



BENEFITS OF ARTS TO KIDS:

Physiologically, the human brain consists of 2 parts, the left and the right hemisphere. The left brain is used in logical thinking and analytical processes. This is typically what is trained in school work that consists of math, reading and science. The right brain is used in emotional perception, intuition and creativity. It is the right brain that is mainly used when a person is involved in creative endeavors such as making art. It is this part of the brain that typical school environment neglects to train.

It is shown that when gifted kids solve problems in their areas of giftedness, there is increased electrical activity in both hemispheres. It appears that for the brain to be efficient, the two hemispheres of the brains must work together. By stimulating and exercising the right hemisphere of the brain, the arts strengthen the connection between the hemispheres. Kids should be exposed to the arts as their cognitive skills mature so that their right brain will be as developed as the left, and both hemispheres work in tandem, thus achieving the full potential of the mind.

Children naturally love art – painting, drawing, making music, the theater. Unfortunately, when schools cut back on budgets, the arts are usually the first to go. It seems that schools do not appreciate the importance of art in building a kid's brain.

Hand-Eye Coordination: Art projects often require kids to use their fine motor skills to complete tasks. Holding a narrow paint brush, cutting with scissors and sculpting clay are a few examples of art activities that use fine motor skills and hand-eye coordination. By participating in open-ended art projects, the kids get a chance to practice those skills without being judged on the outcome. The more often they practice the fine motor skills, the more improved they become. The improved fine motor control carries over to other situations that require hand-eye coordination and other precise movements.

Creativity: Art education is a creative opportunity for kids, Some children may not have access to art supplies or creative activities at home. By offering art education in the school system, all children get a chance to stimulate their imaginations, as well as their cognitive and problem-solving skills. After, they have to think through how they are going to make their imagined creations real. These problem-solving skills enable them to think creatively in other situations, which can boost their academic results.

Concentration: The enjoyable nature of art projects engages most students. Because they enjoy the artwork, they are better able to concentrate on the task, sticking with it from beginning to end. Finishing the project gives the kids a sense of accomplishment, which can be particularly empowering for kids who have struggled in other areas of school.

Self-Expression: Most subjects in the educational system are based on facts, with correct and incorrect answers. Art education offers a more open approach and celebrates the differences in finished products. Kids learn that there is more than one way to complete the art project. They are able to express themselves and their emotions through the artwork. Students also have the opportunity to interpret other artwork, either from classmates or in famous works of art.

Risk-Taking: The open-ended nature of art education also allows kids to take more risks in their projects. Because there is flexibility in the outcome, kids don't feel as much pressure as they create. They know that the finished product will be accepted even if it doesn't look exactly like all of the others. This can help kids build a sense of confidence that may carry over to other areas.

Imagination, Cognitive skills, Problem solving, Social skills, Fine Motor Skills, Sense of time and place, Listening, Tolerance, Uniqueness, and more...

Aside from the physiological effects, we also list other benefits of exposing children to art:

- Your kid learns to think creatively, with an open mind
- Your kid learns to observe and describe, analyze and interpret
- Your kid learns to express feelings, with or without words.
- Your kid practices problem-solving skills, critical-thinking skills, dance, music, theater and art-making skills, language and vocabulary of the arts
- Your kid discovers that there is more than one right answer, multiple points of view
- School can be fun – playing can be learning
- Your kid learns to collaborate with other children and with adults
- Arts introduce children to cultures from around the world
- Your kid can blossom and excel in the arts. Even with physical, emotional or learning challenges can experience success in the arts.
- Arts build confidence. Because there is not just one right way to make art, every child can feel pride in his or her original artistic creations.
- Arts build community. Schools with a variety of differences can celebrate the arts as one community.

The following are tips to make the arts a part of your kid's development:

- Always make arts and crafts supply available and accessible to your kid - paper, pencil, crayons, etc.
- Celebrate your child's artwork – hang their drawings on the wall or save it in a folder. That way, your child feels that her creation is important.
- Read books – Ask the librarian at your school or public library to suggest books about artists and the arts.
- Notice the arts all around you – take your family to museums, concerts, or theater. Notice the art even in the parks, subways, and open spaces. Start a conversation about what you see.
- Enjoy the arts at home – share your artistic skills and interests with your kid. Find out what your kids love about the art.
- If possible, remind your kid's school authorities about the importance of art in her education.
- If your kid shows great interest, enroll her in arts class.

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