



### **Expression**

**Situation:** Something happened at school or a friends house. Your child is sullen, perhaps sad or angry and does not want to talk about it with you.

**Solution:**

Go Express Yourself!

Set up some art supplies, writing stuff or even music making supplies. Do not set up a set activity, simply get out crayons, etc. and let them decide. Tell your child it's a great time for "expression" and then leave your child alone for a bit.

Art is a magical way to get out of our heads and into our hearts. It also lets us express ourselves in a way that spoken words sometimes cannot, especially for a child with a limited vocabulary. Art also gives the child something productive to do, which helps them feel more in control, like they are working on the issue. Often times simply doing art helps to work it all out!

But, if your child completes project and goes to show you, this is the perfect time to ask him/her about the art project, and then the problem that is bothering them. Simply let them express themselves. Do not try to fix it. Listen only.

Teaching children they can come to their own insights by using art, writing or music tools not only fosters creativity, but self-confidence, self-esteem and a feeling of control over their own emotional processes.

And while the child is drawing in one room, grab some crayons and go color yourself in another room! Don't try to draw perfectly, grab a coloring book and go to town.

After all children are not the only ones who need to express themselves!