

# CREATIVE EXPRESSION THROUGH THE EYES OF A PRESCHOOLER

## Skeletons and Strong Bones

Our preschoolers recently took part in a fun, health-themed activity where they created “skeletons” using Q-tips to represent bones on paper. This creative project not only allowed the students to express themselves artistically but also served as a lesson in the incredible design of our bodies. As each child carefully placed their Q-tips to form a skeleton, we discussed the importance of taking care of the bodies God gave us and how good health is a way to honor Him.



While the lesson focused on health and anatomy, the activity also played a key role in enhancing the children’s fine motor skills. Carefully positioning the Q-tips on paper required dexterity and concentration, helping the students refine their hand-eye coordination. Additionally, this creative project sparked their imagination. By turning a health topic into an art piece, the children were encouraged to think outside the box and make connections between creativity and learning about how God designed our bodies with such care and intention.

### Value Focus: Stewardship of Our Bodies

At the heart of this activity was the concept of stewardship—taking care of the gifts God has given us, including our bodies. The children learned that eating nutritious foods and exercising are ways to show gratitude for the strong, healthy bodies God has blessed them with. This lesson not only taught them about physical health but also instilled in them the value of treating their bodies with care and respect.

“Our bones are big and strong,” says Cash. “When we eat healthy food like celery, carrots, and chicken nuggets, they grow even stronger.” Cash’s enthusiasm reflected the overall excitement of the class as they learned how something as simple as healthy eating can make a big difference in their lives.

### Learning Through Art and Health

During this activity, the children learned about the significance of maintaining strong and healthy bones. The project introduced them to the idea that good nutrition and exercise play a crucial role in keeping their bones strong and growing. As they placed each Q-tip, representing bones, the conversation turned to how foods like celery, carrots, and even chicken nuggets can help their bodies grow stronger. This blend of art and health education allowed the children to develop a deeper understanding of their bodies while having fun. They were able to express their creativity by turning a basic anatomy lesson into something tangible and exciting.

