

caring hearts

Ages 3 and up



Writing and drawing - expressing care for others

There are often thoughts and feelings that cannot be expressed physically but can be verbalised through words or pictures. Especially during this time of self-isolation, children may be missing their friends, feeling confused about why they cannot go to their local park, and having a whirlwind of other thoughts and emotions.

This activity of writing letters or drawing pictures based on specific themes or ideas can help children express themselves while tapping into their creativity.

Learning benefit/skill development

- Teaches children how to express kindness and compassion, as they are thinking about the other person when writing a letter or drawing a picture for them.
- Develops early literacy skills and fine motor control
- Develops concentration and focus
- Encourages creativity, expressive language, and boosts children's self-esteem as they create something on their own
- * Write a letter to your teacher
- * Write/draw what you love most about your home
- * Why should you be kind?
- * Describe your favourite animal
- If they are comfortable to talk about it, ask your child to speak to you about what they have created when they finish.
- Mail the letter/take a photo of their letter or picture to send to the recipient
- Display their artwork at home or create a folder dedicated to the child of their visual pieces

Instructions

- Give your child paper and colourful pencils or crayons
- Discuss with them which theme they want to focus on. Examples:
 - * Write a letter to your best friend

If the recipient responds, there is also the added excitement of your child receiving a letter in the mail!