

过程，而不是结果

当你和孩子玩艺术和手工活动时，过程——事情是如何发生的，经常远重要于结果——你们最后做出的作品。

探索可能性

蹒跚学步的小孩和幼童刚刚开始探索他们周围的世界，对他们来讲，过程特别重要。关于手指颜料在他们手指间的感觉、将颜料在纸张上面涂抹的方法以及混和不同颜色，孩子有很多要学的东西。他们的图画是否“美丽”根本不重要。他们第一次尝试也许结果是将所有颜色混成深褐色，但这没问题。他们其实已探索了很多不同的颜色和质感。

找出解决方法

当你更多地考虑艺术和手工活动的过程而不是作品时，你将会鼓励孩子尝试新的材料。你希望他们发现在纸上涂抹颜料的不同方法、如何使不同的质地能互相粘在一起、试着用鸡蛋盒搭一座桥时结果会怎么样。当孩子们在做这些的时候，他们也有机会加强解决问题的技巧。让他们按照他们的方式来尝试新事物，即使结果不成功也无妨。不是他们做的每样东西都一定要贴在冰箱门上展览的。

模仿样本

另一方面，有时你也许更注重做出来的工艺品看上去像某个特定的成品。模仿一个样本与凭想象来创造是很不同的技巧。年龄大一点的儿童一旦已学会如何使用材料和工具，也许就可以试着模仿样本。他们甚至会在这种挑战视为一种乐趣，尽管我们应该随时给他们机会进行个性化的创造。

摆弄材料

即使孩子超过了第一次探索的年龄，他们仍然需要只享受过程的机会，而不需要担心作品是否“漂亮”或者“好”。如果将这个压力消除的话，年龄大一点的孩子(甚至成人!)能够将摆弄材料作为一种乐趣，并且发现新的效果。当你准备体验艺术时，记住在目标是作品和只是注重过程之间保持一个平衡。

基本的手工材料

以下是一些基本的工艺用品，将会鼓励孩子通过艺术和手工来表达他们自己。

- 儿童安全剪刀
- 胶棒、白色乳胶或者粘糊
- 大号或者标准尺寸的蜡笔(可水洗)
- 水彩笔,分几种不同笔尖(可水洗)
- 彩色铅笔、粉笔
- 颜料和颜料笔刷
- 手工纸、白报纸、草稿纸
- 冰棒棍
- 毛线和布片
- 空盒子、牛奶和鸡蛋盒、厕纸卷轴
- 包装纸片、系带
- 旧画册、杂志、贺卡

用笔刷之外的用具来涂颜料

任何东西都能成为涂抹颜料的创造性和有意思的工具，尽情发挥你的想象力。

- 刷子(小刷子、牙刷、旧颜料刷,等)
- 大号刷漆的滚筒(将其接到一个旧扫把上,这样一来,孩子便可以在人行道上涂抹颜料)
- 手指和脚趾
- 海绵、棉签、眼药水瓶
- 可挤压的瓶子和喷雾瓶
- 饼干模具、玩具动物(用其来印染)
- 积木(在上面粘上东西以产生不同的质地)
- 厨房用具(用马铃薯捣碎器能印出有意思的图案)
- 玻璃球弹子(在铺好纸张的盒子里滚动)
- 吸管(将颜料在纸上到处吹)
- 玩具车(将车放在颜料上滚,然后在放在纸上滚)
- 松树枝
- 地毯碎片、缺只的手套(用其来印染)
- 厕纸卷轴(在纸上滚,在卷轴上粘上线、绳或其它质地的东西)
- 用泡泡涂颜料(将泡泡液加到颜料中,然后在纸上吹颜料泡泡)
- 绳子、毛线
- 冰块(在酸奶盒中拌入颜料和许多水,放入冰棒棍作为把手,冷冻)
- 网状洋葱袋(装满棉球并系紧,并用其来印染)

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Process, not Product

When you do art and craft activities with children, the **process** — how things happen — is often much more important than the **product** — the object you end up with.

Exploring possibilities

Process is especially important for toddlers and young preschoolers who are just beginning to explore the world around them. They have lots to learn about the feel of finger paint between their fingers, the way it can be pushed around on paper and the way the colours mix together. It's not at all important that their painting be "beautiful." Their first attempts might end up a deep brown mixture of all the colours and that's fine. They discovered a lot about colours and textures.

Discovering solutions

When you think more about process than about the product of art and craft activities, you will encourage children to try out new materials. You want them to *discover* different ways to put paint on paper, how different textures can be made to stick to one another, what happens when you try to build a bridge with egg cartons. While they are doing this, children also get a chance to develop their

problem solving skills. Let them try things their way, even if it doesn't always turn out. Not everything they make has to be put on show on the refrigerator door!

Following a model

On the other hand, sometimes you may decide to put more emphasis on making a craft that looks like a specific finished product. Copying a model is a very different skill from creating from imagination. Older children may be ready to try following an example, once they've learned how materials and tools work. They may even enjoy the challenge, although there should always be room for individual creativity.

Playing with materials

Even after the age of first discovery, children still need opportunities to just enjoy the process, without worrying whether their product will be "pretty" or "good." With that pressure removed, older children (and even adults!) can have fun playing around with materials and discovering new effects. When you plan art experiences, remember to keep a balance between aiming at the product and simply letting the process unfold.

Basic Craft Supplies

Here are some basic craft supplies that will encourage children to express themselves through arts and crafts.

- child-safe scissors
- glue sticks, white glue or paste
- large and regular-sized crayons (washable)
- markers, some with different tips (washable)
- coloured pencils, chalk
- paint and paint brushes
- construction paper, newsprint, scrap paper
- popsicle sticks
- wool and fabric scraps
- empty boxes, milk and egg cartons, toilet paper rolls
- wrapping paper scraps, ribbon
- old catalogues, magazines, greeting cards

Painting beyond brushes

Just about anything can be turned into a creative and interesting tool to paint with. Let your imagination run wild.

- brushes (small brushes, tooth brushes, old paint brushes, etc.)
- large paint rollers (attach them to an old broom handle and children can roller paint on the sidewalk)
- fingers and toes
- sponges, Q-tips, eye droppers
- squeeze bottles and spray bottles
- cookie cutters, toy animals (print with them)
- wooden blocks (glue things on them to create different textures)
- kitchen utensils (potato mashers make interesting designs)
- marbles (roll them around in a box lined with paper)
- straws (blow paint around on paper)
- toy cars (roll them around in paint, then on paper)
- pine branches
- carpet pieces, mittens that have lost their mate (print with them)
- toilet paper rolls (roll on paper; glue string or other textures to rolls)
- bubble painting (add bubble liquid to paint and blow to paint bubbles on paper)
- string, wool
- ice cubes (mix paint with lots of water in yogurt containers, add a popsicle stick for a handle, freeze)
- deodorant bottle (take ball out of empty deodorant bottle, fill with paint and water. Put ball back, roll paint onto paper)
- onion bags (fill with cotton balls and tie tightly, print with them)

by Betsy Mann

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