

Adaptive ART

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Adaptive Art Techniques

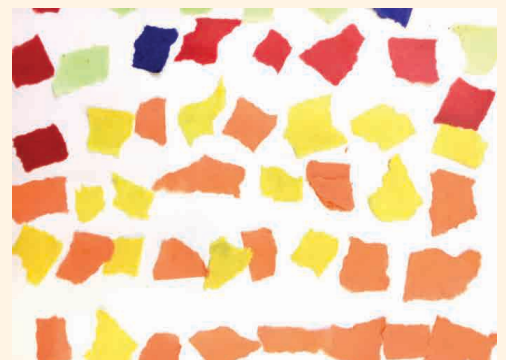
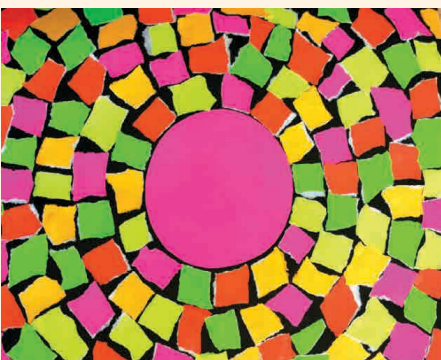
To the Parents: Practice these skills and techniques with your children as they create art. These techniques improve gross and fine motor skills. Activities include sensory engagement which engages the brain and improves eye-hand coordination. These activities are designed to be fun and to allow your child to have a meaningful art experience. These art activities can be completed in one or several art-making sessions.

Art Activities



Mandala Art

A mandala is a circular shape that symbolizes the wholeness of life. Create your own mandala from found objects. You can choose a theme for your materials such as toys, jewelry, food, objects found in nature, books, art supplies, etc. Find a flat surface and encourage your child to start at the center and work outwards. Creating mandalas is a form of meditation and a relaxing activity. Students will be using gross motor skills as they work on the ground. Fine motor skills as they grasp objects. Sensory engagement will occur as they touch, smell, possibly taste (cereal, food mandalas) and hear as they create their mandala. This lesson is great for eye-hand coordination as well. Have fun and take a photo of your child's art—looking at the finished work is gratifying.



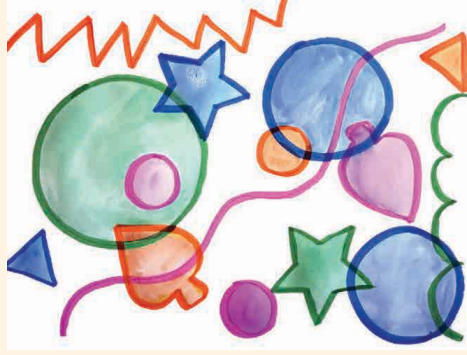
Mosaic Art

Artists have created mosaics since ancient times. Mosaics are art works made of many tiny pieces. Create yours by tearing or cutting little pieces of colorful paper. It could be construction paper, magazines, or junk mail. Parents: Depending on your child's ability, they can cut strips and then snip strips into squares. Alternatively, they could tear strips and tear into small pieces—both increase fine motor development. If your child fatigues, you can do some of the work for them, such as cutting or tearing all the strips and letting them cut/tear the strips into small mosaic pieces. Use glue or a glue stick to glue them onto a surface. Students can make a freeform mosaic or a shape such as a heart or circle. Students can also create a scene such as a boat on water, a fish, a flower, or whatever they desire.

Art Activities



Trace shapes in pencil. Parent can outline in marker as a visual guide for coloring in shapes.



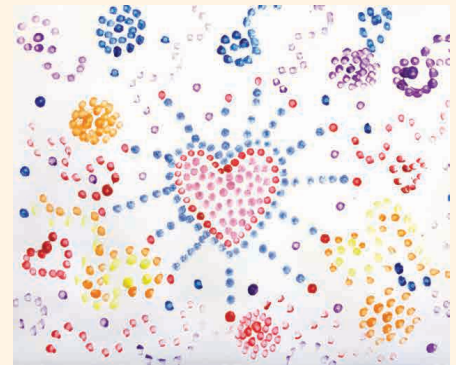
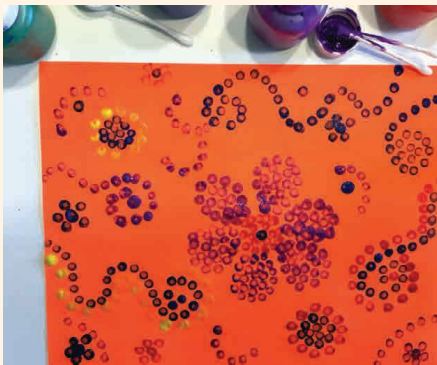
Add lines with markers. Talk about types of lines. Paint shapes any color you choose. Encourage your child to stay in shape as best they can.



If desired, your child can paint the background or leave it white. If child shows signs of fatigue, save it for another day.

Abstract Art

Abstract art is not about a subject like a person, fruit, or landscape; it's about color, shape, line, and unity (how it all fits together). In making this artwork, children should be offered a choice of three or four colors to work with, a few simple shapes to trace (lids, cookie cutters, small box lids, etc.) and whatever materials you have to draw or paint with. Depending on your child's ability, you can make it more or less complex to suit your child's individual needs. This lesson provides development in eye-hand coordination, following directions, gross and fine motor skills, as well as a sensory experience if you use scented markers or scented paint (add a drop of lavender oil or vanilla extract to your paint) or you could paint on a paper surface that is textured to engage the senses.



Dot Art

For years, many artists have used dot painting as a way to create art, including the Aboriginal people, the French painter Georges Seurat, and many others. Painting with tools other than a paint brush is fun for children. Using cotton swabs to create dot art is a great way to get students using those fine motor skills—they must use a pincer grasp to hold the cotton swab. It is up to you to make this art activity simple or a bit more complex to suit the level of your child. Students are more engaged in their art-making when they are creating art that is meaningful to them. Ask your child what they would like to draw, and if needed, draw hand-over-hand with them to make the shape(s). This will give them the start they need to begin enjoying the process of art-making.