

Pointers For Parents

The Art Of Encouraging Creativity

(NAPSA)—Is there an art to helping children express themselves? There may be, and experts say it could be as simple as encouraging kids to incorporate art into their daily lives.

“Art allows children to express their emotion and imagination while creating something they can be proud of,” says Jill Gross, marriage, family and child therapist. “The benefits of creativity extend to academics, social relationships and emotional well-being—which can last a lifetime.”

The good news is that you don’t need expensive tools and fancy equipment to create an artistic masterpiece. A number of projects are simple and can be done using items you may already have lying around at home or school.

AT HOME

Try creating these simple projects at home for fun bonding time with your child:

Mosaic Masterpiece

- What you’ll need: Hot glue gun, plastic tray, Nestlé SweetTARTS.

- What to do: Use the hot glue gun to fasten the candy onto a tray. Kids can either work from a picture they drew ahead of time or make up a design as they go along. They might try creating a mosaic table using a plastic outdoor picnic table.

Jewelry Gems

- What you’ll need: String, pasta (macaroni, ziti and wheels) and food coloring.

- What to do: Use markers to color the pasta different colors. Then run the string through the pasta in alternating order. Tie off and wear.

Puppet Perfection

- What you’ll need: One sock,



Picture This—Art can help children learn to express themselves creatively.

marker, glue, glitter, Nestlé SweetTARTS.

- What to do: Place sock over hand and lightly sketch a face with marker. Then trace the face with glue and sprinkle on the glitter. Use the glue and glitter to make fun hair styles as well. Finally, glue two different colored pieces of the candy on the puppet for eyes.

For more artistic ideas, log onto www.verybestkids.com.

AT SCHOOL

Nestlé SweetTARTS encourages students to combine a little imagination and some paint, glue, everyday objects and Nestlé SweetTARTS in the “Find the Art in SweetTARTS ... and Discover the Artist in YOU” contest. To enter, schools must create a full-size mural, sculpture or other work of art that represents the combined efforts of students. The grand prize school will receive \$10,000 and five other schools will receive \$5,000.

For more information on the contest, visit www.nestlesweetarts.com.