



Gross Motor Art

Physical Art Activities to
Calm Squirming Bodies & Minds

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Overview

1. Theory & Research
2. Art Therapy Basics for Educators
3. Practical Art Ideas - LOTS!
4. Outdoor Art vs Indoor Art
5. Overcoming Obstacles - Teachers Fears
6. Easy Classroom Set Ups & Supply List



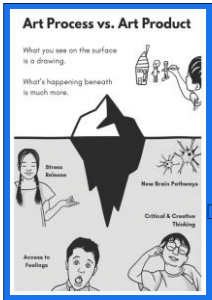
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1st: What is Child Art?

- **Product Art** - art as an object
- **Process Art** - art as an experience
- **Expressive Art** - art as self
- **Crafts** - creative & functional "projects"



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The Art Process:
What's happening in the MIND-BODY



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Defining Gross Motor Art

Gross Motor Skills – movements using large muscles of arms, legs, or torso

Physical Art/Whole Body Art/Gross Motor Art



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Developmentally...Why combine movement with art?



Most children feel at home with movement.

They begin to learn about the world by engaging with it.

They “think with their bodies” before they think with words.

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Let's Connect! Test Your Knowledge

Which one qualifies as a Gross Motor Art Activity?



A



B

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Our body is the first educational system we experience



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Art as Embodied Learning

Embodied cognition is an emerging field of study that challenges traditional views of cognition by emphasizing the [inseparable connection between the mind, body, and environment.](#)

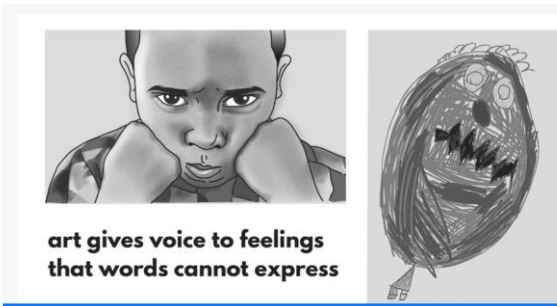


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and provides
**SENSORY
INTEGRATION**
experience
how we
experience,
interpret and
react to (or ignore)
information coming from
our senses.

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Physical Art
Releases Energy

motor energy and
emotional energy



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Whole
Body
Scribbling



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Childhood is a BODY experience.
Art is a-Body Experience



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Sensory Integration Experiences
Improve Developmental Delays
Caused by Pandemic Lockdown

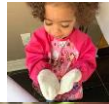


Bilateral painting with both hands, crossing the brain's midline



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Sock Hands Painting – embodied learning



In highly physical art like this one, brain neurons are rapidly firing and creating new neural pathways

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Novelty Art is good

- Sock hand painting
- Plunger painting
- Fly swatter painting
- Pendulum painting

May take up 5% of your program time

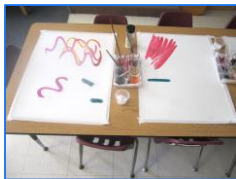
Everyday Art is better

May take up 95% of your program time

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Everyday Art: *gross motor style*

Standing Art Stations



Salt with Watercolors



Stampers with Pads

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Everyday Art:
gross motor style

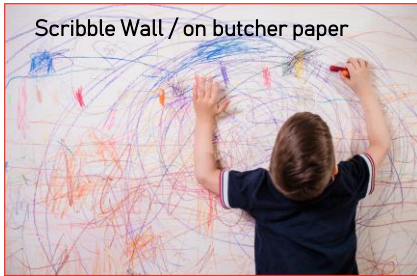
Outside Art
DIY Easel Table



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Everyday Art – *gross motor style*

Scribble Wall / on butcher paper



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Let's Connect! What do YOU think?

In YOUR work with children, would this be Everyday Art or Novelty Art?



Car Wheel Painting / on butcher paper

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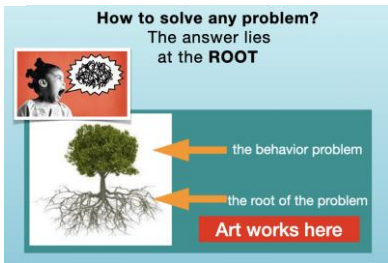
Why Learn About Physical Art NOW?



Helping the Covid 19 "pandemic generation" heal

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Positive Solution to Challenging Behaviors



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Gross Motor Art
Addresses
Challenging
Behaviors with a
BOTTOMS UP
approach



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Art for Release - Solutions for High Energy
 Children with high energy levels may struggle to control their bodies and focus.
 RELEASING ART provides active, & expressive sensory-motor experience with outward focus.



Collaborative Mural with Colored Tape



Double Doodling / Bilateral Scribbling

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OUTDOOR

Gross
Motor Art

*recycled
cardboard
sculptures*



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INDOOR Gross Motor Art – smash painting with dot painters



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Staff Development Day / Team Building

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Staff Development Day

Team Building

Two Handed Painting



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Let's Connect! Test Your Knowledge

Which one qualifies as a Gross Motor Art Activity?



A. Apple



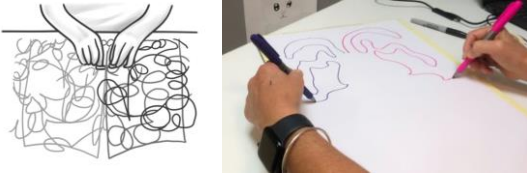
B. Fish



C. Drip Painting

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Bilateral Drawing for Stress Release

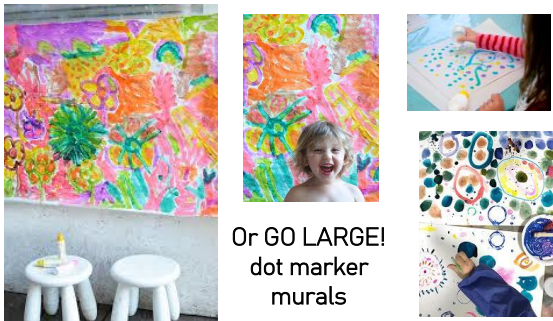


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Contact Paper Murals

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Or GO LARGE!
dot marker
murals

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Tempera Paint Sticks



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Homemade muffin tin crayons



TO MELT:
leave outside
in sun
or bake at low temp



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At School



As family "homework"



Art on the Floor

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Leaf Rubbing
- The Perfect
Gross Motor
Art Activity



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LEAF RUBBING
DEMO

The Perfect
Gross Motor Art
(and STEM) Activity



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Find CREATIVE OUT OF THE BOX activities that excite YOU, then introduce them to children.

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Body Tracing



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Colored Masking Tape



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A Reggio Emilia approach to art immersion

Table legs flipped upside down and wrapped with clear kitchen wrap

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Gross Motor Art Outdoors



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Gross Motor Art Outdoors / *Clay & Loose Parts*



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Nature Art



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Cardboard Boxes with Masking Tape

Inside with Oil Pastels or Tempera Paint Sticks

Outside with Washable Tempera Paint



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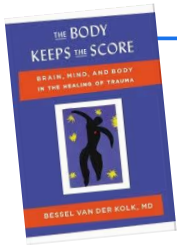
By engaging the body in sensory art experiences, we gain access to stored feelings & give them voice.



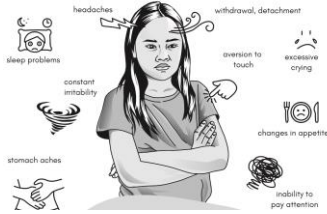
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How does a child's body keep the score?



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Bilateral Drawing for Stress Release



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<p>Art Lessons Learning to draw</p> <p>TO DO BEFORE</p> <p>Materials:</p> <p>Art Supplies:</p> <p>TO DO DURING</p> <p>How the child will be supported:</p> <p>TO DO AFTER</p>	<p>Yoga & Bilateral Scribbling</p> <p>REFLECT ON:</p>	<p>Art Lessons Learning to draw</p> <p>TO DO BEFORE</p> <p>Materials:</p> <p>Art Supplies:</p> <p>TO DO DURING</p> <p>How the child will be supported:</p> <p>TO DO AFTER</p>	<p>Bilateral Scribble Wall</p> <p>REFLECT ON:</p>
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Marble
Painting
in a Box



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Salad
Spinner
Painting



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Physical Art
Tools/Accessories

- Rolling Pins
- Bingo Bottles
- Spray Bottles
- Large Stamps



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Easy Physical Art Ideas to Implement Today

- **Standing Art** - remove chairs from art table
- **Art on the Floor** - tape butcher paper onto floor
- **Scribble Wall** - tape butcher paper onto door or wall
- **Double Doodling Station** - set up bilateral scribble table
- **Weaving Loom** - find DIY large loom ideas on Pinterest
- **Colored Tape Floor Designs** - tape off an area of floor



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By engaging both hands, we challenge our brain to create new neural pathways.

Painting with Two Hands

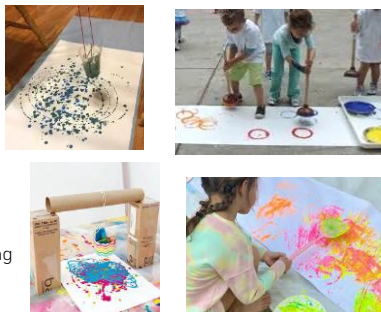
sensory integration



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NOVELTY ^{DC} Physical Art

- Plunger art
- Fly swatter art
- Pendulum painting



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Change in Mindset: Art as SEL program

A systemic change from top to bottom of a school or agency is required to have an impact.

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School Staff & Resistance to Change



Art makes teachers lives easier and children's lives better

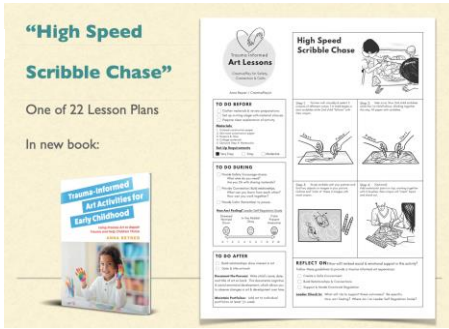
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Learning to Self-Regulate with ART

Art for Calm - Solutions for Low Energy
Children with low energy levels may struggle to get active and avoid engagement. CALMING ART provides quiet & soothing sensory motor experiences with muted tones.

Art for Release - Solutions for High Energy
Children with high energy levels may struggle to control their bodies and focus. RELEASE ART provides quiet & expressive sensorimotor experiences with vibrant tones.

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Basic Supply List: *for gross motor art activities*

- BUTCHER PAPER – white – varied widths & thicknesses
- BUTCHER PAPER – black (one roll to experiment on with paints and tempera paint sticks)
- COLORED MASKING TAPES
- CHUNKY MARK MAKING MATERIALS: (easy to grasp)
 - Oil pastels, tempera paint sticks, chubby crayons, dot markers
- ACCESSORIES – rolling pins, large trigger spray bottles, large stampers & pads, salad spinner
- LARGE WEAVING LOOM (DIY OPTION)
- All the paints and loose parts you already have

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Remember to
engage the body in art!

**Brain
Development
Is
“Movement
Dependent”**



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Can art reduce **Challenging Behaviors?**

Absolutely Yes!
True art can make teacher's lives easier and children's lives better

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