

# Childcare Connections

## Creative Activities

The person in charge shall provide a well-balanced curriculum that supports the developmental needs of all children including opportunities for the child to participate in a variety of creative activities, such as art, movement, music, literature, dramatic play and science [Day Care Centre Regulations 1999, Regulation 6,2(d) ]. Creative activities do not have to occur as a stand alone event, they should be combined into multiple areas of a child's day.



## What are creative activities?

Embracing creative activities is one of the most powerful ways you can support children's development. These activities go beyond arts and crafts—they include imaginative play, storytelling, music, movement, building, and open-ended exploration. Creativity is about giving children the freedom to express themselves, solve problems, and make sense of the world in their own unique way. The focus is on the process, letting children lead, explore and express.

## Why are creative activities important?

Creativity involves imagination, originality, critical thinking and problem-solving. It helps children build connections with and enhance understanding of their learning.

Creative activities are essential for fostering whole-child development. Research shows that creative learning and activities in early childhood are foundational for all areas of development. Children naturally engage in creative exploration as they begin to make sense of the world around them. The activities stimulate brain development, support emotional regulation, encourage curiosity, and strengthen communication skills.

### Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



gov.bm/child-care-regulation-programme



GOVERNMENT OF BERMUDA

Ministry of Health

September 2025

# Childcare Connections

## Creative Art

Creative art should be a joyful experience focused on the process and not a finished product. It allows children to freely explore with the materials, and promotes expression, creativity and discovery. Benefits of creative art include cognitive, fine motor and language development, emotional expression, language and communication, social skills and creativity and innovation.



### Practices for implementing creative arts in your setting:

1. Make art open-ended , process oriented, and child le. Avoid excessive cookie-cutter crafts, coloring pages and worksheets.
2. Design a child-friendly art corner. Encourage daily access and provide a variety of safe non-toxic materials and supplies for children to explore.
3. Prioritize safety and clean up. Create visual rules and labels. Teach proper use of materials.
4. Foster communication and reflection. Discuss the child's artwork with them.
5. Integrate art with themes.

*Art supplies can include:* clay, playdoh, markers, glue, crayons, loose parts, stamps, paint, tissue paper, ribbon, news paper, bubble wrap, food coloring, chalk, pencils, cotton balls, pipe cleaners, Q-tips, fingerpaint, toilet paper rolls, egg cartons, DIY edible paint, items from nature and more.



### Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



gov.bm/child-care-regulation-programme



GOVERNMENT OF BERMUDA

Ministry of Health

September 2025

# Childcare Connections

## Music & Movement

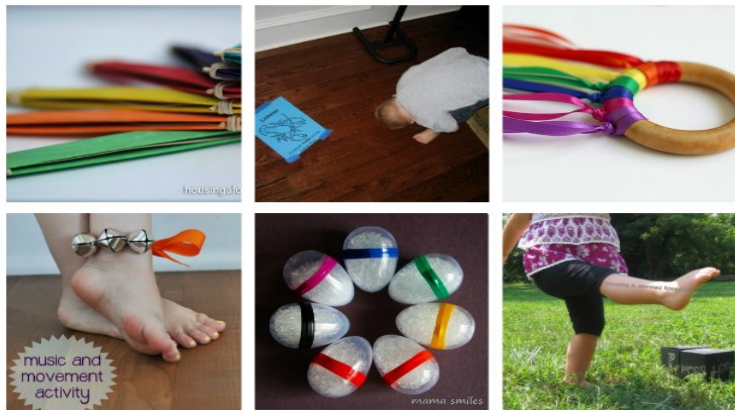
Music and movement are sensory experiences that naturally capture children's attention. These activities engage children holistically—physically, emotionally, socially, linguistically and cognitively, and can be tailored to different ages and abilities. Music & movement are routine friendly and can easily be added to parts of the daily routine such as, during circle, transitions or free play.

### *How is music and movement creative?*

1. Encourage self expression
2. Encourages children to use their imagination
3. Allows children to improvise and move their body in new ways and create their own rhythms
4. Allows for artistic exploration with the introduction of tempo, pitch , dynamics, flow, and gesture

**Music and movement activities can include:** dancing with props, freeze dance, egg shakers, bells, variety of musical instruments, animal movement songs, painting to music, call and response songs, shadow dancing, pots and pans, PVC pipes, buckets, etc.

Featured at [teaching2and3yearolds.com](http://teaching2and3yearolds.com)



### Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



[gov.bm/child-care-regulation-programme](http://gov.bm/child-care-regulation-programme)



GOVERNMENT OF BERMUDA

Ministry of Health

September 2025

# Childcare Connections

## Dramatic Play

Dramatic play allows children to pretend to be someone or something else and gives them the freedom to express themselves. It is an effective way to implement holistic learning experiences. Dramatic play allows children to use their imagination, create stories, roles, and scenarios. It helps children understand the world around them, express emotions, build social skills and develop language and creativity. Dramatic play can also be developed through creating small worlds with play scenarios.



Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



gov.bm/child-care-regulation-programme



GOVERNMENT OF BERMUDA

Ministry of Health

September 2025

# Childcare Connections

## Science

Science is a way of thinking and learning about the world and how it works.

Children do this by exploring, gathering information, looking for relationships and patterns and developing explanations. A science center is interesting, inviting, and offers children opportunities to explore, discover and use their senses.



Effective science learning requires hands-on contact with materials, time to investigate and manipulate those materials, time to understand the results. Science encompasses:

- Physical science,
- Life science,
- Earth science,
- Naturalistic experiences,
- Informal experiences,
- Structured experiences,
- Social experiences
- Integrated experiences.

Key science concepts: cause and effect, lifecycles, sensory exploration, light & color theory, experiments, etc.

Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



gov.bm/child-care-regulation-programme



GOVERNMENT OF BERMUDA

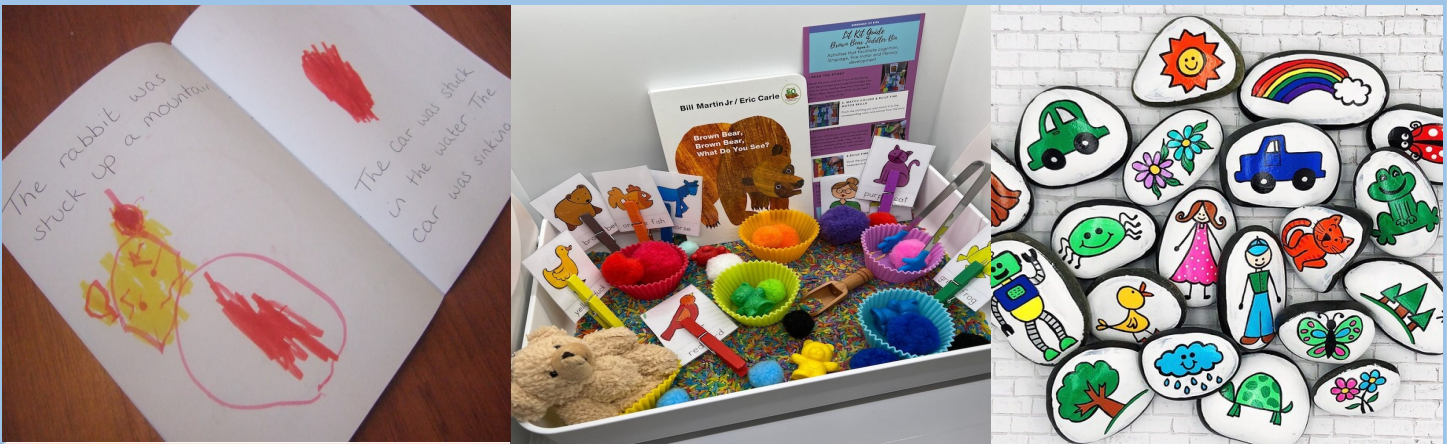
Ministry of Health

September 2025

# Childcare Connections

## Literature

Literature activities introduce young children to language, stories, and books. These activities are more than just reading, they keep children engaged through art, play, music and movement.



Literature experiences foster language development, imagination and creativity, cognitive growth, emotional expression and social skills. Early childhood professionals should keep the activities simple and age appropriate, follow the children's interest and document the stories they create.

Examples of activities can include: Story dramatization, puppet shows, story stones or cards, felt boards, book-based art projects, interactive read-aloud, story songs and rhymes, creating books, story sequence cards, story collage, story themed sensory bins, finish the story activities, retelling stories with props.



Find us on:



HealthBermuda



Health\_bermuda



healthbermuda



gov.bm/child-care-regulation-programme



GOVERNMENT OF BERMUDA

Ministry of Health

September 2025

# Childcare Connections

## Resources

All resources used to create this document are listed below.

Childcare. (2019a, August 15). *Dramatic play in child care – eXtension Alliance for Better Child Care*. <https://childcare.extension.org/dramatic-play-in-child-care/>

Childcare. (2019, August 15). *Music activities teach important skills to children in child care – eXtension Alliance for Better Child Care*. <https://childcare.extension.org/music-activities-teach-important-skills-to-children-in-child-care/>

[Developing young children's creativity: what can we learn from research?](#)

[5] Durham University. (2021). Durham CommiCommission reativity and Education Report. Available: <https://www.dur.ac.uk/resources/creativitycommission/DurhamReport.pdf>.

[Encouraging Creative Development in Daycare](#) - playto.com

*Help for early years providers : Imagination and creativity*. (n.d.). <https://help-for-early-years-providers.education.gov.uk/areas-of-learning/expressive-arts-and-design/imagination-and-creativity>

Lefferts Garden Promise. (n.d.). *STEM activities for daycare centers: How to inspire little scientists*. <https://www.brooklynpromisearning.com/blogdetails/stem-activities-for-daycare-centers-how-to-inspire-little-scientists>

Leggett, N. (2024). Creativity in early childhood: how educators from Australia and Italy are documenting the creative thought processes of young children. *SN Social Sciences*, 4(3). <https://doi.org/10.1007/s43545-024-00873-1>

Major, A. (n.d.). *What does engineering look like in early childhood?* <https://yesblog.mos.org/what-does-engineering-look-like-in-early-childhood>

Mel, E. (2024, May 8). *Why is creative development important in early childhood?* Kids Club Child Care Centres. <https://www.kidsclubchildcare.com.au/why-is-creative-development-important-in-early-childhood/>

Pre-K Pages. (2025, May 5). *Science center set up and ideas for preschool*. <https://www.pre-kpages.com/science-center/>

Singha, A. (2025, September 11). *Why Creativity is Important to Child Development?* 21K School United States. <https://www.21kschool.com/us/blog/why-creativity-is-important-to-child-development/>

Stockdale, G. (2025, August 11). Creativity in Early Childhood Development: 5 Key Benefits of play | ActivityBox. *ActivityBox - Learn Creative Thinking the Fun Way*. <https://activity-box.com/learning-hub/creativity-in-early-childhood-development>