

Fine Motor Control

- Holding a brush builds the small muscles and precise movements in their hands, fingers and wrists.

Gross Motor Skills

- Painting exercises the large arm muscles in connection with hand movements.

Hand – Eye Coordination

- Control of the brush and focus on the space between the brush and paper.

Calming Skills

Cause and effect

- Mix colours
- Fill a blank space with colour

WHAT AM I LEARNING WHILE I PAINT?

Decision Making

- What colours to use
- What to paint
- What tools to use (brush or hands)

Language Development

- Ask open ended questions and have conversations – what would you like to paint, tell me about your painting, etc.

Self-Esteem and Self-Confidence

- There is no right or wrong way to paint, focus is on the process not the final product, they have full control over where the painting begins and when it is complete

Creative Expression

- a blank canvas waiting for a story

Stress Relief