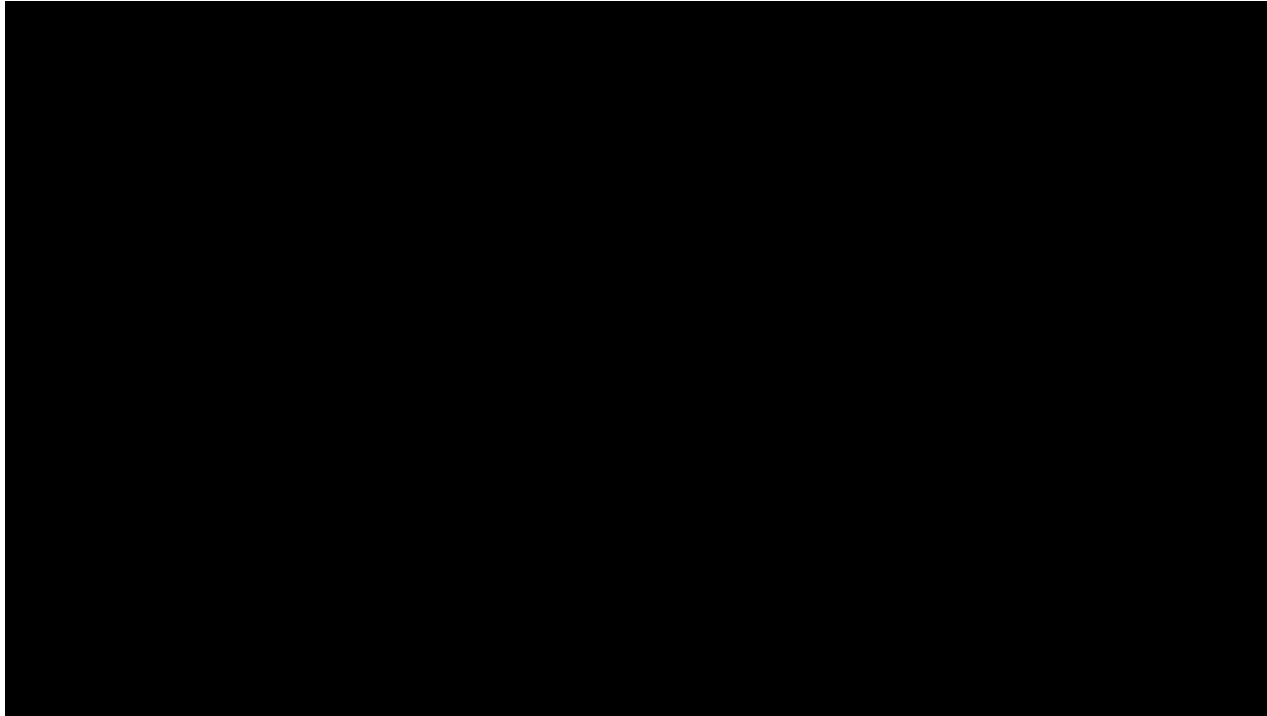


STIMULATING CREATIVITY WITH YOUNG CHILDREN IS...

- Social, Spiritual, Emotional, Physical, Cognitive, Developmental, Necessary, Healthy...
- In a word WHOLE.
- Standing out of the way.
- Free Play.
- Unhurried.
- Sensory-this makes it foundational to learning. “Cellular Learning”. Embodied.(Doiranne O’Connor et al). *Creativity Theorists* 😊
- Joyful/Happy/Pleasurable/Fun – Pleasure factor (Ann Bamford and Catherine Burke).
- Greatest at ages 3-5 “Golden age of creativity” Janice Lloyd.
- Jean Marzollo – if not engaged in at these stages – something fundamental is lost.



CREATIVITY AND BRAIN DEVELOPMENT



<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>

CREATIVITY AND BRAIN DEVELOPMENT: PHYSICAL

When child care providers offer art activities, they are supporting children's large and small muscle development, as well as their eye-hand coordination. Using crayons, markers, and paintbrushes helps children practice the fine motor control.

DO: make contained messes

by use painting tape paint standing, sitting on the floor, outside.

Invite kids to drive small cars through paint.

Play the squiggle game.

Finger and foot painting, spatter, and clay.

Express through the bodies.

Multimedia

Intermodal

Follow curiosity-taking apart engines.

Don't:

Tell them to be still and quiet.

Always stay inside

Use the same media.

Colour inside the lines...



CREATIVITY AND BRAIN DEVELOPMENT: SOCIAL

When children work together in the art area, they learn to share, to interact with others, to be responsible for cleanup, and to put materials away. Secure attachment with caregiver.

Eg. Family identity with mobile, belonging.

Do:

Mirror child's expression (serve and return).

Use I don't know as opportunity to listen together.

Empower them-you do know.

Enter into their way of seeing-attunement.

Give choices

Celebrate and Performance

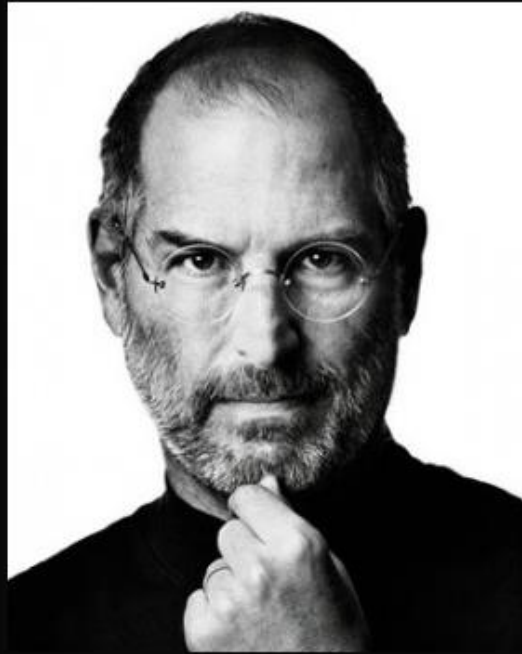
Don't:

Praise or criticize.

Create representational images.

Quickly put band aides on...





Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things.

(Steve Jobs)

izaquotes.com

CREATIVITY AND BRAIN DEVELOPMENT: COGNITIVE-PERCEPTION -LEFT AND RIGHT BRAIN INTEGRATION

Identifying colors, discovering new colors by mixing, problem solving, WHOLE play,
language development, hold polarity:

e.g.: picking berries and making a pie and inviting a friend. Clay cities. Mandela's
for focusing

Do:

What do you see?

How can we do that?

Ask more questions?

Listen

Reward risk and ingenuity.

Learn from your kids.

Don't:

Solve their challenges.

Emphases mistakes, what we focus on grows...

Listen:

**In the silence between there is music; In
the spaces between there is story.**

Pay attention:

We are listening each other into being.

Sally Atkins

CREATIVITY AND BRAIN DEVELOPMENT: EMOTIONAL AND SPIRITUAL DEVELOPMENT

Being creative is emotionally expressive. Then, helps kids to identify emotions. Value their uniqueness, encourage authenticity. Self discovery, self knowledge, Wholeness. Value them and there purpose. Faith/confidence filled and optimistic.

Individuality matters.

Healing

Do:

Reflect what you observe - eg: anger

Provide material

Be creative yourself with kids as source

Leave space for mystery

Be receptive-Dr. Brian Eagleman

Develop rituals.

Keep organic material around.

Be inspired-filled with spirit

Don't:

Become the "expert"

Be in a hurry.



CREATIVITY AND BRAIN DEVELOPMENT: IMAGINATION AND EXPERIMENTATION:

For young children magic is real and there is no line between the emotional and physical reality. Play is unity and wholeness, source of resilience and renewal. Truth based and connects to intuition and higher self.

Jungian image, Eg: keep finger puppets on the kitchen table and let story happen.

Collage material, vision board,
dress up box, hat collection. story of Mexican survivor

Do:

Encourage Potions

Allow things to be taken apart and wrecked (Jackson Pollack)

“Don’t be afraid to wreck it as work of art has a life of its self”

Treat creations with respect.

Get out of the way.

Don’t:

**Be too pragmatic
or dismissive.**

“If you can dream it
you can do it”

– Walt Disney

Loro



RISKS OF CREATIVE ENGAGEMENT

- Break rules.
- Make messes.
- Make mistakes.
- Lose control e.g: outcome? Product? Process focus makes us PRESENT.
- Get surprised.
- Increase sensitivity.
- Spirited children - might grow up to get tattoos and piercings...



EVERY DAY, DO AT LEAST ONE
FRIGHTENING THING THAT
CONTRIBUTES TO THE
FULFILLMENT OF YOUR DESIRES.

MARTHA BECK

RISKS OF NOT ENGAGING

- Losing something precious
- Kids that are less fulfilled and purpose-full and maybe less authentic and resilient.
- Maybe more anxiety and depression.
- Lack of vision-individuals and society.
- Less meaningful life (?)
- Less options to individuals and world's problems.
- Loss something fundamentally human(?)
- Other things??

http://www.ted.com/talks/ken_robinson_says_schools_kill_creativity

BENEFITS

- Cultivate Aliveness.
- Healthy happy resilient securely attached kids.
- Whole life experience: see big picture-Quilt
- Connection to inspiration, compassion,
- Meaningfulness-existential.
- Inclusive, Peace.
- Parenting that is Productive, Progressive, Positive, Purpose-full.
- Joyful engagement with life : interesting and new.
- Pursuit of what is true, beautiful, and good. Ease with what is not.
- Wellspring of Wellbeing.
- Kids with fortitude, confidence, independence and interdependence



Your turn to be creative!
It's a question??

{HOW TO}
inspire creativity
IN YOUR CHILDREN

AVIRTUOUSWOMAN.ORG



OTHER IDEAS:

- Live music, art shows, galleries, dance concerts...
- Multi-cultural learning opportunities.
- Explore diverse ecumenical spiritual traditions.
- Make books and stories interactive.
- Ask lots of questions.
- Be ok with mystery.
- Volunteer as a family.
- Garden and cook together and with mindfulness
- Build forts and have picnics.
- Go outside.
- Do “projects”.
- Weave.
- Frame their creations.
- Use brown paper for wrapping paper and then paint, sponge, colour, use nature prints on it...or better yet make it a family collaboration.
- Do the same with cards.
- Your ideas>>>

CREATIVITY THEORISTS SAY....

1. Free and child directed (child's will). Children make choices. Support in choices.
2. Fun, Pleasure, Sense of Enjoyment. Makes receptivity to learning being enjoyable.
3. Of the senses so as to create foundation, go deep and become embodied. Sense. Taste, aroma, touch. Creates creative sensitivity, ground. Stimulates Brain development. Story of Don Cholis-Wellbriety Movement.
4. Incorporation of an element of risk into children's play activities. Risky play contributes to an evolving ability not only to take risks but to exercise good judgment within risk taking.
5. Unhurried.

Doiranne O'Connor From
"Creativity in Early Adulthood".



ON CHILDREN BY *KAHLIL GIBRAN*

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not

You may give them your love but not your thought

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.

You may strive to be like them,

but seek not to make them like you.

For life goes not backward nor tarries with yesterday

You are the bows from which your children
as living arrows are sent forth.

The archer sees the mark upon the path of the infinite,
and He bends you with His might
that His arrows may go swift and far.

Let your bending in the archer's hand be for gladness;
For even as He loves the arrow that flies,
so He loves also the bow that is stable.

