

with younger ambulatory children, large-muscle activity such as use of tricycles and wagons is especially beneficial. Much aggression can be safely directed into pounding and throwing games or activities. Beanbags are often thrown at a target or open receptacle with surprising vigor and hostility. A pounding board is used with enthusiasm by young children; clay and play dough are beneficial for use at any age.

Creative Expression

Although all children derive physical, social, emotional, and cognitive benefits from engaging in art and other creative activities, children's need for such activities is intensified when they are hospitalized. Drawing and painting are excellent media for expression. Children are more at ease expressing their thoughts and feelings through art because humans think first in images and later learn to translate these images into words. Children need only to be supplied with the raw materials, such as crayons and paper, large brushes, and an ample supply of newsprint supported on easels, or materials for finger painting (Fig. 19-8). Children can work individually or work together on a group project, such as a mural painted on a long piece of paper.



FIG 19-8 Drawing and painting are excellent media for expression.