

Draw A Picture Or Write In A Journal

Why should I have my child do it:

- Provides children with an outlet for their feelings and emotions, including anger, frustration, sadness, grief, etc.
- Provides children an opportunity to self-reflect and think about problems and solutions
- Allows children time to cool down and work through what they are feeling
- It is non destructive
- It is quiet
- It requires few resources to implement
- Allows children time to be alone
- Gives children with poor verbal skills a way to better and more easily express themselves
- Makes children feel validated

When should I do it:

- When a child's emotions/feelings appear to be escalating
- Children should journal or draw before and after a stressful or emotionally difficult time or event
- You may have children journal or draw regularly as part of your routine to ensure children have at least one opportunity to express and get feelings and emotions out on a regular basis, perhaps daily or weekly

How do I do it:

- Ideally, you may have children journal or draw at a specific location in the room where they know they can be quiet or alone but it can be done anywhere 😊
- Children should be given the choice to share and explain what they drew or journaled
- You may provide children with a bound tablet of paper or staple some paper together to make a journal or drawing tablet
- Have children keep their journals and drawings in a safe place
- Give children a timer or other method to limit the duration of the journaling or drawing period if you think they need a timed boundary
- You could give children a coloring page with shapes to color in
- You may suggest topics, subjects, or themes for them to write or draw about
- Try having kids draw or write to music (Try different types of music that they may not normally listen to.)
- Check out the resources and support below if desired

Resources & Support for technique:

(Link to helpful external websites)

- [The Purpose of Arts Education](#)
- [Art Therapy And Children](#)
- [How to Teach Children to Express Themselves With Art](#)
- [Benefits of the Arts in Kindergarten](#)
- [Creative Therapies](#)
- [Drawing To Music](#)
- [Journaling Tips, Strategies, And Topics: Journaling Resources For Teachers K-12](#)
- [Printable Drawing Pages and More at ColoringPage.org](#)
- [Arts And Crafts Activities for Kids: Drawing Ideas](#)