

# The Benefits of Art on Cognitive Development

Introduce children to **contemporary** and **visual arts**, along with materials that can be used to create art and expand their artistic horizons. *Did you know pretend play and dramatic play are also crucial for cognitive development?* Ask questions that **encourage abstract** and **critical thinking**, to support a child's cognitive development. When introducing children to different forms of art and materials, highlight the **importance of diversity** and **representation** in art. Encourage children to **explore** and appreciate art from various cultures and backgrounds, promoting inclusivity and celebrating diversity.



## Benefits of Art:

1. Enhances **critical thinking** skills
2. Fosters **creativity** and **imagination**
3. Develops **problem-solving** abilities
4. Promotes **abstract thinking**
5. Encourages **planning** and **organization**
6. Boosts **self-expression** and **self-esteem**
7. Improves **fine motor skills**
8. Enhances **observational skills**
9. Encourages **open-mindedness** to **others' perspectives**

*Artsy Thursday aligns with CDA® Functional Area 7: Creative. This competency explores the importance of music, movement, and visual arts in the development of young children.*