

Paintings and its origin

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Abstract

Painting is one of the oldest art forms. When societies began crafting tools and making fire, they were also learning to represent the world in pictures. Paintings are aesthetic, they relax the mind, convey intense emotions and are also a powerful means of storytelling.

Introduction

Painting is the application of pigment, color or other medium on a solid surface. This medium is commonly applied to the base with brush, but other implements such as knives, sponges and airbrushes can be used. The final work is called painting.

Painting is an important form in the visual arts, bringing in elements such as drawing and gesture. Paintings can be naturalistic and can also be representational, photographic, abstract, narrative symbolic, emotive or political in nature.

Painting history

“History paintings usually depict a moment in a narrative story, rather than a specific and static subject, as in portrait”.

The earliest known paintings were the rock paintings of prehistoric times, the petro glyphs as found in places like the rock shelter of bhimbetka , and some of them are older than 5500 BC.

Pre historic paintings have been discovered in many parts of the world, from Europe and Africa to Australia. Many paintings are deep in the caves, in dark recesses. The walls and ceilings of these caves are covered in paintings, with shades of red, brown, yellow and black created from powdered minerals, probably mixed with animal blood and fat. The subjects are mainly the animals of the chase – bison, wild cattle, horses and deer.

Benefits

Keeping your mind and body sharp becomes more important as you age. Painting boosts memory recollection skills and works to sharpen the mind through conceptual visualization and implementation.

Painting allows people to express their feelings and emotions without words. Individuals that paint use art to overcome shyness and convey their personality. Using artwork to tell a story lets someone who is shy let go of normal social reservations.

Motor skills improve when a person picks up painting as a hobby. Handling a paintbrush increases mobility in hands and fingers. The motor skills that the painter develops become the mental short cuts in everyday life.

When people create something while painting they stimulate the creative mind and help relieving the mental stress. Releasing the anxiety through painting helps a person let go off all the pressure that plague the mind. A low stress level helps a person to lead a happier and healthier lifestyle and improves the mental health.

A painter begins his painting by setting his goal to further painting skills, when he becomes advanced in his painting it creates a positive emotion in him. Painting boosts self esteem and inspires people to learn new levels of painting skill.

It is clear that painting builds strong mental health in individuals. Taking up painting gives pleasure not only to the artists but also to the person who sees them.

Importance of painting in children

Painting is a big part of a little dreamer and is much more than a simple activity. It is a way for different types of children to express themselves in their own creative and special ways. It also helps them to use their senses, express emotions, explore process outcome, colors and creates pleasing works with experiences. As the child paints, both sides of the brain are engaged which strengthens the connection between the two hemispheres.

The child begins first by drawing caricatures, then advances into a painting, it reminds that the art is a language which benefits children emotionally, mentally, physiologically and also spiritually.

CONCLUSION

Art forms are something which gets better with time, so we should just enjoy coloring and explore the goodness of color. And when they come together they can only create happiness and give immense relaxation. We just need to give it a try and enjoy coloring.

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