

Skills Learned While Painting



(1) Once the children know the routine they can choose and play with little or no teacher guidance. A child independently decides to paint a picture. She follows the learned routine and begins by getting her apron on and pulling up her sleeves.



(2) Next she gets a piece of easel paper from the shelf and puts it on the easel with the magnets. The colors bring a sensuous pleasure as she begins to paint, color after color as the painting evolves. She develops hand-eye coordination, small muscle control, and a visual sense of balance and symmetry.



(3) Without needing to make “something” she is guided by her own self-expression to paint and explore her inner world, strengthening her self-knowledge and sense of self-worth. Full body movements strengthen coordination of the left and right sides of the brain thus building pre reading skills, tracking, ordering, sequencing, and motor planning.



(4) She writes her name on the picture and hangs it on the drying rack, takes off her apron and washes her hands. Routine complete, she is off to choose anew. Knowing routines gives children freedom to choose. She learns to manage her choices and their consequences with freedom and confidence, taking care of herself in the big busy world of school.