

Painting Theory of Children's Inner and Outside World

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Abstract: During an internship at an art school, writer taught primary school children how to paint. There were parents who found it difficult to the important role of painting in maintaining their children's mental health. At that time, it was difficult for me to answer their questions with certainty. Understanding the role of children's painting in their mental health is important because supporting children's mental health is key to their positive development. After a series of investigations, practical experience and comprehensive conclusion, the paper will argue that painting benefits children's mental participation. Teachers and parents should support children's painting because their painting is a way for them to explore their inner emotions and express those emotions to the outside world. At the same time, the care and leaders of parents and teachers are also the positive feedback to children's painting which can make children more active to express themselves correctly through painting

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1. Introduction

As one of the most important forms of expression of low age children's artistic activities, children's painting is not only the superposition of colors or simple image depiction, but also a mirror image of children's inner world. It is a medium for them to convey their own emotions, various ideas and their own independent aesthetics through colors, lines and shapes. From abstract geometric figures to realistic concrete things, the development process of children's painting reflects the gradual maturity of a child's mind and the gradual formation of cognitive concepts and aesthetic concepts. In addition, painting provides a chance to show themselves, release emotions, and cultivate creativity, which is Can be reasonable and natural removal of the heart of the depressed bad emotions. Painting is an important and common way for children to vent emotions. In the process of painting, children can express their inner joys and sorrows, release stress and adjust their emotions through colors, lines, and various shapes. These reasonable ways of venting emotions can help children's mental health. Painting also stimulates children's creativity and imagination. Some psychologists have used children's art both diagnostically and therapeutically, while others have found it valuable only in one or the other function. As a diagnostic tool, children's drawings and paintings have been treated as a projective technique. This, of course, is on the assumption that the hypothesis of the dynamics of projection is valid. The hypothesis, put very briefly and simply is this: spontaneous behavior. There is no adequate experimental proof for this hypothesis, but accumulated evidence definitely suggests that it is sound.[1] In the world of painting, children can freely create various images, including images that they like, or that they see in real life or in fantasies from their dreams. Painting helps to cultivate their creative thinking and effectively reflect children's uniqueness.

Perhaps some people who do not agree with it think that children's painting is only a kind of painting, and there is not too much connection with children's inner expression. So it means that children's painting is not so simple, when writer was in a school practice, facing the students teachers put forward a called "my heart nature" theme painting activities, in the activity, the students actively participate in, some draw the colorful forest, some draw the vast ocean, some draw the quiet field. Through this activity, not only that let me to psychological communication with children, teacher can according to their pictures of real-time communication with them, but also can effectively stimulate children's creative and environmental protection consciousness, not just to let children draw some simple graphics.

Not only that, children's painting also has a more widely known role, that is, as an important way for children to express their emotions externally.

Painting is also an important way for children to communicate with the outside world. In a study aimed at exploring the emotional expression ability of preschool children through color recognition art paintings, to achieve this goal, researchers showed 78 children aged 3 to 5 concrete and abstract paintings expressing happy or sad emotions, and asked them to choose works that matched the corresponding emotions. A total of 16 paintings were used in the study, which varied in color while keeping the theme content as consistent as possible. Previously, these paintings had been rated by a group of adults to ensure that they conveyed the two emotions being explored in the study. The research results show that children's ability to express emotions through color recognition in paintings is already evident at the age of 3 and significantly improves at the ages of 4 and 5. In addition, research has found that happy emotions are easier to recognize than sad emotions, and the style of art (concrete and abstract) does not affect children's ability to recognize emotions.[2] During the period when their language ability has not been fully developed, painting, as a primitive way of communication, can effectively improve the efficiency of children's communication with others. As a result, adults can interpret children's psychological activities through their paintings. Perhaps some people who don't agree think that children's painting is just a kind of painting, and it doesn't have much to do with children's inner expression. For this reason, the significance of children's painting is not simple.

One of my teacher friends told me a story, she once taught a depressed child who because of illness is not willing to communicate. Only through the way of drawing contact with the outside world, so my friend through painting with children again and again, to understand the child's ideas and needs. At this time painting is not only graphics, more is the child and the emotional output and expression.

From the above examples, it is enough to see the leadership and guidance of teachers in children's painting. The correct guidance of an excellent teacher can make a more correct emotional communication with the children, and encourage the children to communicate with the outside world effectively through painting.

2. Teachers

Painting is a important way to embodiment of innocence and creativity. Children's aesthetic emotions are often more innocent and direct. When they paint, children are free from any rules and constraints, and express their thoughts and feelings at will. This kind of innocence and creativity makes children's painting have unique artistic value. Their works are often full of imagination and innovation, showing children's unique aesthetic perspective and creative style.

Of course, there are also various rebuttals. Regarding the division of aesthetic correctness and not, teachers and parents should guide children to establish aesthetic awareness. In my opinion, children's aesthetic emotions are often more innocent and direct. When they paint, they are free from any rules and constraints, and express their thoughts and feelings at will. Of course, is limited to the right law, and to the circumstances of social morality, This kind of innocence and creativity makes children's painting have unique artistic value. Their works are often full of imagination and innovation, showing

children's unique aesthetic perspective and creative style. Therefore, it is difficult to distinguish between right and wrong in aesthetics. More importantly, personal preferences are different. Any aesthetics should be viewed and guided. Just like when writer was a child, my art teacher played the role of this guide very well. When writer didn't know how to express the scenery of my hometown in my heart with more suitable colours, it was the teacher who told me how to use various colours to express different emotional changes, which effectively improved my review. The teacher really correctly guided my aesthetic cognition and the correct choice. Aesthetic ability and basic painting knowledge allow me to better create and express myself. So the pure character of the children provides the real emotion for the painting, while the teacher's guidance can make the children's painting reflect a more complete expression.

The role of a teacher is important in children's painting activities. Teachers should respect children's aesthetic emotions and encourage them to boldly express their thoughts and feelings. Through the guidance and support of teachers, children can better use their creativity and imagination to create better works. The resulting painting process is also an important method to maintain and protect the healthy development of children's psychology and emotions.

Recently, A small, art based research project was conducted in two rural early childhood centers in Australia. In this project, children collaborated with teachers and researchers to create large-scale collective paintings. The core objective of this project is to observe the artistic practices of young children in order to provide information for the development of future teacher curriculum and teaching methods. The research results are elaborated from three dimensions: teaching methods, practice, and learning: teaching methods that support children's artistic creation; The benefits of learning through artistic expression; And explain the concept of collective practice in early childhood environments. Research has shown that collaborative and intergenerational artistic creation in early childhood environments can bring powerful learning opportunities. By establishing a rich artistic environment, imposing certain restrictions, and allowing children autonomy, a rich and engaging art education environment can be created, which is crucial for children to develop aesthetic awareness, artistic skills, as well as critical, abstract, imaginative, collaborative, and creative thinking in any environment. The role of proactive art educators in children's development is crucial, which has a profound impact on teacher training and professional development in the workplace. In addition, these projects are of great significance for the learning ecology and practical communities from early childhood education to higher education. [3]

Therefore, the understanding and paying attention to children's painting is interrelated with children's psychological activities, which is of great significance for promoting their growth. Through painting, teachers and parents can have a deeper understanding of children's inner world, discover their potential and strengths, and lay a solid foundation for their future development. At the same time, as teachers should also actively respond to the challenges in the educational environment and create better conditions and environments for children's artistic growth. Only better conditions and environments can contribute to the improvement and expression of children's aesthetic awareness, which is one of the theories mentioned next.

3. Parents

Parents are children's closest partners, and their support and encouragement are the cornerstone of children's exploration of art and expressing their inner feelings. When children are painting, parents can listen to their ideas, give positive feedback and recognition, and let children feel that their efforts and expressions are valued.

At the same time, parents can share with their children. They can discuss the theme, colour, shape and other elements in the painting with their children to guide them to think deeply and express their emotions and feelings. Such communication guidance helps children to recognise their inner world

more clearly and promote their emotional development. Not only that, parents can provide all kinds of things for their children.

Stern and Trevarthen's theories on vitality and its 'impact', as well as Stern's concept of the 'present moment', are of great significance in research. The researchers and participants reviewed a video recording of six mother-son pairs painting together and recorded these interactions. These video recordings were subsequently analyzed using Macleod's method. The research findings reveal how collaborative painting can emotionally bring mothers and children closer together and have a positive impact on their relationship. At the same time, the study also demonstrated the importance of color, the significance of controlling chaos and order, and the symbolic meaning of painting in this context. Video interactive technology, as a positive space for reflection, is being considered for mothers. This technology has potential value for art therapists as a sensitive therapeutic tool in using artistic materials to handle the relationship between mothers and young children. The final conclusion of the paper is that the creative and emotional painting activities experienced by mothers and young children together promote new and positive connections.[4]

In the process of accompanying their children to draw, parents can skillfully convey family values and outlook on life. Painting is a gentle way to convey information, and parents can slowly permeate their own values in the way of cartoon drawings. Not only that, the children's impression on the painting graphics will be more profound than the parents' simple language expression, the image can better let the children remember and apply. By guiding children to pay attention to the details in the painting and expressing positive emotions, parents can cultivate their children's observation, empathy and sense of responsibility, and lay the foundation for them to become moral and responsible people.

In a word, parents play a vital role in helping children draw and express their inner feelings. They not only provide emotional support and guidance for children, but also cultivate children's creativity, enhance parent-child relationships, convey values and stimulate their interests and hobbies. Therefore, parents should actively participate in their children's painting activities to create an environment full of love and creativity for them.

Parents play a pivotal role in helping children express their emotions to the outside world through painting. Painting is not only a way for children to explore their inner world and creativity, but also an important way for them to communicate and share their feelings with the outside world. The following are the important roles of parents in this process:

Parents can understand their emotional state by observing their children's paintings. For example, when I was young, it was always difficult to express or unclear, so I would choose to draw pictures to show my parents. Moreover, my parents would also read my recent psychological situation through my paintings.

When children express their emotions through drawing, parents' encouragement and appreciation are crucial. This kind of positive feedback can enhance children's self-confidence and make them more willing to express their feelings through painting.

When children share their paintings, parents should listen to them and try to understand their feelings. Just as it often happens in daily life, in the various parent communication meetings in the school, children often share their paintings, which is a way to express themselves to their parents, and also a way for parents to understand their children. This kind of listening and communication can strengthen the emotional connection between parents and children, so that children can feel understood and supported.

Art is the expression of emotions. Children can integrate their emotions into their artistic creation and share their inner world with others through works. This kind of emotional communication helps to improve children and their surroundings.

People's understanding and intimacy cultivate their empathy and empathy. At the same time, artistic activities often require teamwork. Children need to negotiate, divide and cooperate with others

when participating in artistic activities, which helps to cultivate their social skills and teamwork spirit. Through communication and interaction with others, children can learn to listen to, understand and respect the opinions of others, which is of great significance to their future interpersonal and social development.

In a word, parents play a vital role in helping children express their emotions to the outside world through painting. They not only provide children with emotional support and guidance, but also help children better express their inner world by providing resources, listening and communicating, cultivating expressive ability and stimulating creativity. This can not only promote children's emotional development and self-awareness, but also enhance their social skills and interpersonal relationships.

4. Conclusion

To sum up, painting is very positive and beneficial for both the internal and external effects of children. It can not only promote the physical and mental development of children, but also have a positive impact on the social and emotional level. Therefore, parents and educators should attach importance to the role of painting in children's education and provide more painting opportunities and resources for children. Although most art teachers firmly believe that art activities are beneficial for children, the foundation of this belief is often not clear. What does art activity provide for children? Why do children create visual images? What do nature and culture provide in the development of children's art? More specifically, what do children learn when they draw, draw, or create three-dimensional images? [5] This is still not fully understood, and we hope to deeply understand and conclude in the future

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