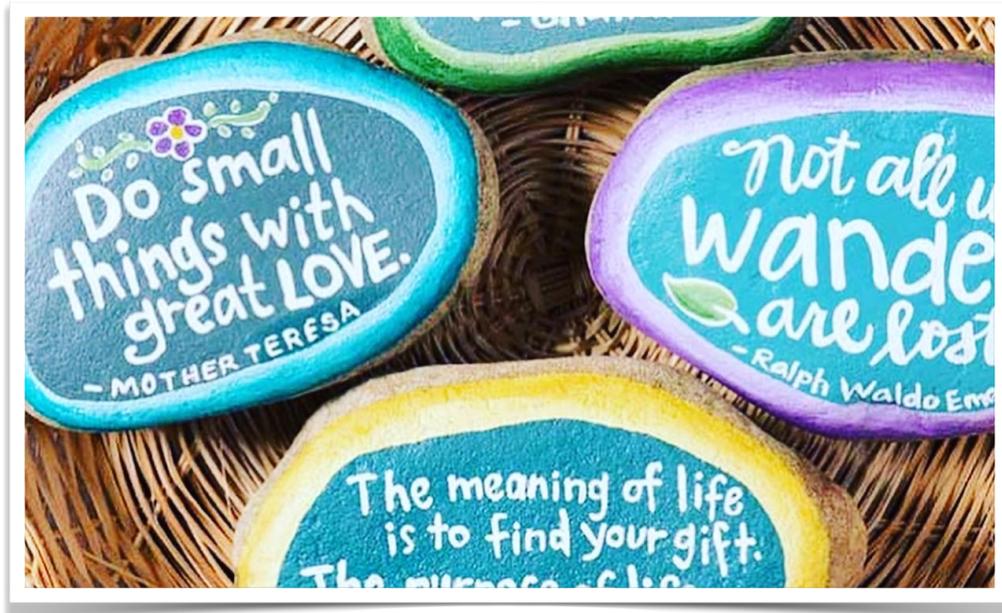


Teach These Children

Fivefold enrichment



Enjoying the Creative Process

Maintaining outlets for creativity- which is an extension of play, is important, especially as the demands of school and work increase. At school, Art and Music class may tend to be more product-centered. Home based activities provide time and flexibility to soak in the importance of the process.

If you have younger children you will have no trouble asking them to have a dance party, play dolls or build something. Take note of whether your child likes to “set up” first, or how frequently they stop play to ask you to “do it like this”. This will give you a good sense of their ability to let loose, get creative and go with the flow. If you are used to following a more rigid schedule this may be tricky for both you and your child. It may seem pointless to dance around the kitchen singing your favorite songs or making up a dance move. How about mud pies in the rain? While this may seem contrived at first, try it for a few Tuesdays and watch it become easier.

TIPS

If you have an older child and you find them asking “why are we doing this” push past it- it only means it’s a discomfort worth working through. If it’s tough for you to let loose, make it a family goal to relax and get creative more often!

TUESDAY

Child’s belief about self...

I am balanced

Family supports development of...

Toolset

Focus area: Play and Creativity

GOAL

Look for ways to facilitate enjoyment in the process of play and creativity as opposed to completing a project, game or activity.

LEVEL

1