

Art and Creativity as the Most Important Elements of Preschool Education

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ABSTRACT

This article explores the importance of art and creativity in early childhood education. It affirms that art and creativity are essential components of a comprehensive preschool program which plays an important role in children's lives. In addition, the article highlights the necessity of developing creativity in young children as it lays the foundation for a lifelong love of learning and exploration. Moreover, some art activities are mentioned in the research paper that are suitable for kids.

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INTRODUCTION

Early childhood education is a critical period in a child's life when they learn and develop important skills that will determine their future. Art and creativity are important components of this period as they provide a safe and supportive environment for children to develop their creativity and self-expression. Art activities such as painting, modeling and other arts help children develop fine and gross motor skills as well as hand-eye coordination. In early childhood education, creativity and art play a vital role in the development of a child's cognitive and social skills. Moreover, art and creativity offer a platform for children to express themselves freely and develop critical thinking skills. During that period of time, arts and creativity are often included as key elements in the classroom and curriculum. This article explores the importance of art and creativity in early childhood education and how they contribute to the overall development of the child.

1. THE BENEFITS OF ART AND CREATIVITY IN EARLY CHILDHOOD EDUCATION

1.1 Benefits of incorporating art and creativity into early childhood education

Art and creativity play a crucial role in early childhood education as they offer a number of benefits to young children. They are important components of a child's development, especially in preschool age. Moreover, the art and creativity provide the building blocks for cognitive, emotional, social and physical growth which are considered one of the significant elements in lives of children. "Children are born innovators with a vivid imagination and a unique way of expressing themselves. From a very early age, children show the ability to challenge, ask questions and discover new things. In pursuit of new ideas, they keep their minds and hearts open, experimenting with ideas, and making connections. Children have

the ability to see things in a new perspective, to grasp a problem that no one even suspects exists, and come up with an unusual but effective solution to solve it” [1].

Here are some of the main benefits of art and creativity in early childhood education:

➤ **Cognitive development.**

Art and creativity help preschool children develop their cognitive skills such as problem solving, critical thinking and decision making. Through art, children learn to explore and experiment with colors, shapes and textures. They also learn to plan and implement their ideas, which helps them in their cognitive development. Therefore, tutors usually use art and creativity during the lessons to teach children something interesting for them in many kindergartens. Moreover, children also have a tendency to find art and creativity entertaining.

➤ **Emotional development.**

In order to express their emotions and feelings in a safe and healthy way children are assisted by the *art and creativity*. Children who engage in art are more likely to develop a positive self-image and higher self-esteem. They also learn to regulate their emotions and develop empathy and compassion towards others.

➤ **Social development.**

Art and creativity give preschoolers the opportunity to interact with peers, teachers and other adults. Art activities encourage children to work together, share ideas, and express their thoughts and feelings. It helps them develop their social skills such as collaboration, teamwork and collaboration.

➤ **Development of speech.**

Kids learn new vocabulary and expressions by describing their work and talking about their ideas, while *art and creativity* give preschoolers the opportunity to develop their language skills. By this way, they are able to develop their language understanding and expression skills.

➤ **Imagination and creativity.**

Preschool children manage to develop imagination and creativity using *art and creativity*. In other words, art activities encourage children to think outside the box, explore new ideas and experiment with different materials and techniques. It may help them to progress their creativity and imagination, which are essential for success in school and life.

1.2 Art activities suitable for preschoolers.

Art activities are a great way to help preschoolers develop creativity and fine motor skills. By providing them with a variety of art supplies, you can encourage them to explore and experiment with different colors, shapes, and textures. “Different types of creative activity contribute to the upbringing of the child. Art plays a huge role in the spiritual life of a person. Touching art, a person looks at the world in a completely different way, learns to see the beauty of the world and cherish it. The role of art in human life is associated with the need for self-expression and self-realization” [5, 124-126].

There are several art exercises specialized for children at preschool ages which they can do in their free times in order to get some entertainment or learn something new. We can take some of them as an example.

➤ **Finger painting.**

This is a classic art activity perfect for preschoolers. It is simple, fun and allows kids to explore different colors and textures. All you need is paper, non-toxic paint and some creativity.

➤ **Creating collages.**

Making collages is another great art activity for preschoolers as it allows them to use their imagination and creativity to create something unique. It may be better if parents provide their children with various materials such as glitter, colored paper, stickers, leaves and other items in order to create a collage.

➤ **Plasticine.**

Playdough is a versatile material that can be used to create a variety of shapes, textures, and colors. It is ideal for preschoolers as it helps develop fine motor skills. There is a possibility that children prefer to create something which they desire using plasticine.

➤ **Mask making.**

Making masks is a fun art activity that preschoolers love. So as to create unique masks, kids ought to be provided with paper, glue and various materials such as feathers, beads and sequins.

Art activities give preschoolers the opportunity to explore their creativity, imagination and develop fine motor skills. The art activities mentioned above are just a few examples of the many activities that preschoolers may enjoy. “Any creative activity opens a way for a person to self-knowledge, to inner freedom but for the child, it is precisely the fine arts that play an exceptionally important role, capable of providing simple, physically tangible means of expressing their emotions” [4,52].

2. THE INTRODUCTION OF ART AND CREATIVITY IN THE PRESCHOOL PROGRAM

2.1 How to integrate art and creativity into the preschool curriculum

Incorporating art and creativity into the preschool curriculum is essential to promote early childhood development. “The relevance of the integration of different types of art is determined by the need to create psychological and pedagogical conditions that ensure the individual development of a preschool child, the formation of his potential artistic abilities in activities, subjectivity in interpersonal relationships”[6,55]. Art and creativity provide an outlet for self-expression, imagination and problem-solving skills, which are important aspects of early childhood development.

One of the easiest ways to integrate art into the preschool curriculum is to *incorporate it into daily activities*. For example, children can draw what they see outside during outdoor play or create collages of their favorite animals during science class. These small activities will help develop their creativity and imagination and allow them to express themselves. Moreover, *providing a variety of art materials* is important for stimulating creativity in young children. We can offer a variety of materials such as paint, markers, crayons, play dough, clay, and paper to give children multiple options for artistic expression. This will allow children to experiment with different materials and create unique masterpieces.

Another point to highlight that *encouraging individuality* is important when it comes to art and creativity. Children should be encouraged to express themselves in their own unique way without fear of judgment. Teachers can facilitate this by offering open art activities that do not have a specific outcome, or by allowing children to choose their own colors and materials. In addition, collaborative art projects can help children develop social skills such as cooperation and communication. Giving children the opportunity to work together on art projects can also help spark creativity and encourage problem-solving skills. We may take as an example that children can create a mural together or design their own costumes for a dramatic performance.

2.2 Problems and solutions for the introduction of art and creativity in preschool education

Attracting parents, volunteers and partners from the community, schools can create a powerful network of support for art education programs, guaranteeing students access to comprehensive education, including art. “The right upbringing of the younger era in the family is an necessary and huge question, the reply to which immediately relies upon on the realities of today” [3,301]. Therefore, it is said that developing art and creativity might be one of the best ways to entertain and teach children or make children enjoy.

However, during the introduction of the art and creativity to preschool curriculum, some issues may be appeared. For instance, *limited resources and funding*. In order to solve this problem, preschools can partner with community organizations and local artists to provide art materials and supplies. They can also use recyclable materials and natural resources such as leaves, flowers and sticks for art projects. Another problem is *insufficient attention to art education in teacher training*. Solution for this problem might be that preschool organizations can provide professional development opportunities for teachers to learn about the importance of art and creativity in early childhood education. They may also hire art

specialists or invite guest artists to educate children and teachers. Moreover, Preschools can integrate art and creativity into other areas of the curriculum, such as math and science. They can also provide longer periods of time for free play and exploration, allowing children to be creative at their own pace. This is a solution for *limited time of children for artistic activities*.

“Childhood is an notable world where, as a child, you can grow to be a firefighter and a doctor, you can fly to cosmos or dream about the future” [2,69] and children are able to achieve their dreams due to the art and creativity. People should develop art and creativity because they are considered as integral components of children's lives.

CONCLUSION

In conclusion, art and creativity play a crucial role in children's lives. Participation in artistic activities not only stimulates the imagination and promotes self-expression, but also promotes cognitive development and improves problem-solving skills. Children who are exposed to art at an early age often value it for a lifetime, leading to a greater understanding of culture and diversity. Thus, it is important for parents and educators to prioritize arts education and provide children with ample opportunities to develop their creativity. By developing children's creativity, we can help them become well-rounded individuals who are better equipped to navigate the world around them.

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