

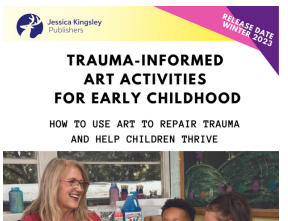


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## Trauma-Informed Art Activities for Early Childhood

by Anna Reyner, MA / Publishers release date: Winter 2023



# how to be an ARTS ADVOCATE

engage the power of process art  
to help children thrive

### Look with Curiosity

Noticing is more powerful than praise. Children feel your attention even when you don't say anything.

### Think Process Not Product

When you look at art think about the process or what the child did to make it that way.

### Choose Your Words

Avoid empty praise. No more "what a pretty picture". Ask open-ended questions to learn about the child.

### Educate Parents

When you educate caregivers on the value of art, they may do more art at home and everyone wins.

### Use Art for Calm & Release

Use art to help children regulate their energy levels. Offer both fine motor calming arts and gross motor expressive arts. Learn the difference.

### Model Self Regulation

Pause when agitated. Model how to label & respond to emotions by thinking out louds as you self-regulate

## True art can make teachers' lives easier & children's lives better.

When you view art as a language, not a decoration, you engage the powerful role art can play in children's mental health and well-being. Shifting focus away from the art product and onto the art process is an important first step in providing trauma-informed art.

Allowing children to create, express, and explore artistically promotes a healthy environment for the whole class.

