

What is Creative Imagination and Why is it Important?

By Angel Bear Yoga



Creative imagination (CI) in simple terms is the formation of new and unique ideas in our minds. These may seem out of blue or have a thin link with actual ideas. These are not necessarily about art, music, writing, craft, etc. It's about how you apply your imagination in any field of work you do. These include science, business, politics, etc. It is more about the process than the finished product or goal.

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Creative Development in Early Childhood

Early childhood is the ideal time to build creative thinking skills in your children. These skills help your children develop their ideas and problem-solving skills. Every

child has creative potential and the capability to showcase that potential. What matters is the process and not the quality of the outcome. CI is the door to different ways that help your children to learn to express themselves. They learn how to act, plan, react, interact and explore in different roles. Your children learn to create new ideas and think out of the box. They develop a critical mindset and problem-solving skills. CI helps in mental and social growth in children. It is how your children learn about themselves and the world at large that contributes to their overall growth.

Importance of CI in Children

CI is essential for your children to learn and grow and prepares them for the future. Let's have a brief look at the benefits of CI for children below.

1. Building Social Skills

With CI, children imagine themselves in others' shoes. They try to learn how others feel. It develops empathy and kindness in your children. They are helpful, build strong connections and become more confident.

2. Develop Better Motor Skills

Pretend and outdoor play and arts and crafts are all part of CI. Play with colors, clay, strings, and toys, and explore outside, developing CI in your children. All of these help in the development of good motor skills in your children.

3. Mental Growth

Creativity leads to new ideas. It builds a critical mindset in your children. Your children explore different ideas and create visual images. They do it without any restriction. They create stories, and characters, beyond this physical world. They look at things in a different way and come up with unique solutions. They try different approaches and become excellent problem-solvers. CI helps your children build the base for life skills that help them in the future.

4. Personal Growth

CI allows your children to act out scenes from books, and movies. They can also recreate their whole day in front of you. If they did some wrong, ask them to imagine how they could have done it right. With CI your children express themselves well. They also develop great communication skills. Your children learn to listen, learn, adapt, imagine and interact well. It helps them become more confident. They also develop a strong sense of self.

Learn more about the benefits of CI for children

here: <https://angelbearyoga.com/benefits-of-creative-imagination-in-children/>

Tips for Building CI in Children

Have a look at some of the ways to develop CI in your children.

1. Pick Simple Toys

Give your children simple and open-ended toys to play with. They can play with these toys in multiple ways and develop their CI in the process. These toys include play dough, Lego blocks, animal toys, etc. Your children will create their own stories with these toys. They will use Lego blocks to create different figures. Also, wooden blocks to build different structures. These simple and open-ended toys offer countless creative chances. It boosts their CI to a whole another level.

2. Spend Time Outdoors & Try New Things

Nature is vibrant, different, and dynamic. It offers endless options for your children to explore and discover. They notice beautiful flowers, trees, bugs, and birds. Your children notice their bright colors, patterns, and shapes. They make toys out of twigs, build mud forts and draw in the sand. They observe unique and different things. Your children are curious and try to find their own answers. Also, take your children to different places and try new things. This exposure helps them see the world in a different light. Let them meet new people which makes them a much more confident and social person. All these boost their creativity and give wings to their CI.

3. Listen to Your Children's Ideas

Listen keenly when your children tell their stories. Observe how they build a new fancy world. They will create different roles, worlds, and characters with unique traits. You can suggest different ideas to your children too. Ask them to play a doctor, farmer, teacher, or any other role. Ask them to invent different stories. These can be about space stations, aliens, and fantasy creatures among others. Help your children with your input and ideas. But remember to let your children take the lead. You are there to help develop their creative thinking. As we mentioned before, it is the process that matters, not the outcome. Let your children create and finish their stories as they want. Your role is just to help them along the way.

4. Verbal Games

Play different games with your children that require verbal inputs. These are fun games that can be easily played at home or even when you are traveling. These can be rhymes, riddles, songs, or any other games. These inspire and nurture your children's CI and boost their verbal skills.

5. Make Reading a Daily Habit

Read to your children daily. Read them their favorite books and other stories. Encourage them to read on their own too. And not just comic books. Books without pictures force your children to imagine the world and the characters in their minds. It helps them envision the stories and enjoy them more. Your children also learn to think from other people's points of view. Your children think about how they would have reacted if they were in the place of the characters. It helps them form their own solutions. This way, reading becomes special to your children. It helps them discover new worlds from the comfort of their home. Reading becomes their favorite pastime. And also helps them become more creative.

6. Allow for Downtime

Children need free time to imagine, create and figure out things on their own. A very tight schedule does not promote creative skills but dullness. Allow for downtime when your children do what they like. But it does not mean extra screen time in front of TV, mobiles, or computers. More often than not, your children will engage in some creativity when left to their own devices.

7. Craft and Art

Craft and arts help your children become creative in more ways than one. Your children express their ideas through drawing, painting, cutting, and playing with colors. It raises their focus and decision-making skills. Your children get a sense of mastery to create new things and express their ideas. They become more confident and creative in the process.

Learn more about how to build CI in your children

here: <https://angelbearyoga.com/creative-imagination-in-children/>

Final Takeaway

Next time your child tells you a new story, leave what you are doing and focus on him/her. Other work can wait, but their CI is what needs to be worked on. Building their creative imagination will help them now as well as in the future, so start on it today.