



how to be an ARTS ADVOCATE

engage the power of process art
to help children thrive

Look with Curiosity

Noticing is more powerful than praise. Children feel your attention even when you don't say anything.

Think Process Not Product

When you look at art think about the process or what the child did to make it that way.

Choose Your Words

Avoid empty praise. No more "what a pretty picture". Ask open-ended questions to learn about the child.

Educate Parents

When you educate caregivers on the value of art, they may do more art at home and everyone wins.

Use Art for Calm & Release

Use art to help children regulate their energy levels. Offer both fine motor calming arts and gross motor expressive arts. Learn the difference.

Model Self Regulation

Pause when agitated. Model how to label & respond to emotions by thinking out louds as you self-regulate

True art can make teachers' lives easier & children's lives better.

When you view art as a language, not a decoration, you engage the powerful role art can play in children's mental health and well-being. Shifting focus away from the art product and onto the art process is an important first step in providing trauma informed art.



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