



5 Key Elements of Participatory Art

By Dr. Gina Touch Mercer

Cognitive science can be an invaluable guide to nurturing healthy relationships with our grandchildren. Here's a rundown of terms discussed in the accompanying video:

1. Psychological safety

Defined by respect and unconditional acceptance, grandparents create a safe place where grandkids need not fear criticism, punishment, humiliation, or rejection. Children feel comfortable taking risks, knowing they will be supported and are loved.

2. Intentionality

Grandparents focus on a grandchild's positive behaviors and aspirations, offering the respect and support crucial to a child's wellbeing.

3. Cognitive flexibility

This brain function expands our understanding and allows us to think in new ways. For grandparents, cognitive flexibility shifts attention from the negative (competition, judgment) to the positive (praise, recognition).

4. Curiosity

Grandparents are attentive to the grandchild's actions and choices and ask questions without judgment. They communicate a sense of psychological safety in their acceptance and reassuring tone.

5. Flow

In this positive mental state one is completely immersed in an activity, losing track of time and self-consciousness. Flow improves mood and increases grandparents' and grandchildren's creativity, motivation, and personal satisfaction.

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