

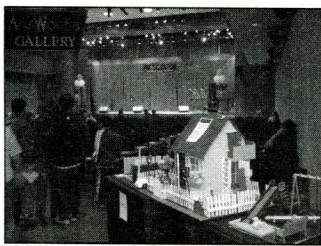
Mount  
Sinai

MOUNT SINAI MEDICAL CENTER

# CHILD LIFE TIMES

KRAVIS CHILDREN'S HOSPITAL AT MOUNT SINAI

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*At the Artworks Art Show*

*Learn more about  
Artworks by visiting  
[www.artworksfoundation.org](http://www.artworksfoundation.org)*

## The Child Life and Creative Arts Therapy Department

*By H. Willow Troy, ATR, CCLS*

For children, creating art is a natural part of life. Using creative modalities during a hospital stay not only normalizes the hospital experience, but it also provides an expressive outlet to help them cope with their hospitalization. When patients or siblings want to share an original drawing, painting, sculpture, poem, or performance, we encourage them to participate in the annual Artworks art show.

ArtWorks' Express Yourself program is a creative arts exhibition featuring artwork and

performances by children and young adults with chronic and life-threatening illnesses.

The Kravis Children's Hospital at Mount Sinai has been one of several children's hospitals in the New York metro area to participate in the Annual Express Yourself – New York event. The event was held on March 12<sup>th</sup> at The Helen & Martin Kimmel Center for Student Life at New York University and was a huge success, featuring artwork from ten of our patient artists. Highlights included a four foot tall wooden dinosaur, an acrylic painting on canvas

of Tinkerbell in outer space, a magazine collage featuring popular teen idols, a miniature cardboard dialysis machine sculpture, and a multidimensional sculpture of a dream mansion complete with hand-made wooden furniture.

Seeing the pride on the faces of these kids who showed their artwork was extremely powerful for everyone involved. The Artworks' Express Yourself – New York show is an incredible chance for patients to share their talent and self-expression with others as well as have the experience of being a popular artist in a gallery show.