

# The Benefits Of Nurturing Creativity

## About creativity

Creativity is a vital skill for the 21st century. Creative thinking allows us to solve problems, cope with change, innovate and connect with others. Engaging in creative thinking develops our whole brain, helps us to understand the world we live in and how we might contribute to our community.

Creativity and approaching challenges in a creative way has traditionally been seen as a natural gift, but in fact it can be grown just like a muscle. Creativity is like any other skill. It can be learned and developed. It's a crucial skill for everybody to practise and ultimately, master.



## Why is creativity important for children?

Creativity is important for young children because it provides a way for them to explore, discover and make sense of the world around them. It provides opportunities to express their thoughts and feelings without judgement, deal with stress, explore ideas, hypothesise, experiment, imagine and think deeply about all that they see, think and feel.

The creative process gives children the opportunity to try new things without being right or wrong. They can try, and try again.

Providing opportunities for children to be creative is critical for their development and wellbeing. Being creative develops neural pathways and connections in the brain and requires the use of the whole brain. This provides a foundation for creative thinking, problem-solving, social and emotional intelligence, wellbeing and resilience.

**“I never made one of my discoveries through the process of rational thinking.” - Albert Einstein**

## Tips for nurturing creativity

- Keep it fun. Try a new art form or medium each month and explore all sorts of ideas using that art form (try singing, dance, clay, puppetry, storytelling, painting, mosaics, weaving, video or photography, etc.).
- Lead by example. Show the children that it is fun to try new things and try out something new yourself.
- Cater for all learning styles. We all learn differently; try having a backup plan so that if some children are not engaged with one activity there is something else to capture their imagination and interest which uses a different part of the brain or body (an active physical activity and a visual or thinking activity).
- Use all your senses. Creativity and imagination are fed through all your senses, so make your creative activities sensory.
- Make creativity part of everyday life. Play some music during transition, meal or quiet times; incorporate actions, finger plays, role-play or character voices when reading stories; provide loose parts and open-ended toys rather than toys with one purpose or function; try some bath body or finger paint; or get creative with your cooking.
- Ask open-ended questions to encourage creative thinking. By starting your questions with “I wonder...?” you are opening up the question to a range of answers and interpretations, rather than suggesting that there is a right or wrong answer. Asking an open-ended question encourages children to think creatively when developing their own explanations for the world around them.

**“You can’t use up creativity. The more you use,  
the more you have.” - Maya Angelou**