

Report

Insight Club: Art Therapy

‘Art is the expression of those beauties and emotions that stir the human soul.’

- Howard Pyle

Art therapy is an expressive language of the conscious and the unconscious minds. On 5th July ‘21 Insight Club from Psychology department organized ‘Art therapy’ which was on the spot drawing activity for all the students of the Middle School on topics like ‘My Ideal School’, ‘What defines me’, ‘My best memories’. Children were given 20 - 25 minutes to draw their ideas on the allotted topic and thereafter to present their drawings and explain the theme behind them. It is a proven fact that art therapy not just helps children to express themselves freely but also promotes sequential reasoning and organization of thoughts for those faced with overwhelming emotions. Since the activity was facilitated by the class teachers, students took part enthusiastically and expressed their feelings with zest.

There is a growing body of research which suggests that engagement in creative activity can improve levels of physical or mental health. Art provides an excellent opportunity for children to narrate their stories, promote awareness and acceptance of the trying times they have faced. It would not be wrong to say that as intended the activity helped children to find new ways to gain personal insight and develop healthy coping strategies. The activity was enjoyed by children, immensely, and there was full participation.

