



Creativity, Healing, and COVID-19 Lesson Plan The Arts Olympiad for Parents and Kids

COVID-19 has disrupted childhood—the briefest, and yet the most precious, carefree, and joyful phase of life. No more hugs or kisses from parents or grandparents. No playdates. No high fives. Threats all around, on any surface, even one's hands.

Recent neuroscientific studies show that artmaking can reduce stress and remediate trauma. Artmaking can also be a fun activity for parents and children to share. The International Child Art Foundation (ICAF) organizes the Arts Olympiad—the world's most extensive school art program. We have redesigned this lesson plan for homeschooling to foster creativity and safeguard health.

The Arts Olympiad empowers children to overcome the well documented “4th-grade slump” in their creativity. Children become inspired as “artist-athletes”—possessing a creative mind in a healthy body.

By creating a masterpiece and submitting it to ICAF before March 15, 2021, your child may gain a historic opportunity to represent your town or city at the [2021 World Children's Festival](#) in Washington, D.C.

Art Materials You Need

Art materials such as paint and brushes and stretched canvas, poster board, or thick paper roughly 18 x 24 inches.

Free Lesson Materials

- Download a [brief](#) on Hurricane Katrina's children's resilience.
- Watch a 4-minute children's music clip <https://youtu.be/9aXKShuNIEY>
- Peruse this complimentary *ChildArt* magazine's special issue on [Art for Health](#)

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. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than governments in breaking down racial barriers.”

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

If you add art to sport, do Mandela's words become stronger for your child?



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Original Art Creation

A child's revised self-image as artist-athlete can solidify when the child depicts 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.

The art can be in any medium, on a canvas, board, or card stock, and roughly **18 x 24 inches**.

Art Submission

Though a child any age can benefit from the Arts Olympiad, only artworks created by **eight-to-twelve-year-olds** should be sent to ICAF.

Your child may also be selected as an Arts Olympiad winner and invited as an "Official Delegate" to the 2021 World Children's Festival (WCF).

Keep yourself posted on the WCF by subscribing to the ad-free [ChildArt quarterly](#) and via <https://Facebook.com/ICAF.org> or https://twitter.com/ICAF_org.

For the submission:

- a) Ask your child to write a short essay about his/her artwork and the "artist-athlete" ideal.
- b) Complete and sign the Art Submission Form below.
- c) Clip a) and b) to the artwork.
- d) Mail the artwork on or before **March 15, 2021** to ICAF, P O Box 58133, Washington, DC 20037, USA.
- e) ICAF will announce the "Official Delegates" to the WCF on **April 15, 2021**.

6th World Children's Festival

ICAF's 6th *World Children's Festival* (WCF) will take place on July 28th- August 3rd of 2021. The WCF will include a three-day (July 30th-August 1st) public celebration of "Creativity, Diversity, and Unity" held at The National Mall across from the US Capitol.

A transformative experience, the WCF infuses children's creativity with empathy, so they create new hope for the future. Alternate wording to consider: The WCF is a transformative experience that infuses children's creativity with empathy, so they create new hope for the future.

International Child Art Foundation

Incorporated in the District of Columbia in 1997 as a 501(c)3 nonprofit, 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 art.

The Arts Olympiad is free-of-charge, and the WCF is open and free to the public. ICAF does not charge the delegates any registration fee. The delegates provide their own travel, accommodation, and meal arrangements.



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6th Arts Olympiad
Artwork Submission Form

Young artist's name _____ age _____ date of birth _____

Parent's name _____ email _____

Mailing address _____

Title of Artwork: _____

Medium: _____

Artist's Statement: _____

Parent's comments on 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 the property of the International Child Art Foundation (ICAF) entirely and will not be returned to my child or me. I understand and agree that the artwork can be published, exhibited or reproduced by ICAF or transferred or loaned to another entity to advance the mission of ICAF, ranked independently among the 25 Top Children's Charities in the United States.

Parent's name _____ Signature _____ Date _____