

I Want to Participate In...

Art Lessons

Name: _____

Age: _____

My goal(s) for art lessons

I would like to:

- learn more about art
- learn to talk about art
- learn a variety of, or a specific art technique(s) (please note: _____)
- make some new friends
- feel more confident
- learn to reflect on my own work and the work of others in a constructive way
- have fun in a social setting
- learn to be comfortable facing a new challenge/learning a new skill
- _____
- _____

What I already know about art: _____

On a scale from 1 to 10, I would rate my comfort level with art lessons as:

1 2 3 4 5 6 7 8 9 10
Not at all Somewhat Extremely
comfortable Comfortable Comfortable

Things that may make it challenging for me to participate in art lessons:

- focusing on art activities
- sharing materials with others
- frustration when working with certain materials (e.g., paint, scissors)
- leaving my parent/caregiver to join in the lesson
- listening to instructions
- following instructions
- working at a common pace with other students
- getting hands dirty
- _____

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You can help me to participate successfully in art lessons by thinking about:

The way you interact with me:

- giving me short, simple, step-by-step instructions
- giving me more time to understand you
- using pictures to show me what you would like me to do
- showing me how to do the activity while using words to describe it
- praising me when I make progress
- giving me with hand-over-hand assistance
- giving me clear and specific feedback about my performance (e.g., 'raise your hands higher above your head' instead of "raise your hands")
- _____

The activity:

- breaking down skills into smaller steps and teaching me one step at a time
- giving me frequent breaks
- changing the structure of the activity
- shortening the length of the activity
- relaxing the rules (if this is possible)
- modifying or adapting the equipment
- _____

The environment:

- providing a support person to assist me
- giving me more room to move around
- providing a quiet corner for me to calm down if things get overwhelming
- changing the setting where the activity happens
- pairing me up with another peer in the class
- placing me in a smaller class
- asking me about where the best place is for me to sit so that I can see and hear well
- _____

A Resource from *CanChild's* Participation Knowledge Hub
<https://www.canchild.ca/en/research-in-practice/participation-knowledge-hub>