



“Creating art expands a child’s ability to interact with the world around them, and provides a new set of skills for self-expression and communication. -- Art matters the same way language matters...or the way breathing matters! It is a fundamental component of what makes us uniquely human.”

MaryAnn F. Kohl

## Facilitator Information and Guidelines for Artwork for Hope

Dear Instructor,

To inspire many ways of expressing hope through art, a list of ideas has been provided for your classroom and students. By offering different modes of creativity, each child will be empowered to choose from their favorite form of artistic expression and truly make it their own vision of hope! Art allows children the means to express themselves if or when they may have difficulty communicating with words alone.

If you have your own idea for an art project that inspires hope that is wonderful. Positive artwork cultivates feelings of joy, confidence, and creativity. Research has shown that when creating something in a positive way, individuals experience a greater improvement in mood.<sup>i</sup> There is an incredible wealth of information supporting the use of art in education and also as a means to promote mental health and well-being. According to MaryAnn F. Kohl, in her article, *The Importance of Art in a Child’s Development*, it is stated:

“Creating art expands a child’s ability to interact with the world around them, and provides a new set of skills for self-expression and communication. Not only does art help to develop the right side of the brain, it also cultivates important skills that benefit a child’s development. But art goes far beyond the tangible statistics measured by studies; it can become a pivotal mode of uninhibited self-expression and amazement for a child. Art matters the same way language matters...or the way breathing matters! It is a fundamental component of what makes us uniquely human.”

“Art fosters positive mental health by allowing a child to show individual uniqueness as well as success and accomplishment, all part of a positive self-concept.”<sup>ii</sup>

Here are some ways to honor and share classroom and student creativity:

1. Encourage students to share their projects with each other and with the class.
2. Display their artwork in the school hallway or have an Art Fair for Hope.
3. Invite families to participate in an **open house or Artwork for Hope Night**.

**Have fun, be inspired, and share Hope!**

## Artwork for Hope

### Ten Creative Ways to Visually Express Hope

Draw what you think Hope looks like. What do you picture in your mind when you think of Hope?

Create a cartoon about Hope. Who are the characters? Where are they? What would they like to share about hope?

Write a poem about Hope.

Create a Hope Recipe. What ingredients would you add if you were making a recipe of Hope?

Hope Fashion...if you were to wear Hope what do you think it would look like? What color, size, or material would it be?

Write a song about Hope. Use instruments if you would like to add music. What would your song sound like?

7. Create your own Hope Collage. Use photos, magazine clippings, or drawings.

8. Paint a Sunflower of Hope or have students paint a classroom field of sunflowers. What is their sunflowers message of hope?

9. Turn your classroom Hope sunflower into a piece of art. Add Hope Quotes, messages, poems, etc. to the seeds, stem, leaves, and petals.

10. Make up your own Hope commercial. What would your message be for your audience? If you were selling hope, how would you convince someone to buy it?

---

<sup>i</sup> Dalebroux, Anne; Goldstein, Thalia R.; Winner, Ellen (2008). Short-term mood repair through art-making: Positive emotion is more effective than venting. <https://www2.bc.edu/~winner/pdf/shorttermoodrepair.pdf>

<sup>ii</sup> Kohl, MaryAnn. The Importance of Art in a Child's Development. [www.barnesandnoble.com/u/maryann-kohl-importance-of-art/379002442/](http://www.barnesandnoble.com/u/maryann-kohl-importance-of-art/379002442/)  
Art Therapy. How Art Therapy for Children Can Help. <http://www.arttherapyblog.com/child-art-therapy/how-art-therapy-for-children-works/#.UJoHldW1g>