

# How an Art Education Helps Children Develop and Grow:

Why is art so important? Is it really integral to a comprehensive education? The following are ways in which an art education helps students develop and grow.

- \*Develops creative thinking.
- \*Provides means of self-expression and communication.
- \*Serves as an emotional release.
- \*Strengthens a student's self-esteem and confidence.
- \*Increases self-understanding.
- \*Heightens aesthetic awareness and sensitivity.
- \*Enhances the ability to visualize.
- \*Encourages creative problem-solving and decision-making.
- \*Develops appreciation for the individuality of others.
- \*Leads to the integration of the individual.
- \*Serves as a balance to classroom activities.
- \*Aids physical coordination.
- \*Develops work habits and a sense of responsibility.
- \*Aids the adult in understanding and helping the child.
- \*Generates joy!