



# INVESTIGATE THE CREATIVITY AND ART IN EARLY CHILDHOOD EDUCATION

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This comprehensive review synthesizes existing research on the multifaceted relationship between creativity, art and early childhood development. Recognizing the critical importance of the early years in shaping a child's holistic growth. The study investigates the cognitive, emotional, social and physical dimensions influenced by engagement in creative and artistic activities. Through a systematic examination of peer-reviewed literature, longitudinal studies, and observational research, this review seeks to unknot the intricate ways in which creativity and art contribute to the early developmental milestones of children.

The cognitive benefits of artistic expression are explored with a focus on the enhancement of problem-solving skills, critical thinking and decision-making processes. The study investigates into the role of art in emotional expression and regulation, investigating how creative activities serve as a medium for young children to navigate and understand their emotions. Additionally, the impact of artistic engagement on the development of fine and gross motor skills is analyzed, shedding light on the interplay between artistic expression and physical dexterity.

Art's contribution to language and communication skills is examined through an analysis of verbal interaction during creative activities, emphasizing the potential language development benefits. The review also explores the social dimension of artistic engagement, investigating how collaborative and shared art experiences contribute to the development of essential social skills, cooperation and a sense of community among young children.

Moreover, the study addresses the cultivation of creativity as a skill during early childhood, emphasizing the role of exposure to diverse art forms and open-ended creative activities in nurturing innovative thinking. Cultural awareness emerges as a key theme, with an exploration of how art serves as a channel for introducing young children to diverse cultural traditions, fostering a sense of global citizenship.

Finally, the review contemplates the long-term impact of early exposure to engagement in the arts, examining correlations between childhood artistic participation and outcomes such as academic success, sustained creativity and a lifelong appreciation for the arts.

As educators, policymakers and parents seek evidence-based insights to inform early childhood practices, this comprehensive review aims to contribute to the growing body of knowledge surrounding the transformative role of creativity and art in shaping the developmental path of young children.

**Keywords** - Early Childhood Development, Creativity, Cognitive Development, Emotional Exploration, Fine Motor Skills, Holistic Development, Sensory Exploration, Curiosity, Imagination, Play-based Learning.

## Introduction:

Early childhood represents a pivotal stage in child development, characterized by rapid cognitive, emotional, social and physical growth. The exploration of creativity and engagement in artistic activities during this formative period has garnered increasing attention from educators, researchers and policymakers. Recognizing the profound impact that creative expression can have on a child's holistic development. This investigation delves into the intricate interplay between creativity, art and early childhood.

Creativity, often heralded as a cornerstone of innovation and problem-solving in later life, manifests itself in myriad ways during the early years. Through drawing, painting, sculpting, and imaginative play, children navigate a world of self-expression, curiosity, and discovery. This investigation seeks to unravel the multifaceted dimensions of creativity and art in early childhood, examining how these activities contribute to the cognitive, emotional, social and physical milestones that lay the foundation for a child's future. At the cognitive level, artistic endeavors are believed to be catalysts for the development of crucial skills such as critical thinking, decision-making, and problem-solving. Understanding the nuances of how creative expression shapes cognitive processes in early childhood can provide valuable insights into effective educational strategies and curriculum design.

Furthermore, the emotional landscape of early childhood is marked by an array of feelings and expressions. Art becomes a powerful medium for emotional exploration, offering children a safe space to communicate, process and understand their emotions. Investigating this aspect contributes to a deeper understanding of the role art plays in emotional intelligence and self-awareness. The social dimension of creativity is equally significant. Artistic activities often involve collaboration, communication and shared experiences. Exploring the social dynamics of creative engagement in early childhood unveils the potential for art to foster interpersonal skills, cooperation and the sense of belonging within a community.

Moreover, this investigation addresses the physical development nurtured through artistic exploration. Fine motor skill is essential for tasks such as writing, are refined through activities like drawing and coloring. Understanding the connections between art and physical dexterity adds another layer to the holistic understanding of early childhood development.

As we embark on this exploration, the goal is not only to unravel the intricacies of creativity and art in early childhood but also to inform educational practices, parenting strategies and policy decisions. By delving into the foundations laid during these crucial years, we hope to contribute to a broader conversation surrounding the transformative potential of creativity and art in shaping the trajectory of young lives.

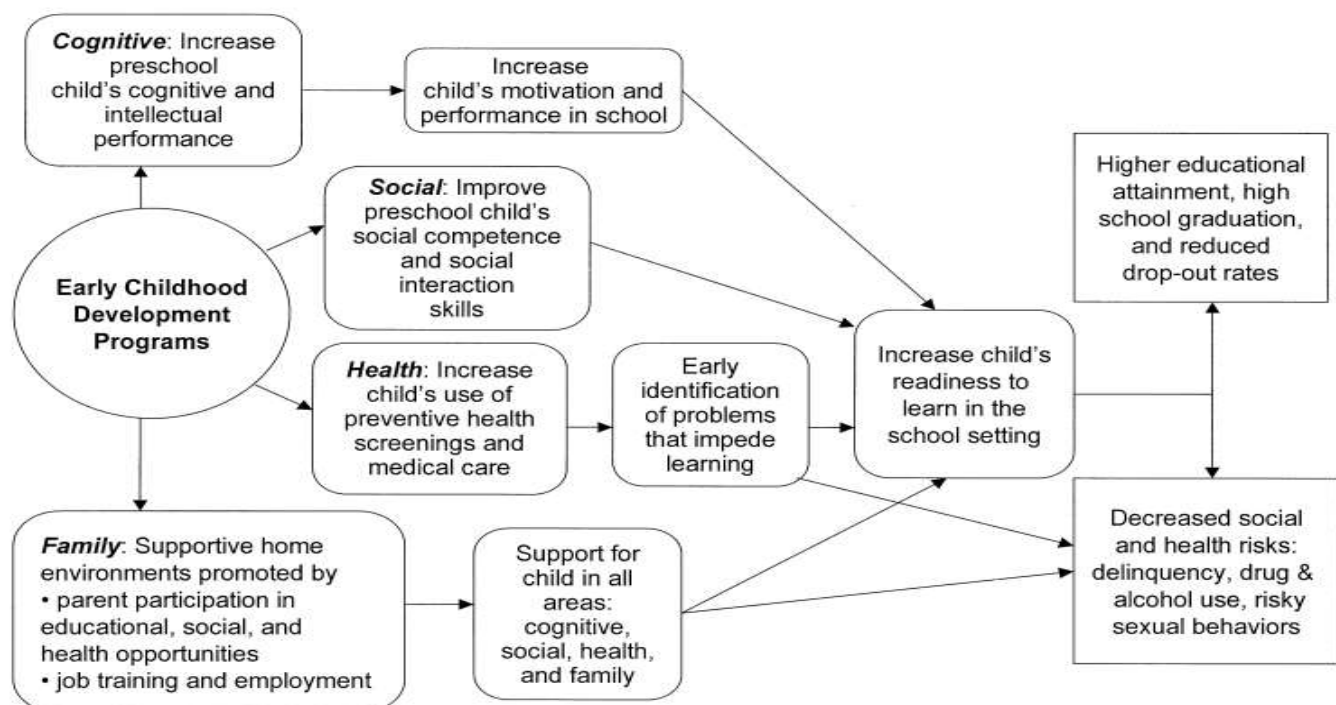
### 1. What is Early Childhood Development?

Early childhood development refers to the vital process of growth and learning that occurs in the initial years of a child's life, typically from birth to around eight years old. During this period, children undergo significant physical, cognitive, social, and emotional changes that lay the foundation for their future well-being and learning abilities. Physical development encompasses the acquisition of motor skills, both gross and fine, while cognitive development involves the formation of mental processes like problem-solving and language acquisition. Social development focuses on interpersonal skills and relationships and emotional development involves understanding and managing emotions. Language skills, crucial for communication, also take root in these early years.

Play, a natural and integral aspect, contributes to a child's exploration of the world and the development of creativity and social skills. Ensuring positive early childhood development involves creating a nurturing environment, fostering quality relationships, providing access to healthcare, proper nutrition and encouraging fun with learn, all of which significantly impact a child's lifelong success.

In the early years of the childhood (0 to 8 years) which is considered as the most extraordinary period of growth and development period. Getting the foundation in the right path carries huge future benefits like better learning in school and higher educational attainment that results in major social and economic gains for society. Research shows that good quality early learning and early childhood development (ECD) programs help to reduce the chances of dropout and repetition resulting in improved outcomes at all levels of education. (REF: UNICEF)

Image 1. Analytic framework used to evaluate the effectiveness of programs for improving children's readiness to learn and preventing developmental delay. (American Journal of Preventive Medicine, Volume 24, Number 3S)



Source:( American Journal of Preventive Medicine, Volume 24, Number 3S)

Involvement of academy, parents and family members with their children in curricular and co-curricular conditioning play a vital part in the early nonage development for illustration Body- Mind Collaboration conditioning and movement conditioning similar as dancing, jumping, running around, balance, walk, climb or play dough, is a great way to promote and improve physical development of the child which enhances their specific and internal position intentionally.



Image: 2 Parent child activity -pot decoration



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image 3: Book balancing and sorting activity- circle time



(Source: classroom activities -D.A.V International School, Ahmedabad)

Image 4: Parent child introduction activity



(Source: classroom activities -D.A.V International School, Ahmedabad)

#### **Finding that Early childhood development in the classroom:**

Early childhood development activities, such as book balancing and parent-child activities, suggests that interactive play positively impacts their cognitive, social and emotional development. Book balancing, or exposing children to age-appropriate books, play etc. enhances language skills, vocabulary, and stimulates cognitive growth. Parent-child activities, including interactive games and shared experiences contribute to stronger parent-child bonds and promote social and emotional well-being. Overall, these activities play a crucial role in shaping a child's foundational skills and fostering a supportive environment for healthy development.

## 2.What is art and creativity in early childhood?

### 2.1 What is Art?

Art is the creativity and exploration of one's ideas. Art brings out the expressive side in children by capturing their imagination. Art is the freedom to appreciate the elements in nature. Art is a colourful journey for children that allows them to expand their minds and think about how to create an original piece of work that is so exclusive. I mentioned the word original since every child's art is different, based on their own imagination and choice of how and what they want to create. Art is an expression of what is in their minds, and it is their ability to see things in different ways. (ref: Dipanwita Ray. (Student Researcher) & Early Childhood Educator University of South Carolina, Columbia, ResearchGate)

### 2.2 What is Creativity?

Creativity is in the process, rather than in the product. The process and not the final product, is what matters in children's art and how their creativity is expressed. Thus, the essence of creativity lies in the journey taken to make every masterpiece. "Creativity is not a linear process, in which you must learn all the necessary skills before you get started. It is true that creative work in any field involves a growing mastery of skills and concepts. It is not true that they have to be mastered before the creative work can begin" (Robinson, 2015).

In the child's eye, creativity starts with lines, circles, shapes, or symbolic representations of objects, animals, and people. Give a child a blank paper with a marker or crayon and watch how their interest is sparked and how their creativity begins with zigzag lines, scribbling, and uneven circles, each having some symbolic representation such as the sun, moon, star, and so on in a child's mind. (ref: Dipanwita Ray. (Student Researcher) & Early Childhood Educator University of South Carolina, Columbia, ResearchGate)

### 2.3 Art and Creativity Experiences among children

It is noticed that when children were given unlimited opportunities to use a variety of mediums (such as paint, crayons, markers, beads, stickers, glitter glue, shiny stickers etc.) to explore, they became much more motivated and worked enthusiastically to figure out how to use all the different materials in their artwork. Their engagement, interest, and dedication in making their artwork and owning it as their work made me realize that creating an awareness of Art in schools and incorporating Art into the curriculums is essential. I also observed that children who are generally restless in the class settled down well when they were asked to do some artwork. This shows that Art and creativity play a huge role in focus and attention among children by making them settle down and remain engaged in the Art. Children should be encouraged to paint, colour, and draw by using their hands, fingers, arms and even their feet. I suggested using some excellent natural resources and recycled materials to conduct artwork with children. Some examples include egg cartons, brown paper bags, brown wrapping paper, newsprints, old magazines, kitchen paper towels, aluminium wraps, coffee filters, small burlap rolls, rocks, shells, dried flowers, and leaves. The role of the teacher should only be that of a facilitator and the artwork must reflect the children's own expressions, thoughts, and imaginations.

Image 5 : Colouring and Drawing



(Source: Classroom activities -D.A.V International School, Ahmedabad)



Image 6: Creativity



(Source: Classroom activities -D.A.V International School, Ahmedabad)



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image 8: Pam printing. finger printing



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image 9 : Tissue paper



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image: 10 News papers



(Source: Classroom activities -D.A.V International School, Ahmedabad)

#### 2.4 Findings that Art and Creativity are essential in early childhood classrooms

Our observation of children in making their artwork and monitoring their engagement, creativity, and interest in owning a piece of work as their own has made me reflect and realize that an art center is essential in all early childhood classrooms. The art centre is the place where children sit and explore with colors, imagine, create and express themselves by owning their artwork. An art center should also have a sink for children to wash hands when they are exploring with paint and water color. An art center in early childhood classrooms is thus essential and will greatly enhance learning, creativity, and imagination among children and help teachers to keep students motivated and engaged.

Art and Creativity go hand in hand, and they must be at the center of the curriculum during the early years of children's learning. Having a mini art center or a mini studio in one area of the classroom where children can experiment with colors and explore other materials is important since Art facilitates creativity and imagination. Art also keeps children motivated while they participate in their own learning.

#### 3.Cognitive Development in Early childhood:

Cognitive development refers to advances in mental processes associated with perception, memory, reasoning, problem-solving, language-learning and other aspects of brain development that occur with increasing age. Historically, children's cognitive development was usually assessed through intelligence quotient (IQ) tests. It should be noted that there is a dearth of appropriate tools with which to assess cognitive development in very young children and there are currently no globally accepted tests of early cognitive development. While a few reliable and valid tests of early cognitive development have been normed in developed countries, there is concern about their validity in other countries due to cultural and contextual differences, not only in assessment techniques, but also in constructs to be measured. For present purposes, cognitive development has been operationalized to encompass performance in tests of developmental functioning, intelligence, language, literacy, numerical ability, memory, problem-



solving, learning ability, academic attainment and cognitive control. Typical cognitive development can be defined as expected gains in language, thinking and understanding. A typical development can be characterized as a delay in expected gains.

(ref: **Nirmala Rao, PhD (Developmental and Educational Psychology), Professor, Faculty of Education, The University of Hong Kong (HKU)**)

**3.1 School readiness** refers to children's attainment of a certain set of psychosocial, behavioral and cognitive skills needed to learn and function successfully in school. The term includes physical wellbeing and motor development, social and emotional development, language development, cognitive development and general knowledge and learning-related skills (**Child Trends 2000, Kagan et al. 1995, Snow and Van Hemel 2008**).

#### **3.1.1 Physical wellbeing in Early Childhood:**

Physical activity can improve balance, flexibility, coordination, and strength. It can also help children achieve and maintain a healthy weight. Exercise can also improve mental health by changing the chemicals in the brain that affect mood.

Physical Activity in Early childhood has a pivotal role in the development of individuals (**Burger, 2010**). Physical activity (PA) is of great importance for the optimal health development of children in this period (**Carson et al., 2017; Pate et al., 2019**). PA is the use of skeleton and muscles to expend energy and it's also an essential critical component of children's development. It ensures healthy growth of organ systems, development of cognitive ability, social and emotional well-being (**Ward et al., 2020**). More importantly, it provides healthy development of bones. and muscles, improvement of body coordination, having a healthy body weight and a decrease in anxiety and depression levels (**World Health Organization [WHO], 2011**) and a high level of health indicators (**Poitras et al., 2016**)

(ref- **Southeast Asia Early Childhood Journal, Vol. 10 (2), 2021 (132-146)**)

Image: 11 Yoga



(Source: Classroom activities -D.A.V International School, Ahmedabad)

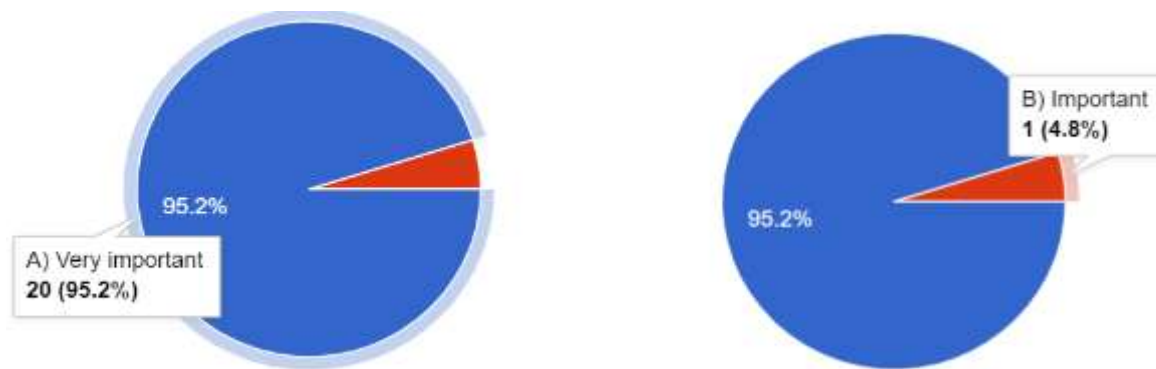
## 3.1.2 The survey of physical activity in DAV School

Table 1 : (Source : Survey of parents in DAV School, Ahmedabad )

Student's Name	Class and Division	1.Does your child share about the regular yoga sessions done in the classroom?	2.Have you observed any improvement in your child's ability to focus since the yoga has been implanted in class?	3.Do you believe that regular yoga has contributed to your child's physical well-being?	4.Which aspect of the yoga program does your child enjoy the most?	5.Do you think that yoga has positively influenced your child's behaviors' and emotions?	6.How important do you believe incorporating yoga is for the overall development of preschool-aged children?
Nairit Patel	Jr.Kg B	B) Yes, to some extent	A) Yes, significantly	A) Yes, significantly	B) Breathing exercises	B) Yes, to some extent	A) Very important
Shreyansh Agnihotri	Jr.Kg A	A) Yes, significantly	A) Yes, significantly	A) Yes, significantly	A) Starching exercises	A) Yes, significantly	A) Very important
Navya bhatt	Sr.Kg A	B) Yes, to some extent	B) Yes, to some extent	A) Yes, significantly	C) Vajrasana and sitting yoga poses	A) Yes, significantly	A) Very important
ANIKA NIGAM	Sr.Kg A	B) Yes, to some extent	B) Yes, to some extent	B) Yes, to some extent	B) Breathing exercises	B) Yes, to some extent	A) Very important
Heeya Rathod	Jr.Kg B	B) Yes, to some extent	B) Yes, to some extent	C) No noticeable change	A) Starching exercises	B) Yes, to some extent	A) Very important
Swarang More	Jr.Kg C	B) Yes, to some extent	A) Yes, significantly	A) Yes, significantly	A) Starching exercises	A) Yes, significantly	A) Very important
Shayan	Sr,Kg B	B) Yes, to some extent	C) No noticeable change	B) Yes, to some extent	B) Breathing exercises	A) Yes, significantly	A) Very important
DHYEY KANANI	Jr.Kg C	B) Yes, to some extent	B) Yes, to some extent	A) Yes, significantly	A) Starching exercises	B) Yes, to some extent	A) Very important
Chitrakshi tyagi	Jr.Kg A	A) Yes, significantly	B) Yes, to some extent	B) Yes, to some extent	C) Vajrasana and sitting yoga poses	B) Yes, to some extent	A) Very important
Krishant Vasita	Jr.Kg A	B) Yes, to some extent	B) Yes, to some extent	A) Yes, significantly	A) Starching exercises	A) Yes, significantly	A) Very important
MISHUBH MANEK	Sr.Kg D	A) Yes, significantly	A) Yes, significantly	A) Yes, significantly	A) Starching exercises	A) Yes, significantly	A) Very important
Hridhaan Patil	Sr,Kg B	B) Yes, to some extent	B) Yes, to some extent	A) Yes, significantly	C) Vajrasana and sitting yoga poses	B) Yes, to some extent	A) Very important
Reyanshi Arpan Shah	Jr.Kg B	B) Yes, to some extent	D) Not at all	B) Yes, to some extent	C) Vajrasana and sitting yoga poses	B) Yes, to some extent	B) Important
Mishka	Jr.Kg B	A) Yes, significantly	B) Yes, to some extent	B) Yes, to some extent	C) Vajrasana and sitting yoga poses	B) Yes, to some extent	A) Very important
Maurya Hardik Darji	Jr.Kg A	A) Yes, significantly	B) Yes, to some extent	A) Yes, significantly	A) Starching exercises	B) Yes, to some extent	A) Very important
Pratyush Gupta	Sr.Kg A	A) Yes, significantly	C) No noticeable change	A) Yes, significantly	A) Starching exercises	A) Yes, significantly	A) Very important
Yashvi Prajapati	Sr,Kg B	A) Yes, significantly	C) No noticeable change	A) Yes, significantly	B) Breathing exercises	A) Yes, significantly	A) Very important
Dharvi trivedi	Jr.Kg A	A) Yes, significantly	B) Yes, to some extent	A) Yes, significantly	C) Vajrasana and sitting yoga poses	A) Yes, significantly	A) Very important
Nakshit goyal	Sr,Kg B	C) No noticeable change	C) No noticeable change	C) No noticeable change	A) Starching exercises	C) No noticeable change	A) Very important
Navya Pandey	Sr,Kg B	A) Yes, significantly	B) Yes, to some extent	B) Yes, to some extent	A) Starching exercises	A) Yes, significantly	A) Very important
Navya Pandey	Sr,Kg B	A) Yes, significantly	B) Yes, to some extent	B) Yes, to some extent	A) Starching exercises	A) Yes, significantly	A) Very important



### 3.1.3 The Graph interpreted Table 1



### 3.2 Findings in Cognitive Development in Early childhood:

Incorporating yoga for physical well-being, can enhance cognitive functions by promoting concentration, attention, and memory in young children. The combination of physical postures, breathing exercises, and mindfulness techniques in yoga contributes to improved self-regulation and stress reduction, positively impacting cognitive abilities, which is crucial for optimal cognitive development during early childhood. Integrating yoga into early childhood activities in classroom appears to be a promising avenue for fostering both physical and cognitive development.

### 4.Holistic Development in Early childhood:

Holistic development is a complete educational strategy that aims to develop physical, intellectual, emotional, cognitive and social abilities in children. In school, all religious festivals are celebrated with a motive to contribute significantly to the holistic development of young children. Here are several reasons why we are incorporating diverse religious celebrations for the holistic development in Early child hood.

#### 4.1 Holistic Development in early childhood:

Holistic development in preschool refers to the comprehensive nurturing of a child's physical, social, spiritual, emotional and cognitive aspects to ensure their well-rounded growth. In the physical domain, activities and play are designed to enhance motor skills, coordination, and overall physical health, laying the groundwork for a strong and healthy body. Social development involves fostering interpersonal skills, cooperation and teamwork, enabling children to engage positively with peers and adults. Emotional development focuses on helping children understand and manage their emotions, promoting a healthy sense of self-esteem and empathy towards others. Cognitive development encompasses activities that stimulate critical thinking, problem-solving and language skills, preparing children for future academic endeavors. A holistic approach recognizes the interconnectedness of these domains, aiming to provide a supportive and enriching environment that fosters not only academic readiness but also emotional resilience and social competence in preschoolers.

- Development is holistic; it consists of inter-dependent confines. This means that the child's development cannot be disintegrated into health, nutrition, education, social, emotional and spiritual variables. All are connected in a child's life and are developing contemporaneously.
- Progress in one area affects progress in others. also, when commodity goes wrong in any one of those areas, it has an impact on all the other areas.
- Holistic Approach helps the child to over come from learning difficulties. As it helps the child's over all development.



Holistic development in early childhood encompasses the interconnected growth of a child across multiple domains. Physical development involves the refinement of both gross and fine motor skills, fostering activities from crawling to fine motor tasks like drawing. Cognitive development encompasses language acquisition, problem-solving skills, and the gradual mastery of literacy. Socially, children learn to navigate peer interactions, developing crucial social skills such as sharing and cooperation. Emotionally, they acquire the ability to regulate and express emotions, building self-awareness and empathy. Intellectual development involves encouraging curiosity, exploration, and creativity through play-based learning and age-appropriate activities. Ensuring proper nutrition, healthcare, and a supportive family environment are integral to overall health and well-being. Cultural awareness, environmental responsibility, and community engagement contribute to a child's broader understanding of the world. Continuous assessment, observation and collaboration between parents and educators form the foundation for identifying and addressing specific needs, fostering a comprehensive approach to early childhood development.

In conclusion, incorporating the celebration of various religious festivals in preschool education plays a crucial role in promoting holistic development by fostering cultural awareness, social skills, inclusivity, cognitive growth, emotional intelligence, family engagement, values education and an appreciation for diversity.

#### Activities :

Image: 12 Janmashthami Celebration



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image: 13 Hawan



(Source: Classroom activities -D.A.V International School, Ahmedabad)



Image: 14 Rakshabandhan



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image: 14 Ganesh Chaturthi



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image: 15 Foodbank



(Source: Classroom activities -D.A.V International School, Ahmedabad)

Image: 15 Grand parent's day



(Source: Classroom activities -D.A.V International School, Ahmedabad)

#### 4.5 The Survey of holistic development in DAV SCHOOL

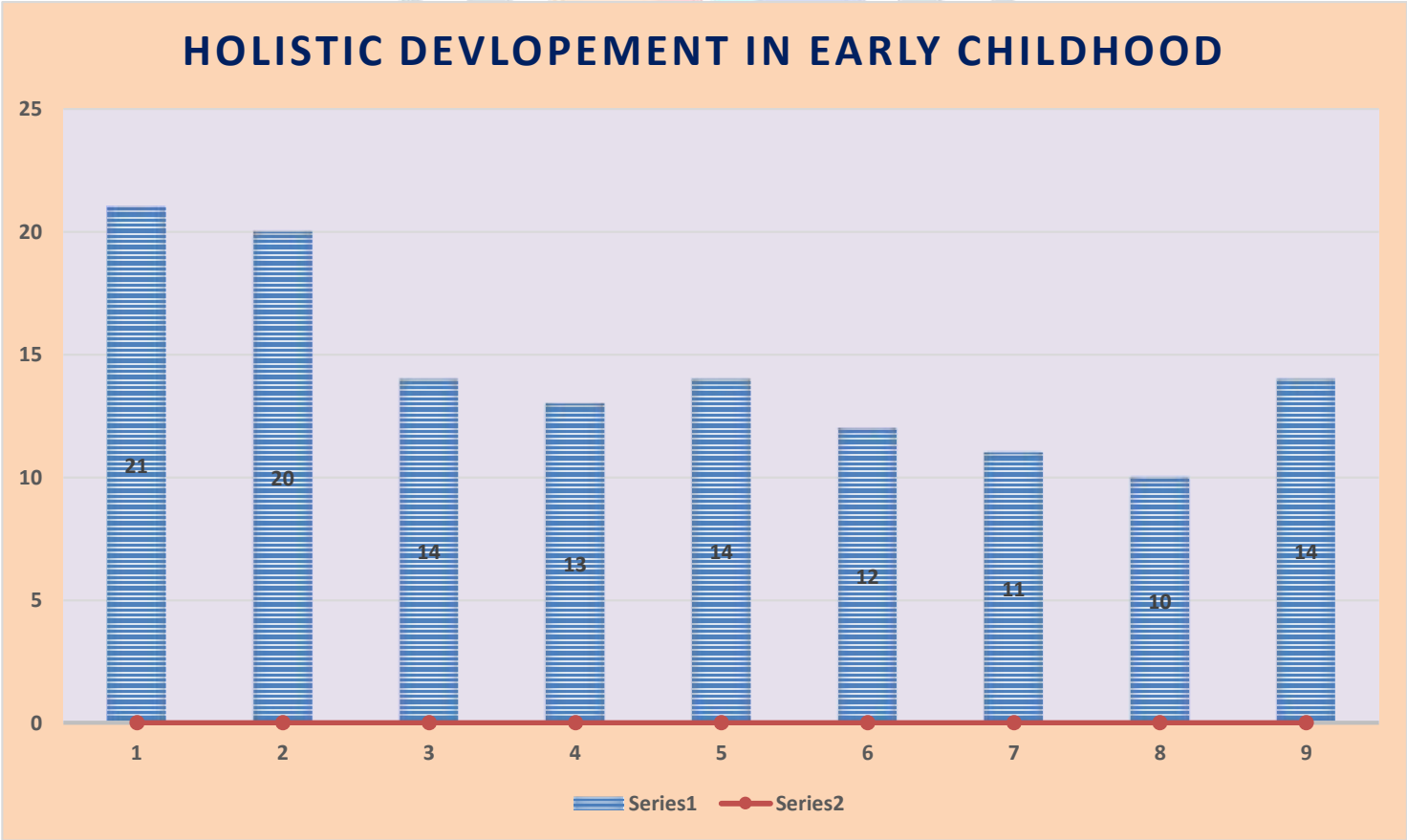
(Table 2: survey on holistic development in DAV school, Ahmedabad)

Student's Name	Class and division	1.How satisfied are you with the inclusion of Shanti path/Gayatri Mantra in the class routine?	2.In your opinion, does the Shanti path/Gayatri Mantra have a positive impact on your child's overall well-being?	3.How comfortable are you with the spiritual or cultural aspects associated with the Shanti path/Gayatri Mantra being introduced in the class?	4.How does your child respond to the Shanti path/Gayatri Mantra?	5.Do you believe that the Shanti path/Gayatri Mantra contributes to a sense of values within the child?	6.How often does your child express the understanding of the values promoted during the Shanti path/Gayatri Mantra?	7.Overall, how do you perceive the impact of the Shanti path/Gayatri Mantra on your child's character development and emotional well-being?
Nairit Patel	Jr.Kg B	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	b. Occasionally	b. Positive impact
Dhyey KANANI	Jr.Kg C	a. Very satisfied	b. Agree	b. Comfortable	b. Positively	b. Agree	b. Occasionally	b. Positive impact
Heeya Rathod	Jr.Kg B	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	b. Positive impact
Navya sunny bhatt	Sr.Kg A	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	a. Very positive impact
ANIK NIGAM	Sr.Kg A	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	b. Occasionally	a. Very positive impact
Swarang More	Jr.Kg C	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	b. Occasionally	a. Very positive impact
Hridhaan Patil	Sr.Kg B	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	b. Occasionally	a. Very positive impact
Mishubh Manek	Sr.Kg D	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	a. Very positive impact
Dwisha Nagori	Sr.Kg B	a. Very satisfied	a. Strongly agree	b. Comfortable	a. Very positively	b. Agree	b. Occasionally	a. Very positive impact
Mishka	Jr.Kg B	a. Very satisfied	b. Agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	a. Very positive impact



Kristal vyas	Sr.Kg A	a. Very satisfied	b. Agree	a. Very comfortable	b. Positively	b. Agree	a. Very often	b. Positive impact
Advik Singh	Sr.Kg B	a. Very satisfied	a. Strongly agree	a. Very comfortable	b. Positively	b. Agree	a. Very often	b. Positive impact
Dharvi trivedi	Jr.Kg A	a. Very satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	a. Very positive impact
Miran mitesh Ahirrao	Jr.Kg A	a. Very satisfied	b. Agree	a. Very comfortable	b. Positively	a. Strongly agree	b. Occasionally	a. Very positive impact
Devaagna vaibhav Dave	Sr.Kg A	b. Satisfied	b. Agree	b. Comfortable	b. Positively	a. Strongly agree	c. Rarely	b. Positive impact
Krishant Vasita	Jr.Kg A	b. Satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	b. Agree	a. Very often	b. Positive impact
Reyanshi Arpan Shah	Jr.Kg B	b. Satisfied	b. Agree	b. Comfortable	b. Positively	b. Agree	c. Rarely	c. Neutral
Maurya Hardik Darji	Jr.Kg A	b. Satisfied	a. Strongly agree	a. Very comfortable	b. Positively	a. Strongly agree	b. Occasionally	b. Positive impact
Yashvi Prajapati	Sr.Kg B	b. Satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	a. Strongly agree	a. Very often	a. Very positive impact
Nakshit goyal	Sr.Kg B	b. Satisfied	b. Agree	a. Very comfortable	b. Positively	b. Agree	b. Occasionally	b. Positive impact
Pranshi modi	Sr.Kg D	b. Satisfied	a. Strongly agree	a. Very comfortable	a. Very positively	b. Agree	a. Very often	a. Very positive impact

4.6 Graph 2 interpreted the Table 2 of holistic development



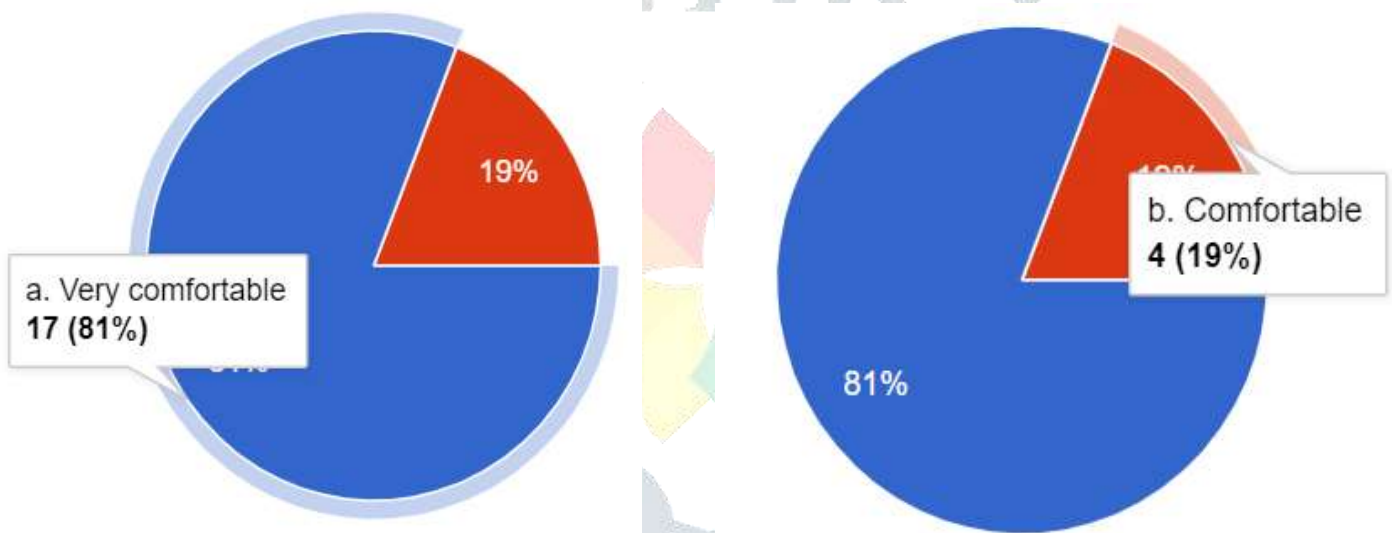
encompassing various aspects of their well-being. The prayer in preschool should be done with sensitivity, respecting the diverse cultural and religious backgrounds of the children and their families. Creating an environment that is inclusive, respectful and open to various spiritual expressions contributes to the overall holistic development of young learners.

Image: 16 Prayer (Gayatri Mantra/ Shanti Path )



(Source: Classroom activities -D.A.V International School, Ahmedabad)

#### 4.8 Students' graph – to recite Prayer (Gayatri Mantra / Santi Path )



#### 4.8. Findings that holistic development is necessary in early childhood:

Research consistently emphasizes the significance of holistic development in early childhood, recognizing its profound impact on a child's overall well-being and future success. Holistic development encompasses the physical, cognitive, emotional, social, and sensory domains, emphasizing the interconnectedness of these aspects in shaping a child's growth. Studies indicate that a balanced approach to development during the early years lays a strong foundation for lifelong learning. For instance, cognitive stimulation through engaging activities promotes not only intellectual abilities but also contributes to the development of emotional resilience. Social interactions in early childhood have been linked to enhanced communication skills and the establishment of positive relationships later in life. Moreover, findings suggest that a focus on physical health and motor skills during early years is correlated with better academic performance and overall physical well-being. The holistic development approach recognizes the interplay between these various facets, underscoring the importance of a comprehensive educational environment that nurtures every aspect of a child's potential. This research underscores the need for educational practices that go beyond isolated skill development and embrace a holistic perspective to maximize the benefits for children in their formative years.

#### 5.Sensory Exploration:

As per the research paper submitted by Pamela Mcmanus Goodwin on the topic “sensory experiences in the early childhood classroom: teachers’ use of activities, perceptions of the importance of activities, and barriers to implementation” published in the year 1984 stated providing sensory materials indoors as well as outdoors offers children the opportunity for hands-on, self-directed, and self-centered activity, as well as an opportunity to learn. Any material that stimulates the senses, especially the sense of touch,



is considered a sensory material. Sensory materials such as play dough, shaving cream, cornmeal, and grains provide numerous occasions for exploration and experimentation.

Sensory exploration is a critical component of early childhood development and incorporating sensory activities in preschool settings can have numerous benefits. Sensory experiences engage children's senses, including touch, sight, sound, taste, and smell, allowing them to explore and make sense of the world around them.

Many sensory activities involve hands-on manipulation of materials, promoting the development of fine motor skills. Gross motor skills can be enhanced through activities that encourage movement, coordination, and balance. Sensory experiences provide opportunities for language development as children describe their sensory observations and feelings. Vocabulary is expanded as children learn to express sensations and communicate their experiences. Sensory play often involves collaboration and sharing, fostering social interactions among children. Sensory activities can have a calming effect, helping children regulate emotions and reduce stress or anxiety.

Sensory activities contribute to the development of body awareness as children explore how their body interact with various textures, temperatures and movements. This enhanced awareness, supports the development of spatial orientation and body coordination.

#### Activities :

Image 16: Sensory walk



(Source: Classroom activities -D.A.V International School, Ahmedabad)

#### Finding that sensory exploration is important in early child hood :

Sensory activities play a pivotal role in preschool education, offering invaluable benefits for the holistic development of young children. These activities engage multiple senses, fostering cognitive, physical and social growth. Through hands-on experiences like exploring different textures, scents and tastes, preschoolers enhance their cognitive abilities, honing observation, comparison and categorization skills. The motor skills crucial for later tasks are also refined as children participate in activities involving pouring, squeezing and manipulating various materials. Moreover, sensory engagement contributes to language development, as children articulate their experiences, enriching their vocabulary. Socially, these activities encourage collaboration and communication among peers, laying the foundation for positive social interactions. Sensory experiences also aid in emotional regulation, providing children with a means to express and manage their emotions. This enjoyable and interactive learning approach fosters creativity, imagination and problem-solving skills, preparing preschoolers for future academic challenges. Ultimately, sensory activities create a dynamic and enriching environment that promotes a love for learning, making a lasting impact on a child's overall development.



## Conclusion :

The investigation into creativity and art in early childhood education illuminates their deep impact on developmental outcomes. Artistic activities not only stimulate imagination but also play a pivotal role in cognitive development. By fostering creativity, children are empowered to think critically, solve problems and express themselves uniquely. The integration of art into early education creates a dynamic learning environment that nurtures holistic development, addressing emotional, social, and cognitive dimensions.

Moreover, sensory exploration within artistic endeavors enhances the overall learning experience, providing children with a hands-on approach to understanding the world around them. This research underscores the significance of incorporating creative practices in early childhood education, recognizing them as catalysts for shaping well-rounded individuals. As we delve into the intricacies of fostering creativity, we unlock the potential for lifelong learning and a deeper understanding of oneself and the surrounding environment. In essence, the synthesis of art and education in the early years lays the foundation for a future generation equipped with not only knowledge but also the essential skills to navigate a world that values innovation and creative thinking.

Early childhood education interlaces with art and creativity to significantly impact cognitive development of the children as the above activities conducted in the class display the positive changes and growth in their overall development. The integration of artistic activities promotes holistic development, enhancing cognitive, emotional, and social facets. Through sensory exploration, children engage in a multisensory learning experience, fostering a comprehensive developmental foundation. This research underscores the crucial role of art and creativity in early education, shaping well-rounded individuals with enriched cognitive abilities and a holistic approach to learning.

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