



Quiet Art is a simple and calming art project. It is easily done in any quiet setting. It helps calm children and brings them a sense of peace. It therefore is a good transitional activity. Children do "quiet art," on the floor with mellow music playing softly in the background. You'll be surprised at children's art when it's done in a quiet setting.



Supplies

- ★ Black Construction Paper (12" x 18")
- ★ White Chalk
- ★ A Boom Box or Tape Player
- ★ CDs or Tapes of Quiet, Mellow Music



Quiet Art

Skills Learned: Creativity / Play, Gross and Fine Motor Skills, Self-Regulation and Self-Control

Directions

- 1 Tell the children that they are going to do something called "Quiet Art."
- 2 Explain that you are going to turn the lights down low and that they will get to draw while they listen to quiet music.
- 3 Help the children find their own separate spaces on the floor. Instruct them to lay on their stomachs and to make their bodies very quiet.
- 4 Dim the lights and turn on the music.
- 5 Give each child a piece of black construction paper and a piece of white chalk.
- 6 Ask the children to "draw someone you love" or "someone who makes you happy."

Tips for Mixed Ages: All ages will enjoy the calming effect of the soothing music. 2's to 5's will enjoy drawing.



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