

TIPS

Unhindered creativity



In today's world of strictness and discipline, children face the pressure to meet various expectations and are often limited to their devices for any sort of recreation. However, to motivate children into exercising their creativity, interacting with the outdoors and giving them a break from their hectic routines, weekend group activities can be organised such that children are able to socialise, be artistic and also have fun.

FINGER PAINTING

For the longest time, finger painting has been the messiest and yet the most fun creative activity for children. It allows the children to get hands-on with their work and promotes sensory integration. The activity might require a lot of precautions to minimise the cleaning and washing afterwards, however, this is a small price to pay as for the benefits — improvement of

fine motor developmental, strengthening of finger and hand muscles, development of social skills, communication skills, and language skills (sharing paint pots, taking turns, working together etc. especially, in groups) and expression as therapeutic act without using words.

The children can let loose and break out of the monotony of school life by dipping their fingers into the paints and creating their own masterpieces, maybe even painting their own faces and clothes too.

OIL PASTEL PAINTING

Oil pastels have always been a familiar object for children and are perfect for them. Oil pastels are easy to use, such that there is no difficulty getting the colours on paper. Indeed, such an easy application of colours does encourage white walls and clothes being smothered with colours, but the opportunity

for children to explore their artistic potential is essential for mental growth and acts as a form of therapy. Giving them a big canvas to colour on allows them to artistically express themselves without any boundaries.

THE BACK AND FORTH DRAWING GAME

The game involves the next person to build off of the previous person's drawing. It encourages socialisation and interaction between children. Not only does it stimulate their creative thinking, adaptability and spontaneity but also promotes creative instantaneity. It is a fun and creative way to connect!

NATURE SUNCATCHERS

A suncatcher or light catcher is a small, reflective glass hung indoors at windows to 'catch the light' from any close by source. Making flower or leaf suncatchers is a great craft to get children to engage

with their own individuality. The game allows them to personalise an object and later decorate their own space with their creation. Furthermore, today being the day of technology and video games, this activity encourages children to go on nature walks, interact with their surroundings and even be exposed to outdoor playing.

Today's little ones lead a rather tough and stressful life. Using the creative arts and crafts as a form of therapy, expression and play allows these youngsters to socialise, learn and have a good, fruitful and recreational break which is worth every bit of the after-party cleaning and necessary for their mental wellbeing.

By Puja Sarkar
Photo: Syed Abdullah Johi
Model: Shehran

Surf excel

dirt is good

TOP LOAD

Surf excel MATIC

Quick Wash

FRONT LOAD

Surf excel MATIC

UNILEVER

ADCCOMM 2020