

GUIDE TO EXPRESSIVE ARTS IN SCHOOLS

STUDENT SERVICES OFFICES, CLASSROOMS
AND SCHOOL-WIDE PROGRAMS



WHAT ARE EXPRESSIVE ARTS ?

According to IEATA, the International Expressive Arts Therapy Association,

“The expressive arts combine the visual arts, movement, drama, music, writing and other creative processes to foster deep personal growth and community development.”

SOME BENEFITS OF EXPRESSIVE ARTS IN SCHOOLS

1. Honouring right brain ways of knowing
2. Supporting students to feel safe, appreciated, and capable
3. Expressing and containing feelings
4. Building sense of community and belonging while also problem solving
5. Strengthening sense of self
6. Connection to the collective unconscious
7. Enhanced connection to the land and all our relations



SUGGESTIONS FOR INTEGRATING EXPRESSIVE ARTS IN SCHOOLS

1. Make a diverse array of art supplies accessible in all student support offices
2. Normalize creative expression through the arts as acceptable, effective communication
3. Utilize the arts as communication tools for EAL learners
4. Invite in Indigenous knowledge keepers, storytellers, artists, and drummers to share



EXPRESSIVE ARTS IDEAS FOR CLASSROOM TEACHERS

1. Use music regularly to set the emotional tone in the classroom
2. Allow creativity in movement breaks ie. Move as if you were a...
3. Allow time each day for a creative visualization followed by art making
4. Try a daily mandala practice as a mindfulness break

READ THE REST OF THE GUIDE

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