

# ART & SELF-EXPRESSION

Self expression is reflection of our emotions & thought process.

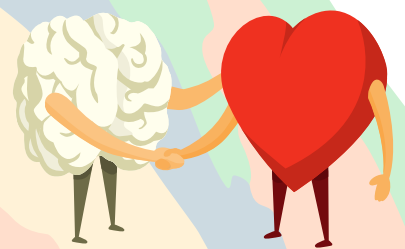
Emotions are also a source of our creative energy.

Art helps to channel these emotions positively.



## Encourage Creative Thinking

Art allows you to create, design, generate, and compose new ideas



## Increase Emotional Intelligence

Art gives you outlet for your emotions, reduces anxiety, provides calmness and increases empathy



## Impart Exploration & Joy of Discovering

Art allows you to think freely, experiment with different mediums and discover about yourself



## Boost Confidence

When you share your creation with others, it helps you learn to accept criticism and praise from others.

## Enhance problem solving skills

Art builds reasoning and understanding which help you to solve problems in other areas too.



## Types of Art Activities

Drawing  
Painting  
Expressive Writing  
Singing  
Dancing  
Sculpting  
& more.....



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