



Expressive Arts

Expressive Arts help children to represent and understand their own feelings and ideas. Children can express their ideas in lots of different ways.

Here are some ideas to support your child's creativity and imagination:

Through music...

Experimenting with sound using body percussion. Here is some guidance:

<https://childrenlovetosing.com/body-percussion/>

Listening to and repeating a rhythm

Singing nursery rhymes

Through drama...

Retelling stories with actions, different voices and facial expressions. Here is a great example by Michael Rosen:

<https://www.youtube.com/watch?v=OgyI6ykDwds&t=6s>

Using a narrative in play. For example, pretending to be owls making a nest

Through art...

Creating pictures using natural objects

Using natural objects to make a mobile

Use flowers and berries to make colour prints



Through construction...

Building a cosy den using things found at home

Building a nest for an owl

Use recycled products to build homes for the animals in Dear Zoo

Useful links

<https://www.bbc.co.uk/cbeebies/topics/music> (songs, music and dance)

<https://www.bbc.co.uk/cbeebies/curations/cbeebies-house-makes> (arts and crafts)

<https://www.youtube.com/user/CosmicKidsYoga> (Movement and story telling)