

培養創意孩子

Nurturing creativity in children



提及創意，你可能首先想到繪畫、手工藝或音樂等藝術創作，但創造力事實上是一種跳出框架、打破界限的思考能力，可發揮於多個領域和生活各個層面上。從小啟迪孩子的創意思維，有助他們日後的發展，但培養創意說來空泛，實際上應如何着手？

Speaking of creativity, you may first think of painting, handicrafts, music and other creations of art. However, creativity is in fact the ability to think outside the box and break limitations, and it can be applied in all aspects of life. Nurturing children's creativity at a young age is beneficial to their future development, yet how exactly can this be achieved?

培養創意對兒童發展至關重要，因為創意或創造力不單純是產生新的意念，更關乎將意念實踐出來，並解決過程中可能遇到的問題。因此，培養創意實際上是訓練孩子三方面的能力，分別是探索能力、組織和執行能力，以及解難能力。

Creativity is vital to children's development, because it involves not only the generation of new ideas, but also the implementation of these ideas, and also solving possible problems that may arise in the process. In other words, to nurture creativity in children is to help them develop three different sets of skills, namely exploration skills, planning and implementation skills, as well as problem-solving skills.

隨着孩子成長，於不同年齡階段發展的能力亦有所不同。根據皮亞傑的認知發展理論，零至兩歲的幼兒處於感知運動階段，充滿好奇心，對身邊的環境和新事物特別敏感，熱衷於感官刺激，喜歡透過觸覺認識物件的特徵、形狀和材質等。三至六歲的孩子處於運思前期，開始能將腦中的意

Following children's growth, different skills are developed at different stages. According to Piaget's theory of cognitive development, babies and toddlers between the ages of zero and two are at a sensorimotor stage. They are curious about the surrounding world and sensitive to sensory stimulation. Through the sense of touch, they try to learn the features, shapes, textures, etc. of different objects. Children aged three to six are at the preoperational stage, in which they are able to expand their ideas, combine them with other thoughts and implement them

念拓展，與其他想法結合，透過制定計劃實踐出來。七歲或以上的孩子進入具體運思期後，更有能力預估實行計劃時可能出現的狀況，並嘗試尋找解決方法。

坊間有不少標榜能夠提升孩子創意的玩具或活動，但最有效刺激孩子發揮創意的往往是一些簡單的玩意，例如沙、水、紙張和泥膠等。普通如隨風飄散的沙粒，只要加入水便可變得堅固；而看似軟弱無力的紙張，亦可以透過摺疊或添上其他物料增加承托力。家長可透過示範，同時讓孩子自行摸索，藉此認識物料的各種變化和可能性；當他們產生了意念，如希望製作一座城堡，便懂得以不同方法加以嘗試，或利用沙堆出沙堡，或利用紙皮搭建堡壘，形式千變萬化。另外，烹飪亦是提升創意的絕佳活動，從選取食材、調味料到製作方法，其間有不少激發意念的空間，同時亦有效訓練策劃、執行和解難等各種能力。

事實上，孩子與生俱來便具有豐富的創意潛能，但往往因為後天的教育或被成人灌輸某套規範而受到壓抑，因此要成功培養創意孩子，家長首要抱有一顆開明的心，放棄自己的固有概念，不為孩子設限。再者，大部分事情並沒有一種絕對的方式或答案，若家長過分糾結於對或錯，便會扼殺孩子的想像空間和探索意欲。與孩子互動時，家長應加以「引導」而非「教導」，當要完成某件事情，相比告知孩子詳細的步驟，反而應讓他們自行嘗試。如家長能夠放開懷抱，不但能幫助孩子培養創意，自己也能藉此提升創造力，與孩子一同成長。

through planning. Children above the age of seven are at the concrete operational stage. They are able to predict possible problems that may arise when executing plans and find corresponding solutions.

Many toys and activities are being labelled as constructive in helping children boost their creativity. Yet what proves to be most effective is often the simplest stuff, such as sand, water, paper and play dough. When loose sand is combined with water, it becomes more solid. Flimsy paper can be folded or added with other materials to become strong. Parents can demonstrate to children as well as let them experiment to explore the many possibilities of a material. Hence, when they come up with an idea, they know they can try different methods. For example, if the idea of a castle comes to mind, children can build one with sand, construct a large one using cardboards, or use many other different ways. Cooking is also an excellent way of increasing creativity. From selecting ingredients to cooking methods, there is much room for ideation. In the process, children can also develop their planning, execution and problem-solving skills.

Children are in fact born with innate creative potential, but it is often suppressed when schools and adults impose rules and standards onto them. To nurture creative kids, parents should keep an open mind, abandon all stereotypes, and prevent setting limitations for their children. Moreover, parents should not obsess over right and wrong as there are often more than one way or answer to things, or they may limit their children and even discourage them to explore. When interacting with children, parents should guide but not teach. To encourage creativity, it is more effective to let children try instead of telling them each and every step in detail. If parents can really open their mind, they can nurture creativity not only in children, but also in themselves!

