

How Art Helps Children with ADHD

Name:

Institution:

Course Title:

Instructor:

Date:

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ADHD refers to a chronic clinical condition and the affected child normally has hyperactivity, persistent inattention and in some cases the presence of impulsivity. It mostly starts in the childhood and may last until adulthood. A child with ADHD normally finds it difficult to function at school and at home. If ADHD is not treated, the child may have impaired social and emotional development and therefore, interfering with their school and work (WebMD, 2016). The child may also become easily distracted and find it difficult to attend to relevant stimuli in the environment. He or she might not be able to organize activities, complete tasks or follow the rules. Art is used as a therapy to help in the treatment of children with ADHD. It can also help the child to develop emotionally (Wright, 2014). In order to answer the question on how art helps children with ADHD, I will include the definition of ADHD and conduct a literature review of the subject. I will also outline the study methods, results obtained and the discussions on the subject.

A study will be conducted among participants involving two groups of children aged between four to five years. In one group half of them will be children with ADHD while the other one will be a control (those without ADHD). The children will be given paints and instructed to draw various figures. After some time, it will be noted that for children with ADHD, art helps to generate relaxation response and improves their mood. The children are more attentive and able to maintain their concentration. This shows that art therapy can be used as an alternative treatment for ADHD.

References:

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