

Dear Melograno Team,

After the September 2023 war started by Azerbaijan and displacement of 120,000 Artsakh people and taking into account the mental state of the children who were for almost a year into blockade in Artsakh without food because of Azerbaijan "Bari Mama" NGO with the help of your association organized art therapy, pottery, and painting groups for the Artsakh children living near of the inclusive shelter-centre of "Bari Mama" NGO named "Bari Tnak" /"Good/Kind House".

After all those experiences the children became more self-absorbed and uncommunicative. Art therapy was chosen because it provides an opportunity to resolve inner unconscious conflicts and sufferings, which are often easier to express with the help of visual forms than to express them through words. At the same time, it gives an opportunity to focus attention on the formation of their own creative mind, to express the feelings accumulated inside through painting, pottery, and role-playing games.

Since 2023, more than 700 children have been able to participate in the program, and about 400 are still waited for their turn. And with your help we organized drawing and art-therapy courses for them.

As a result of the work, it was possible to reach children

- Expression of feelings, emotions
- Increasing adaptability in a constantly changing world
- Self-expression and overcoming fears in a new environment

A positive, non-critical atmosphere, where children feel safe and understood, contributes to the stabilization of the psychological situation, to living a traumatic experience. During the training, various techniques are used, which are aimed at the development of group members and the creation of an atmosphere of mutual assistance. Art-therapeutic methods are applied, which are directed to the withdrawal, awareness, differentiation of emotions.

At the beginning of the work, we had self-confident, less talkative children who had difficulty expressing their own thoughts and integrating into the group's work. The parents complained of sleep difficulties, irritability, restlessness, self-indulgence, spending a lot of time on the phone, aggressiveness, problems with focusing attention.

As a result of the work, at the current stage, the parents state that they have become more lively, sociable, communication difficulties have been resolved, and they attend classes with love. The members of the group say that they feel free here and like to create and analyze their own feelings and thoughts.

By drawing, children coordinate their knowledge and skills, see the essence of surrounding objects, understand their color, shape, size, place in space. Learning to draw develops a creative perception of the

surrounding world - voluminous, colorful, filled with color, emotions, moods. A child who is visited by inspiration begins to create and shows his feelings through his works.

In practice, we meet children who cannot overcome their goal. They are timid, they are not confident in their abilities, they do not show the emotions locked in their imagination. They are afraid to paint because they feel they can't and nothing will work out for them. In many cases, it is possible to find an approach that makes them believe that they can simply become little artists and work miracles on paper. But for drawings to become a truly important part of a child's development, the child must be praised for his efforts. After all, the child seeks to share not so much the picture as the moment of joy depicted in it.

A child who likes to draw is not afraid to experiment. He tries to paint different subjects and objects, uses different materials and techniques, and most importantly, finds his own style. Through several drawing techniques, children's intelligence develops, they learn to think outside the boundaries, present images and recreate them. They freely express thoughts, emotions, sensations. They depict their individual attitude towards the environment, show what is the main thing for them and what is secondary.

Thanks to the pictures, you can penetrate into the child's inner world. Psychologists make good use of it, and most psychological tests for children are done with drawings.

Non-traditional drawing techniques are also used, which helps to overcome the feeling of failure and fear in visual activity. It can be noted that over time, children begin to feel the benefit of creativity and believe that mistakes are just steps to achieve the goal, and not an obstacle. and there are no boundaries, there is only their own path.

Our goal is to develop imagination, insight, interest in the new and interesting, learn how to overcome fears, show vivid feelings and emotions, joy and wonder, and also teach how to form an aesthetic attitude towards the environment.

Thank you for your cooperation and for providing materials. And only because of your help we can help a lot of children to feel better.

With Love,

“Bari Mama” NGO team