



Creativity, Healing, and Covid-19: The Arts Olympiad for Parents and Kids

Introduction

Childhood—the briefest and yet the most precious, carefree, and joyful stage of life—Covid-19 has disrupted, and perhaps forever. No more hugs or kisses from parents or grandparents. No playdates. No high fives. Anyone can be an enemy, any surface, even one's hands.

To ease the emotional distress of staying cooped up at home for months, artmaking can be one activity that parents can share with children to have some fun. The International Child Art Foundation (ICAF) organizes the Arts Olympiad—the world's largest school art program. It is redesigned here for homeschooling to foster creativity and safeguard health.

The Arts Olympiad empowers children to overcome the well documented “4th-grade slump” in their creativity by becoming “artist-athletes” and any child can benefit from this lesson plan.

Materials Available

- [Brief](#) on how Katrina's children overcame anxiety and trauma through art.
- Children's music clip (4-min.) <https://youtu.be/9aXKShuNIEY> to spark joy and cheer.
- [Survey](#) of the literature and research on art, healing, and public health.
- ChildArt magazine on [Your Brain on Art](#) for the benefits of art from a neuroscientific perspective.

Materials You Need

Art materials and a stretched canvas, poster board, or thick paper roughly 18 x 24 inches.

Lesson Plan

Pandemics like Covid-19 remind us of the connections between art, healing, and public health.

Ask your child if he or she is artistic or athletic?

Why not both?

How about embracing the “Artist-Athlete Ideal” of the creative mind in a healthy body?

Read these words of Nobel laureate Nelson Mandela to your child:

Sport has the power to change the world, the power to inspire, the power to unite people in a way that little else can. Sport speak to people in a language they understand. Sport can create hope where there was once only despair. It is an instrument of peace, even more powerful than governments”

Questions for your child: If “sport” is replaced by “art” in the above quote, would it still ring true?

Let's add art to sport, does Mandela's quotation become stronger?



July 31 – August 2, 2020
The National Mall
Washington, D.C.



Original Art Creation

A child's revised self-image as artist-athlete can solidify when he/she is asked to depict himself/herself as an "artist-athlete" in a painting or drawing on the theme, *My Favorite Sport*.

The favorite sport can be Olympic Games, traditional sports or an imaginary play.

Any art materials can be used on a canvas, board or card stock that is roughly 18 x 24 inches.

Submission

You can submit your child's artwork to ICAF so that

- it might be featured at <https://icaf.org>, on ICAF's social media, or the ChildArt magazine.
- it may be selected as an Arts Olympiad winner from your school district.
- your child might gain the opportunity to be an official delegate to the 6th World Children's Festival.

For the submission:

- Ask your child to write a short essay about his/her artwork and the "artist-athlete" ideal.
- Complete and sign the Art Submission Form below.
- Clip a) and b) to the artwork.
- Mail the artwork on or before **June 10, 2020**, to ICAF, P O Box 58133, Washington, DC 20037, USA.

6th World Children's Festival

ICAF's 6th *World Children's Festival* (WCF) is currently scheduled to take place this July 31st to August 2nd at The National Mall, across from the U.S. Capitol.

If Covid-19 persists and lasts for 15-18 months, the National Park Service will cancel all event permits and the WCF will be postponed. If the Covid-19 recedes by late summer, the WCF will be a timely celebration for families to come together to rejoice life and celebrate the American ideals of creativity, diversity, and unity.

The WCF will offer art therapy sessions and educational workshops and activities to address the social consequences of Covid-19 suffered by children.

A transformative experience, the WCF infuses creativity with empathy so children create new hope for the future.

ICAF

Established in 1997, ICAF serves American children as their national arts organization that fosters their creativity and develops mutual empathy between them and with their peers worldwide through the universal language of the arts. The Arts Olympiad is free-of-charge and the WCF is free and open to all.



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Artwork Submission Form

Young artist's name age

Parent's name email

Mailing address

Parent's comments on the art or the lesson plan

Agreement

I hereby certify that the attached "My Favorite Sport" artwork is the original work of my child named above. I understand and agree that this artwork becomes entirely the property of the International Child Art Foundation (ICAF) and cannot be returned to me or my child. I understand and agree that the artwork can be published, exhibited or reproduced by ICAF or transferred or loaned to another organization or individual without further authorization from or any compensation to me or my child.

Parent's name Signature Date