



# 8 Ways Art Helps Your Child Succeed

NH ART STUDIOS

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# 8 Ways Art Helps Your Child Succeed

Art and drawing can change the outcome of your children's success or failure at school and affect their future careers!

In this series we will look at the importance in drawing and practising art on a daily basis to help your child reach their full potential!

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# Art Develops Motor Skills

## **Gross Motor Skills**

Gross motor skills are the movements of the large muscles of the arms, legs and torso.

Having well developed large muscles will aid your child in better balance and coordination with their nervous system.

Art activities that use the large muscles like painting, drawing, crafts and scribbling encourage connections between the brain and these muscles.

*Some Art Ideas to try:*

*Painting Murals, chalk drawing on the road, pottery or dough/air dry clay, large box constructions etc.*

## **Fine motor Skills**

These skills involve the smaller muscles in the finger and hands. Doing exercises to strengthen these muscles will help with writing, ordinary everyday life skills such as tying shoe laces, using scissors etc will all contribute to a confident and independent young learner.

*Art activities like:*

*Clay, scissors, drawing, finger painting all contribute to improving fine motor skills.*

## **Hand-eye Coordination**

Our eyes guide our hands to complete any task successfully.

*Activities like:*

*Tracing, connecting dots, colouring in the lines, sewing all help to improve hand eye coordination.*



# Art Develops Language

Different types of art can help children develop their vocabulary and communication skills.

## ***Language skills***

Art gives children the opportunity to increase their vocabulary as they talk about shapes, colours and discuss their process. They can interpret their creation and come up with their own story about their art piece. When children look at a picture they can describe what they see and learn to put their thoughts into words.

## ***Comprehension***

Arts and crafts can help children make sense of and understand the world around them. Reading and following instructions, or figuring out how to do an activity builds their comprehension skills.

## ***Literacy***

Art contributes to development of writing, reading, listening and speaking skills making your child more literate and school ready. Giving them the confidence to succeed at school. Encourage your little one to read stories and interpret the illustrations or express themselves through music, dance or drama.



# Art Boosts Brain Power

Art can help our brains develop in many ways. These include:

## ***Higher IQ's***

Ongoing studies seem to show that there is a relationship between creativity and higher IQs. Though this relationship is still under investigation. [Study](#)

## ***Art can improve problem solving and critical thinking skills***

If two children approached the same problem their creative process will differ. When creating children learn to think constructively about what they are doing and work out solutions to achieve their goal. They will also learn what works and what does not work and the more they practise it the more efficient they become at those skills.

## ***Visual Learning***

Children learn to interpret, criticise and process what they see when they view art. These skills are applied in many aspects of their daily lives such as enjoying and understanding a picture book or reading. Children often want to see how something is done before attempting to do it themselves.

## ***Art improves creativity and individual craftsmanship***

Children learn to make and innovate when they practice and create. They learn to be original from a young age. Art allows them to express themselves in the art medium they choose and prefer.

## ***Imagination***

Art in any form encourages a child to use their imagination. Using art to create a new world can foster their well-being and mental health. Looking at and interpreting art can also grow their imagination as they create their own stories about what they see.

## ***Improved Concentration***

Art often leads to an end product. Following steps or a process to complete their art piece can help a child focus and concentrate. This is especially the case if it's something that interests them.

**8 Ways Art Helps Your Child Succeed**

**Art Boosts Brain Power**

- Higher IQ's**  
On going studies seem to show that there is a link between intelligence and creativity
- Visual Learning**  
Looking at art can help a child interpret, criticize, and process what they see
- Problem Solving Skills**  
Creating art involves decision making, which flows into all other areas of life.
- Concentration**  
Creating art may help children improve their focus
- Imagination**  
Children benefit from the escape into their imaginations through art.
- Creativity**  
Children become more innovative and can create originality the more they practice art.

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The infographic features a central illustration of a young boy with orange hair, wearing a purple and white striped tank top and pants, standing with his arms at his sides. Above his head is a small yellow lightbulb with a brain inside it, symbolizing ideas and thought. The background is a collage of various colors and textures, including pink, orange, and green, with some abstract shapes. The text is arranged in a grid-like fashion around the central illustration, with each benefit in a white box with a black border. The overall design is clean and modern, with a focus on the benefits of art for children.



# Art Develops World and Cultural Awareness

Arts and crafts can cultivate an awareness in children of different cultures and traditions from around the world. It helps the child process and understand that not everyone has the same beliefs as them and is a great way to show that we all matter equally and each of us is valuable as an individual .

It can be a great tool for children to accept those who are different from them, as well as a method in preventing bullying. It is a fun way to engage and learn to understand differences.

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# **Art Develops Life and Social Skills**

Life can be tough sometimes, and anything that helps a kid develop skills which benefit them in their journey is essential. Some of these can be provided by art, and include:

## ***Teamwork and collaboration***

Art gives kids a chance to connect with their peers or adults who might not share the same interests as them. Talking about art or working together to create something that provides common ground teaches children collaboration and how to work in a team.

## ***Ability to follow directions***

Arts can often have specific instructions to complete a project. Being able to follow directions is a useful skill all throughout life.

## ***Improved social skills***

Joining an art group, or even just collaborating on an art project in school, helps kids communicate. It's also a great way for them to expand their social circle and make new friends.

## ***A sense of responsibility***

Participating in arts or crafts as part of a group can help children develop a sense of responsibility. They might have their own piece of the project to look after and know that they are crucial to its successful completion.

## ***Ability to resolve conflicts***

Art can help children understand there is more than one way of looking at something. It will help them express points of view and work out solutions that are beneficial to everyone. Conflict can be seen as a chance to learn and grow.

## ***Handling criticism***

Although there is no right or wrong with art, constructive criticism is a way that can help children accept there is another point of view. This may be someone assessing their art, or them looking at the art created by others.



## ***Improving behaviour***

Participating in various arts might help children who are “at risk” to find motivation. It could improve their behaviour as they learn to express themselves in healthy, productive ways, and take pride in their accomplishments.



### **8 Ways Art Helps Your Child Succeed**

## **Art Develops Life and Social Skills**

- Team work**  
Gives a common ground to both peers and adults who may not share interests.
- Follows instructions**  
Arts and crafts teaches children to follow instructions- useful in everyday activities
- Responsibility**  
Group projects teach children to become more responsible
- Social Skills**  
Art groups can be a great place to make new friends
- Cultural exposure**  
Art helps children understand the world around them
- Behavior**  
Art can help at risk children feel more empowered and may be motivated to change.
- Criticism and Conflict**  
Art helps children welcome different points of view and uses criticism constructively



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# Art Improves Academic Performance

## ***Influence on general school performance***

Academics can be influenced by the arts, it may not make your child better at other subjects such as maths or science however all the added benefits art provides can help a child achieve their goals in other areas of their life.

## ***Art can reach students with different learning styles***

Kids might not learn in the same way as other children when it comes to core subjects. Art can allow children, even those with learning difficulties, to match the performance of their peers, building self-esteem and confidence, because art is subjective and doesn't follow set rules and expectations.

## ***Art Fosters regular school attendance***

When kids have art as part of their schooling, it becomes more fun to attend. Learning becomes more exciting and they are less likely to avoid school and they become more excited about learning.

## ***Art Reduces school dropout rate***

Students who take part in the arts, whether in school or outside at a club, have a much lower chance to drop out of school than those who don't.



# **Art Develops Identity and Personality**

## ***Confidence boosting***

When you praise your child's achievements you help them gain a sense of self-worth. Art, however, teaches them self-respect and can be a respite for children. Feedback from peers, and learning to accept as well as give criticism, helps build self-esteem.

## ***Teaches perseverance***

Whether it's visual arts, music, dance, or theatre, art can help a child stick to something and see it through to the end.

## ***Teaches patience***

Waiting can be challenging for children. It could be something as simple as waiting for glue to dry before moving to the next step. Learning to hold back teaches them the value of patience.

## ***Emotional intelligence***

The highs and lows that a child experiences when creating can help them control their own emotions and be empathetic with others. It can also help them express their emotions and build healthy relationships with others.

## ***Encourages reflection and introspection***

Life is busy, even for children. There's school, after-school clubs, sports, and more. Arts and creating are a way of getting children to have some quiet time and give them a chance to think.

### ***Promotes self-expression***

Art can give a kid an outlet to express themselves. Whether it's choosing what colour to use on a painting or which fabric to pick when crafting.

### ***Allows for exploration and healthy risk-taking***

Experimenting during arts is a great way for children to learn what works and what doesn't. Maybe they decided to paint something a particular colour and it didn't work and now know to change it next time. Seeing as there's no right or wrong, they learn from what they might see as mistakes.



**8 Ways Art Helps Your Child Succeed**

**Art Develops Identity and Personality**

- Confidence Boost**  
Art can become a respite for kids who need to be good at something
- Perseverance**  
Children learn not to give up and keep on practicing in their medium
- Self-Expression**  
Children can express themselves through their choices when creating art
- Teaches Patience**  
Learning to hold back teaches children the value of patience.
- Explorations and healthy risk taking**  
Kids have freedom to experiment during art
- Reflection**  
Art allows for quiet time and much needed introspection
- Emotional Intelligence**  
Children learn to process and express emotions through art

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# Art Develops Emotional Well-Being

## ***Gives a sense of purpose***

Practising arts can make children more enthusiastic about other aspects of their lives. Opening up new avenues for them to explore and allowing children to realise they are not limited to only one subject or idea, and can excel in other areas of life.

## ***Bonding opportunity***

Children form friendships and connect with their peers through art, but it can also be used as a tool to bond with family. Taking some time out with your kids while painting, crafting, or doing any other type of art, gives you valuable family time.

## ***Reduces stress, anxiety, and depression***

Arts of all kinds can help people feel happier and calmer. The effects of creating art can last into the next day, so encourage your kids to learn a craft and do it after school.

## ***Relaxation***

Taking time out to concentrate on nothing else apart from creating what's in front of you can be a great way to relax. It can distract kids from the ups and downs of everyday life and it can act as a form of meditation .

## ***May discover a lifelong passion***

Children who love art can go on to become professionals in one of the fields they choose. This could be music, dance, or visual arts and crafts. Or they may apply these skills into a profession that requires creative leaders and thinkers! Art does not only affect your current position in life but may even affect your child's professional career in their future,







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