

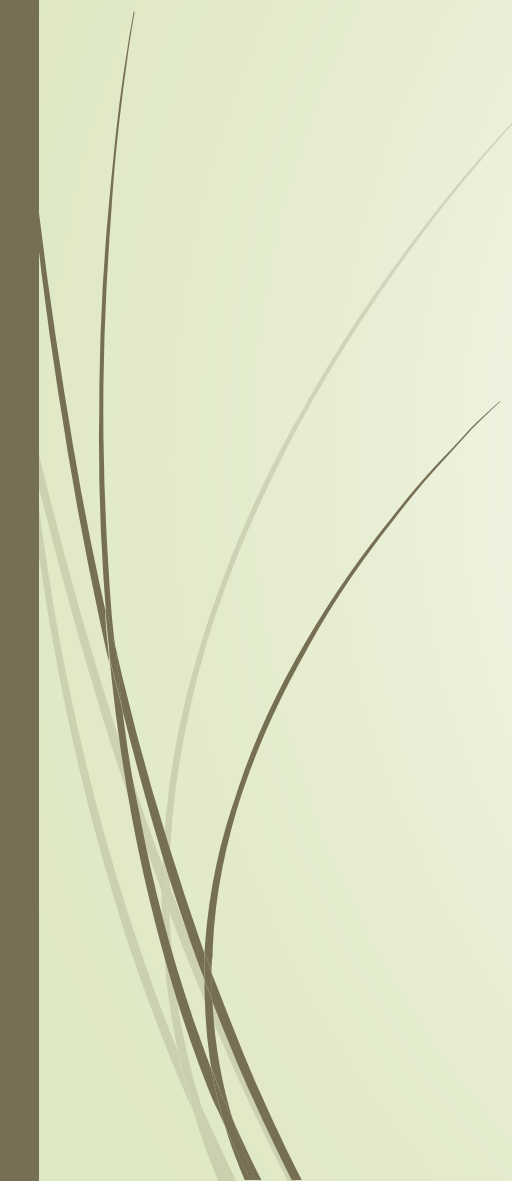
PSYCHOLOGY IN HEALTH AND SOCIAL CARE



TASK 1



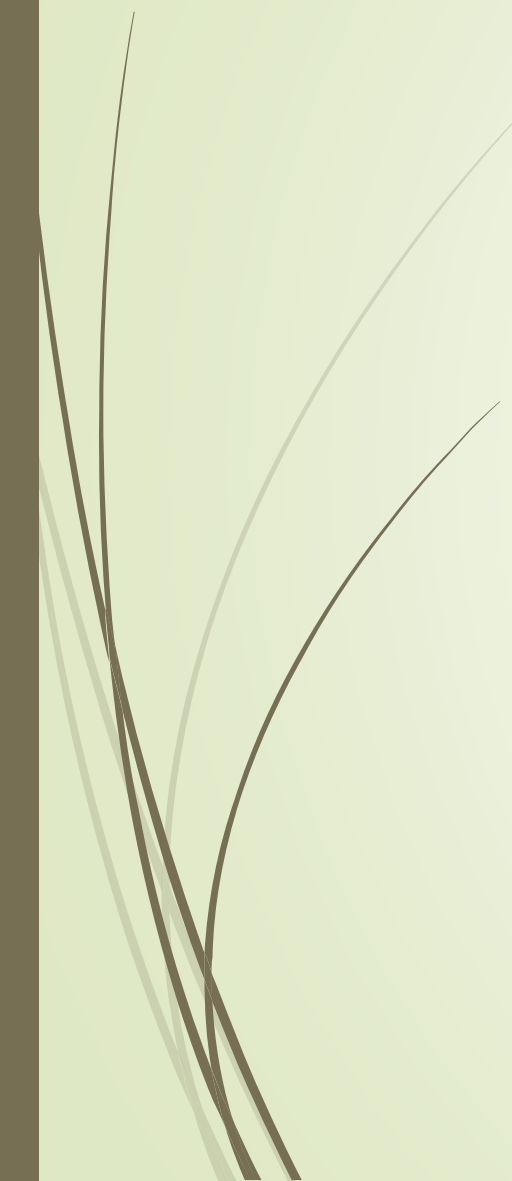
Introduction



- The purpose of the presentation is to understand the importance of two activities such as painting and playing with dough.
- Children aged between 0-2 can enjoy painting and learning.
- Children aged between 7-11 can enjoy playing with the dough which helps them in their development.



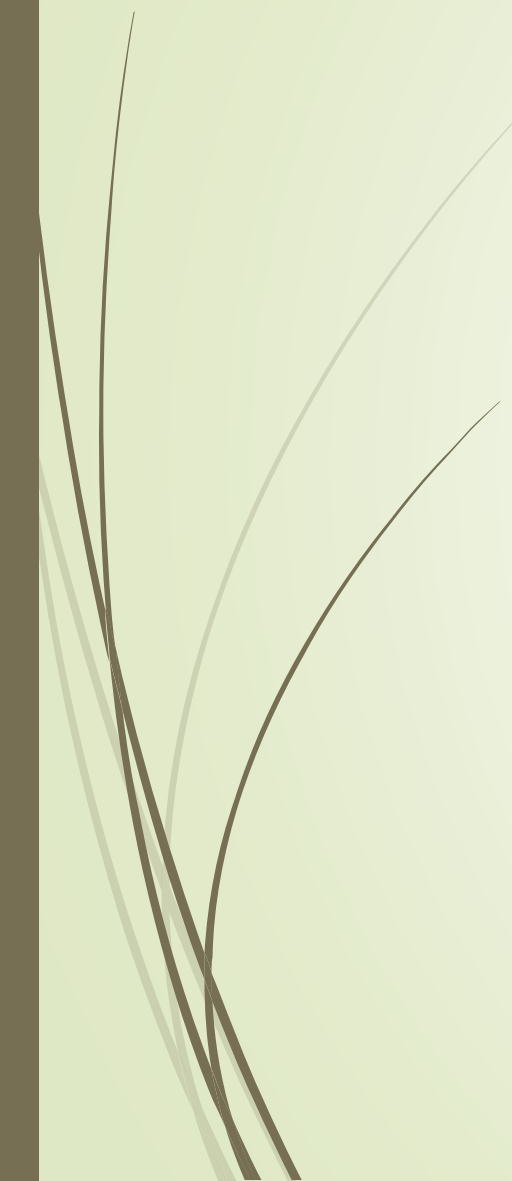
Activities for children aged 0-2

- Children aged between 0-2 can learn from painting. This is the stage 1 trust vs mistrust stage as per Erikson's stage of development (Orenstein, and Lewis, 2021).
 - This activity helps to enhance children and makes them busy.
 - They can get a chance to explore their world in a sensory way.
 - That helps to develop self-expression and writing skills from the early stages.
 - They gain knowledge regarding colours as well.
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Activities for children aged 7-11

- Children aged 7-11 can learn by playing with dough. This is the stage 4 industry vs Inferiority stage under Erikson's stage of development.
 - They can be creative and it helps in hand-eye coordination.
 - It can be an effective motor exercise for them that helps to strengthen their fingers and help in development.
 - Children can be creative , which helps them develop their brain and use their imagination to explore.
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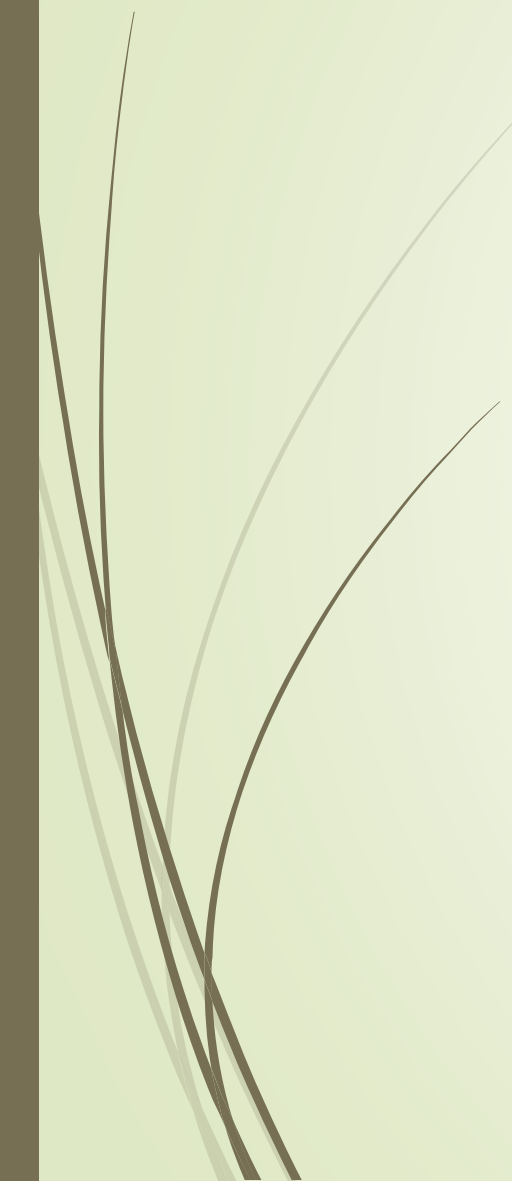


Theoretical Justification

- Both activities can help children with physical and psychological development.
- Per Bandura's Social Learning Theory, observation and models are important aspects of what and how children learn.
- It is necessary to interact with nature and the environment which helps in changes in behaviour.
- Activities like painting and playing with dough can help them to observe and reproduce.



Conclusion

- The above discussion provides the idea of using different activities like painting and playing with dough for the psychological development of children.
 - It helps them to observe and retain.
 - In addition, it motivates them to explore and develop a connection with nature and the environment.
 - It develops different motor skills and makes them understand how to express their feelings.
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Reference

- Orenstein, G.A. and Lewis, L., 2021. Eriksons stages of psychosocial development. In *StatPearls [Internet]*. StatPearls Publishing.



thank you