



SUPPORTING YOUR CHILD'S CREATIVITY AT HOME (AGES 11-14)

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SIMPLE STRATEGIES TO BUILD
CONFIDENCE, CREATIVITY AND REAL
ART SKILLS — EVEN IF YOU'RE NOT
ARTISTIC YOURSELF!



Does your child enjoy art but say 'I'm not very good at it' or 'I can't draw'?

Many children lose confidence in art during the teen/tween years.

They begin comparing themselves to others, feel pressure to get things "right", and start to doubt their ability.

This guide will show you how to support them in a way that builds confidence step by step.



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My name is Jo, and I'm a qualified secondary art teacher and online art tutor with a passion for helping young people develop their creativity.

Over the years, I've worked with many students who love art but aren't always confident in their abilities. My goal is to help them discover their creative potential while building the essential skills that form the foundation of artistic expression.

As someone with ADHD, I also understand how creative minds often work differently. This influences the way I design my lessons and projects — breaking ideas into clear steps, keeping activities engaging, and encouraging experimentation rather than perfection.

I aim to help both students and parents feel confident supporting creativity at home.

Jo Fellowes

Understanding what your Child is Learning in Art

During Key Stage 3 (ages 11–14), children begin developing more than just drawing skills.

This stage is about building confidence in their artistic ability, exploring ideas and learning how to express themselves creatively.

At this age, students start learning:

- How to use different materials and techniques
- How artists develop ideas
- How to experiment and solve creative problems
- How to express their own style and opinions.



But the most important thing to remember is that art at this stage isn't just about technical skill.

It's about helping young people develop:

- confidence
- creativity
- independent thinking.

While you don't need to know the art curriculum in detail, understanding how skills develop over time can make a big difference. Progression in art often builds step by step, from experimenting with materials to developing ideas and refining techniques.

This is where structured guidance helps children grow creatively and gain confidence in their abilities.

You don't need a dedicated art room or expensive equipment to support creativity at home. A small, consistent space and a few simple materials are enough to help your child explore their ideas and build confidence.

Here are three simple ways to make art part of everyday life.

Create a simple art space

A desk, tray, or small box of supplies that your child can easily access makes it easier for them to start creating.

Keep materials within reach

Children are far more likely to draw or paint if the materials are ready to use.

Celebrate their work

Displaying artwork on the fridge, wall, or in a sketchbook helps children feel proud of what they create.

FREE AND EASY MATERIAL IDEAS:

Paper Ideas:

- Old books
- Maps
- Manuscripts
- Envelopes
- Parcel Paper
- Magazines
- Old Notebooks
- Wallpaper



Textures:

- Parcel Packaging
- Cork
- Bottle Tops
- Bubble Wrap
- Cling Film
- Sponge
- Straws
- Pipette's
- Wool
- String



Low-Cost Supplies:

- Facebook Market Place
- Charity Shops
- Local Scrap Store
- Only buy red, blue, yellow and black and white paint and practice colour mixing to make any colour.
- Save old take away tubs and cartons as palettes or to store paint.

CHAPTER

3

Encourage your child to try different styles and techniques. Mistakes are part of the learning process, so reinforce the idea that it's okay to take risks and experiment.



Introduce your child to art books, online tutorials, and documentaries about famous artists. Visiting museums, galleries, or virtual exhibitions can also spark their interest and inspire new ideas.

Offer open-ended art activities, such as "Create a scene from your favourite book" or "Design your dream room." These prompts give your child the opportunity to think creatively and develop their unique style.



A simple way to talk about your child's artwork is to encourage reflection using the WWW / EBI approach

CHAPTER 4



Encourage Reflection (WWW / EBI)

You can invite your child to reflect on their own work using a simple structure many schools use:

WWW – What Went Well

Ask them what they feel worked well in their artwork.

EBI – Even Better If

Then ask what they might try differently or improve next time. This helps children think about their creative choices and build confidence as they develop their skills.

If they find this difficult, you can model it by identifying what went well and what could improve.

3 Signs Your Child Might Need More Support with Art

Many children love art, but without guidance, they can sometimes feel stuck, lose confidence, or struggle to know what to create next.

Here are three signs your child might benefit from more structured support:

1. They enjoy art but often say they're "not very good at it, or I can't draw."

Confidence can dip when children compare themselves to others.

2. They like drawing but quickly run out of ideas. Creative prompts and structured projects can help keep inspiration flowing.

3. They enjoy art but don't practise regularly. Like any skill, creativity grows with consistent practice and guidance.

A little structure can make a huge difference to both confidence and progress.





Quick Tips



Start simple and learn alongside your child.



Create short, regular art sessions each week.



Gather affordable materials or reuse household items.



Choose projects that match your child's interests.



Focus on effort and creativity rather than perfection.



Consider expert guidance through classes or online lessons.



“My teaching superpower lies in helping students realise strong ideas and encouraging them out of their comfort zones with techniques and materials.

Often, students believe they are not good at art due to their drawing skills. I want my students to know that drawing skills can be improved using proven techniques, but also that drawing isn't the only facet of art, there are numerous ways for a person to be creative and create art!

Art should be fun and sometimes taking that first step is the hardest part!”

Jo Fellowes



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Thank You!



Want more support for your child's creativity?

Inside the Arts Instruct membership, your child will receive:

- Inspiring monthly art projects
- Structured lessons that build real skills
- Personalised feedback and support.

This means your child stays creatively engaged while rebuilding confidence and developing real artistic skills.

Start your 10-day free trial today.



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