

# Art - Therapy in Work with Children

Reimov Mukhamed Kengesbaevich, Zueva Arina Viktorovna

2nd year student,  
Nukus State Pedagogical Institute named after Azhiniyaz  
(Nukus, Republic of Karakalpakstan)  
zuevaarina712@gmail.com

**ANNOTATION:** *This article discusses such a method of working with children as art therapy, which can help a specialist understand emotional experiences and identify psychological trauma in a child. Artistic expressions, particularly drawings, provide useful information about the development and experiences of children, especially those under the age of 10.*

**KEYWORDS:** art therapy, study of children's behavior, artistic expression, creation, picture.

## INTRODUCTION

Children are voracious explorers and are always motivated to learn and discover new things. They live in a magical world where discovery reigns. Art therapy can be a great tool for psychologists and social workers to help children overcome various emotional problems.

Children's curiosity forms the potential for creativity. Drawing, painting or sculpting has a healing and therapeutic effect on both adults and children.

During an art therapy session, the child is given the opportunity to use common art materials such as pastels, paints, paper and markers to participate in the creative process. No artistic experience or talent is required because the process focuses on therapeutic underpinnings such as self-expression rather than creating an aesthetically pleasing artistic product. The child can choose free creativity, or a specialist can help the child in the process of creating art by giving him an idea for art. For example, you can ask a child how he would draw his own family, his house, trees in the forest, etc. This will engage the child's imagination and encourage a new way of thinking about his family.

According to V.S. Mukhina and other researchers, drawing for children is not art, but speech. They are characterized by the desire to portray. This is a special experimentation with artistic symbols as substitutes for real objects.

## WHAT IS ART THERAPY? DEFINITION

Art therapy, as defined by the American Art Therapy Association, allows you to creatively formulate your opinion, overcoming linguistic limitations. In other words, if a thought or emotion is very complex, confusing, or painful for a person to be spoken or written, then it is likely that drawing, painting, modeling, coloring, sewing, collage and many other visual art methods can sort out the problems. ... [2, p. 22]

These soothing techniques for working with emotions and self-expression can help you understand some of the things that classical speech therapy cannot discover.

Artistic expression is a form of non-verbal communication. For children who may not be able to articulate thoughts, feelings, emotions or perceptions, this is one way to convey something that can be difficult to express in words. For those who have been abused, this is one way to "speak without words" when they have no chance or are afraid to talk about specific events or feelings. It is also a sensory approach that allows children to experience and communicate on different levels - visual, tactile, kinesthetic and more.

Artistic expressions, in particular drawings, provide useful information about the development of children, especially those under the age of 10. Artistic activity can help the professional understand the emotional experience of the child.

A child who has experienced traumatic or emotional distress may find opportunities to create creative stories. With the help of a psychologist or social worker, these stories serve as a way to gradually and safely release anxious or terrorizing experiences.

Children are naturally creative and tend to find it easier to paint a picture than to directly answer questions. They may be reluctant or even aggressive about discussing specific topics. Art creation is a safe atmosphere that allows children to creatively tackle difficult issues. Talking to children about their drawings or paintings and helping them interpret the art can give professionals the opportunity to discover the essence of the problems affecting their young patients. [3, p. 656]

Art therapy can be used to help children with a number of problems, including:

- Death of a family member or friend
- Childhood trauma associated with physical, mental or sexual abuse
- Emotional problems such as fear or phobias
- Improve cognitive ability
- Solve the problems of serious diseases such as cancer
- Treatment of mental disorders such as schizophrenia or depression
- Helps children understand and cope with disabilities

In addition to these challenges, art therapy can help children relieve stress, raise self-awareness, and develop healthy and effective coping skills. Children of all ages, nationalities, races and cultures can benefit from art therapy.

The most important thing in the relationship between a child and a specialist is trust. Therefore, it is extremely important to find an approach to the child for successful interaction.

**ADVANTAGES OF ART THERAPY FOR CHILDREN:**

Art therapy boosts creativity

Allows children to express their thoughts and feelings

Strengthens attention, memory

Art therapy opens up self-awareness.

Helps children work better in groups.

Makes kids feel safe

Helps Boost Self Confidence

Promotes good communication

Helps children cope with their problems

Art therapy improves motor skills.

**ANALYSIS SITUATION:**

For example, Vova's parents are divorced, according to a court order, he must live one week with his mother, the second week with his father. The instability of living and permanent home affects the psyche of the child. He draws pictures corresponding to the psychological imbalance: for example, a boy depicts ravines, a football goal and a ball in the middle of the field. This makes the social worker understand the child's emotions.

**EXAMPLES OF EXERCISES:**

**SCRIBBLE**

The child is given a sheet of paper and a felt-tip pen, pen or paints, pencils. The kid's task is to create tangles of lines on the sheet without thinking about the end result. After the lines have intertwined into their own bizarre pattern, the child examines what has happened, describes the images he has seen. At this stage, you can supplement your work by specifying the contours, images or shading in some areas.

**MOOD**

The teenagers in the group need to draw the mood in which they are at a given moment in time. The leader monitors what each member of the group portrays. If the picture shows something negative, then the presenter asks to take another sheet and draw something that could correct the situation. When all the drawings are completed, the group discusses them together.

**MY FAVORITE ANIMAL**

Group members should portray themselves as the animal they love the most. When the drawings are completed, they are shown to the rest of the group, interpreted, described. Discussion is underway.

**FLOWER**

An adult asks the kid to come up with a kind of fabulous flower, imagine what it looks like, what color the petals are, and then depict it on paper. Then the child continues to create, composing a fairy tale about a flower. This not only helps to improve the baby's ability to fantasize, but also leads to the release of emotional stress. [4]

**CONCLUSION**

Art therapy is one of the ways to improve the well-being of a child. This allows children to learn how to express themselves, solve conflicts and problems in a fun way.

Exercises from art therapy are really useful for children, help them cope with problems and complexes, learn to express themselves, deal with feelings and experiences. The main rule that specialists must adhere to is unobtrusiveness: the baby must create, create his own work, and not act according to a predetermined plan. Only in this case will the lessons be useful.

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