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

COVID-19 has disrupted childhood in ways unforeseen, causing an unimaginable mental anguish. Recent neuroscientific studies show that artmaking can reduce stress and remediate trauma. Artmaking is also a fun activity that parents can share with children. The International Child Art Foundation (ICAF) organizes the Arts Olympiad—the world's largest school art program. We have redesigned this lesson plan for homeschooling to foster creativity and safeguard health.

Benefits
The Arts Olympiad empowers your child to overcome the well-documented “4th-grade slump” in creativity. The lesson plan introduces your child to the “Artist-Athlete Ideal” of the creative mind and healthy body (*mens sana in corpore sano*). The child realizes that mind and body reflect each other because the state of one’s mind can have an epigenetic effect. You awaken the child’s dormant “inner artist” and the slumbering “inner athlete.” The child embraces the “Artist-Athlete Ideal” when he/she depicts self as an artist-athlete in a painting, drawing, or digital art on the theme, *My Favorite Sport*. The depicted sport can be Olympic, traditional, or an imaginary one.

Deadline
By creating a masterpiece and submitting it to ICAF before May 15, 2021, your child and you could be invited as “Official Delegates” to the 6th World Children’s Festival (WCF) this July 30th – August 1st at The National Mall across from the U.S. Capitol > [https://WorldChildrensFestival.org](https://WorldChildrensFestival.org)

Art Materials You Need
Paints, brushes, pencils, stretched canvas, poster board, or thick paper roughly 18 x 24 inches.

Free Lesson Materials
- Watch a 4-minute children's music clip > [https://youtu.be/9aXKShuNIEY](https://youtu.be/9aXKShuNIEY)
- Peruse this complimentary ChildArt magazine > [https://icaf.org/ArtforHealth](https://icaf.org/ArtforHealth)

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

Ask your child if he/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: (a) If “sport” is replaced by “art” in the above quote, would it still ring true? (b) By adding “art” to “sport”, does Mandela's words become stronger and more meaningful?
Art Submission

Though any child can benefit from the Arts Olympiad, only artworks created by 8- to 12-year-olds should be sent to ICAF.

If your child is selected as an Arts Olympiad Winner, he/she and you would be invited as “Official Delegates” to the 6th World Children’s Festival this July 30th – August 1st at The National Mall across from the U.S. Capitol.

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 the essay and Art Submission form to the artwork.
- d) Mail the artwork on or before May 15, 2021 to:

International Child Art Foundation
Post Office Box 58133
Washington, DC 20037

6th World Children's Festival

Our children are suffering many of the negative impacts of COVID-19. They need a celebration this summer that brings them together at The National Mall to participate and create music and art. The 6th World Children’s Festival (WCF) will be more significant and transformative than the previous WCFs, though it might be less global and more regional this time.

If COVID-19 is not brought under control by July, we will be forced to postpone the WCF to next summer. Please subscribe to https://facebook.com/ICAF.org to stay updated.

The WCF is unlike any event in the world. It is in reality a three-day educational event with a clear purpose—provide children a transformative experience that infuses their creativity with empathy so they become “creative-empaths”—empowered and trained to create new hope for the future.

No vendor booths or stall are allowed at the WCF. No adult performance groups or musicians. All workshops and activities are hosted by eminent educators and subject matter experts, many from the federal agencies and governmental departments. Finally but importantly, the WCF is emceed by the children—the participants of previous WCFs.

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 ICAF does not charge the delegates any registration fee. The delegates provide their own travel, accommodation, and meal arrangements.
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

ICAF │ Post Office Box 58133 │ Washington, DC 20037 │ +1 202 530-1000 │ https://ICAF.org │ ChildArt@ICAF.org