USING ART TO MANAGE BIG FEELINGS

Teaching with CLASS Podcast

Season 5 Episode 1

Guest: Lanika Flores

This resource explores how art can be a powerful tool for expression and connection in the classroom, supporting children's social-emotional development and well-being. Lenika Flores, an experienced early childhood educator, shares insights and practical tips for educators interested in incorporating art into their classrooms.

+ The Power Of Art:

Art can transform children's view of the world, allowing them to express their thoughts, feelings, and experiences in meaningful ways.

+ Setting The Stage:

Create a supportive environment for art exploration by offering a variety of materials and allowing children to choose their own. Connect art activities to real-life experiences to make them more meaningful for children.

+ Managing Behaviors:

Focus on building positive relationships with children, setting clear but minimal rules, and providing autonomy and respect in the art-making process. This approach helps children feel safe and empowered to express themselves.

+ Linking Art and Feelings:

Art can be a valuable tool for teaching children emotional intelligence. It provides a nonverbal way for children to express and explore their emotions, even when they struggle to articulate them verbally.

+ Teacher Self-Care:

Educators play a vital role in supporting children's art experiences, but it's also important for educators to take care of themselves. Acknowledge and address feelings of stress or burnout, and prioritize self-care to support your students best.

Art offers a unique opportunity for children to explore, create, and express themselves in ways that can have a profound impact on their development. By embracing art in the classroom, educators can create a more engaging and enriching learning environment that supports children's emotional growth and well-being.

To listen to this episode and read the transcript, visit
ihttps://info.teachstone.com/blog/what-to-know-about-class-and-children-with-disabilities

TEACHING with CLASS™   CLASS LEARNING COMMUNITY   TEACHSTONE®