

Drawing with Ink as an Enjoyable and Creative Activity for Children

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Abstract: Drawing training for children is an enjoyable and creative activity, yet it is often overlooked in today's digital era. This background issue arises from the fact that many children prefer to play with gadgets rather than engage in artistic activities that can enhance their motor skills and creativity. The objective of this training is to provide a fun and educational drawing experience, allowing children to express themselves through abstract art and color exploration. The training methods employed include a free and unstructured approach, color games, and emotion & imagination-based activities, which encourage children to create without limitations. The conclusion of this training indicates that drawing activities not only improve children's artistic skills but also awaken their aesthetic sensitivity and motor creativity, making art an essential medium for holistic development amidst the challenges of the modern world.

Keywords: Abstract Drawing, Children, Creativity, Community Service Program.

Introduction

The children's playgroup in Kampung Kelurahan Malaka Jaya shows a tendency for children not wanting to put down their gadgets. Usage issues, excessive gadget use by children, and their tendency to abandon creative activities like drawing have become a serious concern in various media, including online newspapers (Kalsum et al., 2024). This issue is closely related to child development, especially in terms of creativity, motor skills, and mental health. Some academic studies also support these concerns, highlighting the impact of gadgets on various aspects of child development. This article will explain some key points that are frequently raised in the news and supported by scientific research.



Figure 1. Children's Dependence on Gadgets (Source: kompas.com)

First, gadget addiction is a significant issue that is frequently discussed in the context of child development. Children who are constantly exposed to gadgets tend to be more interested in interactive games or social media than in creative activities like drawing (Yadav et al., 2022). This is due to the stimulating nature

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of gadgets, which offer instant entertainment. Conversely, drawing requires a longer process and does not provide immediate satisfaction, so children may feel less inclined to do it. Research shows that excessive exposure to digital devices can hinder children's creativity development due to a lack of physical and imaginative exploration (Ghanamah, 2025).

Additionally, the lack of parental supervision in regulating gadget use is a significant factor. Many parents do not enforce strict rules about gadget usage time or use them as a tool to calm their children. This results in children more frequently choosing gadgets over activities that require physical interaction or motor skills, such as drawing. According to Sandua (2023), children who frequently use gadgets without time limits tend to spend less time on creative activities that stimulate right-brain development, such as visual arts.

A decline in motor skills is also a significant impact of excessive gadget use. Drawing activities play an important role in training fine motor skills, which are fundamental to a child's physical and cognitive development. However, with the increasing use of gadgets, children are losing the opportunity to hone these skills. A study by Rogovic et al., (2022) revealed that prolonged gadget use is associated with a decline in fine motor skills, as children interact with screens more often than they use their hands for activities like drawing or writing.



Figure 2. Lack of Socialized Children (Source: [nichd.nih.gov](https://www.nichd.nih.gov))

Additionally, the psychological impact of playing too many gadgets also needs to be considered. Children who spend hours in front of a screen tend to struggle with concentration and patience when engaging in activities that require more focus and perseverance, such as drawing. This is supported by research showing that children who frequently use gadgets have more difficulty maintaining attention for extended periods compared to children who are involved in physical or artistic activities (Santos et al., 2022).

Finally, although the role of technology can have a positive impact if used wisely, the reality is that many children are more likely to use gadgets solely for

entertainment purposes. Digital drawing applications can indeed help introduce children to the world of art. However, they cannot replace the physical experience of holding a pencil and paper, which plays an important role in motor and cognitive development. Therefore, the media often emphasizes the need for parental supervision in regulating gadget use and encouraging children to engage more in artistic and creative activities to balance their digital world and creativity (Behnamnia et al., 2020).

A lack of basic understanding of visual concepts and spatial perception often causes children to struggle to draw realistically. Realistic drawing requires the ability to understand concepts of proportion, perspective, and lighting, which children often have not yet fully mastered. According to Piaget (2013), children's visuospatial abilities develop through practice and only reach their peak in adolescence. Children's inability to draw objects proportionally often makes them feel frustrated and lose interest in continuing this activity.

Additionally, limitations in fine motor skills also pose an obstacle. Drawing realistically requires good hand-eye coordination and precise control of movement. Children whose motor skills are not yet fully developed often feel that the resulting drawings do not meet their expectations, which lowers their self-esteem. Dinehart & Manfra (2013) found that poor fine motor skills can make children reluctant to engage in art activities like drawing, as they feel they are failing to produce "good" pictures.

Finally, pressure from the environment, whether it is expectations from parents or teachers, can worsen the situation. Children who feel pressured to produce realistic artwork may fear failure and ultimately avoid drawing activities. Lauss & Helm (2024) research indicates that pressure to achieve perfect results can hinder children's creativity and reduce their motivation to explore art. Conversely, allowing children to explore without pressure about the final result can help them enjoy the drawing process without fear of failure.



Figure 3. City Kids Image Quality (Source: [edukasi.okezone.com](https://www.edukasi.okezone.com))

Abstract drawing with color play on tissue paper can be an enjoyable, creative alternative for children to

create outside of gadget play. This process involves using bright and expressive colors, which can stimulate children's imagination and train their fine motor skills. Tissue paper as a drawing medium also offers a different sensation due to its texture and absorbency, allowing children to experiment with unique coloring techniques, such as using watercolors that spread naturally. This activity is not only fun but also supports children's creative development without the pressure to produce realistic images.

Additionally, drawing abstract art on unconventional media like tissue paper teaches children to express themselves more freely without fear of judgment about the final result. Unlike realistic drawing, which often requires accuracy and precision, abstract drawing places more emphasis on exploring color, form, and movement. This makes children more comfortable experimenting and developing their own artistic styles. In this context, drawing becomes a means of training creativity and teaching children to solve visual problems in ways they create themselves. This kind of experience gives children a sense of freedom, which is difficult to find in more structured and directed gadget games.

The importance of drawing as a positive alternative to playing with gadgets lies in its comprehensive benefits for child development. Abstract drawing not only involves visual and motor skills, but also provides space for children to express their emotions and ideas freely. Additionally, drawing on tissue paper, which involves manipulating colors and media, also helps children hone their cognitive and aesthetic abilities. Thus, drawing can be an activity that enriches a child's overall learning experience, while also providing them with a break from the digital world that often isolates their creativity.

Method

Training in expressive and creative abstract drawing for children should include methods that support the development of creativity, self-expression, and the ability to experiment freely. To strengthen the method already explained, the following is supplemented with support from several scientific articles:

1. Training 1: The Free and Unstructured Approach of Abstract Art provides children with the freedom to express their ideas without being bound by formal rules. According to a study by Malchiodi (2011), this unstructured art approach allows children to express their emotions and ideas freely, without worrying about "right" or "wrong." This freedom also supports the development of creative thinking and problem-solving skills. In a free environment, children have

the freedom to experiment and try various techniques and tools, which in turn fosters artistic and cognitive growth.

2. Training 2: Color Games and Media Exploration Using various media allows children to explore how colors interact with each other. In research by Sun & Lin (2024), art activities involving diverse media exploration helped children understand visual elements such as color, texture, and composition more dynamically and interactively. The wet-on-wet technique, or the use of various media such as watercolors, pastels, and crayons, helps children develop artistic sensitivity while improving their fine motor skills. This also allows them to respond to visual and sensory stimuli more deeply, which is essential for artistic and creative development.
3. Training 3: Emotion and Imagination-Based Activities in Abstract Art often serve as a bridge for expressing emotions. Lowenfeld & Brittain (1982) argued that art related to emotions helps children understand and express their feelings through color and form. Drawing based on emotions and imagination also helps children process personal experiences and strengthen their mental health. This becomes an essential means for children to release stress and positively manage their emotions, especially in the context of the fast-paced modern world and technology that dominates their lives.

In this PKM activity, guidance without pressure is essential in encouraging freedom of expression. According to Eisner (2003), providing children with space to explore without negative judgment increases their motivation to continue creating and innovating. On the contrary, pressure to achieve specific results can limit creativity and make children feel less confident. Therefore, the role of the facilitator should focus on supporting children's exploration, not on evaluating the quality of their final artwork.

Involving children in group art activities allows them to learn from each other and develop social skills. Studies by Kalsum et al. (2024) emphasize the importance of social interaction in children's cognitive development and creativity. In this process, children can share ideas, collaborate, and inspire each other, thus creating an environment that supports collective creativity. Collaboration in art groups also helps develop empathy and communication skills, which are important for their emotional and social development. With these methods, expressive and creative abstract drawing training can help children explore their artistic potential and make art an important part of their cognitive, social, and emotional development.

Result and Discussion

Children's Drawings as Emotional Expression

Children's expressive drawings can be categorized based on their emotional, cognitive, and social development. Each of these categories reflects how children express their feelings, experiences, and thoughts through visual art. Based on various scientific studies, here are the types of expressive drawings by children.

1. Representational Drawing

Representational drawings are children's artwork that attempts to depict objects or situations from the real world, yet still contain elements of emotional expression. According to Lowenfeld & Brittain (1982), children often use representational drawings to express their feelings about people or objects around them, such as family, animals, or natural landscapes.



Figure 4. Representative Image Sample (Source: edukasi.okezone.com)

Although the objects depicted may not be proportional or realistic, this drawing shows how a child tries to understand and reflect on the real world through their own perspective.

2. Fantasy or Imaginative Drawings

In this type of drawing, children depict things that are not real or fictional, often influenced by their own imagination or the stories they create. Research by Malchiodi (2011) states that fantasy images allow children to explore desires, fears, or unique ideas that may be difficult to express with words.



Figure 5. Fantasy or Imaginative Image Samples (Source: pin.it)

For example, children can draw imaginary creatures, fantasy worlds, or magical events that reflect their need to express themselves beyond their everyday reality.

3. Emotional Drawings

Emotional drawings are a type of image where children directly express their feelings, such as happiness, sadness, fear, or anger. Malchiodi (2011) this art form often uses intense colors and shapes to depict strong emotions.



Figure 6. Emotional Image Sample (Source: Personal Documentation, 2025)

Children might use bright colors and dynamic lines when they feel happy or enthusiastic, and conversely, dark colors and sharp shapes when they feel angry or sad. This type of drawing is important because it allows children to process and manage their emotions through visual expression.

4. Symbolic Images

Symbolic images involve the use of symbols to represent more complex concepts or ideas. According to Dinehart & Manfra (2013), children often begin to use certain symbols in their images as a way to convey more abstract ideas, such as peace, love, or fear. For example, a child might draw a heart to show love or the sun for happiness. As they age and their cognitive development progresses, these symbols become increasingly complex and connected to their understanding of the world.



Figure 7. Sample Symbolic Image (Source: id.m.wikipedia.org)

5. Abstract Drawing

Abstract drawing is an entirely non-representational expression, where children use colors, lines, and shapes without the intention of depicting specific objects. In abstract works, children typically focus on elements of art such as color, texture, and movement to express their feelings or moods. Lowenfeld & Brittain (1982) stated that abstract drawings often reflect a child's freedom of expression and are a manifestation of pure creativity without the limitations of real-world objects.



Figure 8. Abstract Image Samples
(Source: intellisearch.asia)

These types of drawings not only help understand a child's artistic development but also reflect their psychological, social, and emotional growth (Wardoyo & Abdullah, 2018). Each category of expressive drawings shows how children process and express their life experiences through visual media, as well as how they understand and respond to the world around them.

Images as a Stimulus for Creativity

A child's esthetics and creativity in drawing reflect how they express themselves and understand the world around them. Esthetics in children's artwork is not measured by the standards of beauty or accuracy that apply to adults, but rather by a pleasant and emotional visual experience. According to Murwonugroho (2020), children often use colors and shapes freely without regard for technical rules, creating works that reflect their unique way of seeing the world. For example, a picture using bright colors and disproportionate shapes could be an authentic representation of a child's imagination and feelings.

On the other hand, creativity in children's drawings serves as a tool for them to express their ideas, emotions, and imagination freely. This creativity emerges from the child's freedom to experiment with various shapes and colors without limitations. Piaget & Cook (1952) stated that children develop their creativity through interaction with the environment, and art becomes an important medium for expressing thoughts

and feelings that might be difficult to put into words. For example, when a child draws an imaginary landscape with fantastical creatures, they are using their imagination to create a personal and unique narrative.

This connection between esthetics and creativity is essential for a child's development. When children are free to express themselves through drawing, they not only practice artistic skills but also stimulate critical and imaginative thinking abilities. Lowenfeld & Brittain (1982) showed that the drawing process helps children explore new ideas, find innovative ways to express themselves, and improve their understanding of the world. Thus, esthetics and creativity in children's drawings contribute to holistic cognitive, emotional, and social development.

Implementation of Training Activities

1. Training 1: Free and Unstructured Approach

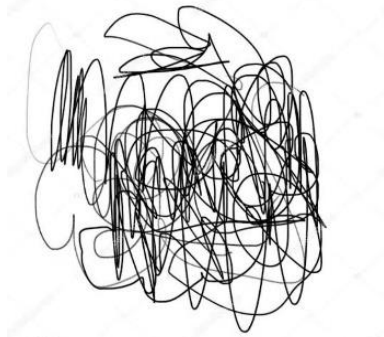


Figure 9. Training 1: Free and Unstructured Approach
(Source: Personal Documentation, 2025)

Abstract art provides children with the freedom to express their ideas without being bound by formal rules. According to a study by Murwonugroho (2019), this unstructured artistic approach allows children to express their emotions and ideas freely, without worrying about "right" or "wrong." This freedom also supports the development of creative thinking and problem-solving skills. In a free environment, children have the freedom to experiment and try various techniques and tools, which in turn fosters artistic and cognitive growth.

2. Training 2: Color Games and Media Exploration

Training for Children The "Color Games and Media Exploration" training aims to introduce children to various media and techniques, allowing them to explore color interactions and develop their artistic skills. In this activity, children will be invited to experiment with various tools such as watercolors, pastels, and crayons. First, the session begins with an introduction to the available tools and media, as well as a brief explanation of how each one works. Next, the children will be asked to create artwork using the

wet-on-wet technique, where they will apply watercolor paint onto wet paper and see how the colors interact with each other. Additionally, they will be invited to create different textures using pastels or crayons, as well as other objects like sponges or brushes, to explore patterns and shapes.



Figure 10. Training 2: Color Games and Media Exploration (Source: Personal Documentation, 2025)

After allowing sufficient time for exploration, the children will be asked to draw a composition that incorporates all the techniques they have learned. For example, they could draw imaginative landscapes that combine bright colors with different mixed media techniques, creating dynamic and engaging works. In this process, they not only learn about color and texture but also respond deeply to visual and sensory stimuli, as Yadav et al., (2022) revealed. At the end of the session, the children will be invited to present their work and share their experiences regarding the techniques they used and the colors they chose. This discussion not only provides them with an opportunity to learn from each other but also encourages them to think critically about their creative processes. With this approach, drawing training not only enhances children's artistic sensitivity but also their fine motor skills, while providing them with a better understanding of visual elements in art (Wardoyo, 2020).

3. Training 3: Emotion and Imagination-Based Activities Drawing Training for Children Focusing on "Emotion and Imagination-Based Activities," this training is designed to help children express their feelings through art. In this session, children are introduced to the concept that art can be a means of expressing emotions that are difficult to put into words.



Figure 11. Emotion and Imagination-Based Activities (Source: [shutterstock.com](https://www.shutterstock.com))

The activity began with a discussion about various emotions they might feel, such as happiness, sadness, and anger, where the children were asked to associate colors or shapes that they felt represented those emotions. After this basic understanding, the children were invited to choose one emotion they wanted to explore further and draw it using the provided drawing tools. For 30 minutes, they were free to create, producing artwork that reflected their chosen emotions, for example, using bright colors to depict happiness. After finishing, the session continued with a presentation where the children could explain their artwork and how the drawing process helped them understand their feelings. This discussion emphasizes the importance of art as a tool for releasing stress and managing emotions, aligning with Dana et al. (2022) view that emotionally-related art can support children's mental health. With this approach, training not only develops artistic skills but also provides space for children to process their emotions, which is important in coping with the pressures of the modern world.

Conclusion

Drawing training activities for children using an abstract style approach and color composition games have proven effective in stimulating their esthetics and motor creativity. By giving children the freedom to explore without limitations, they can freely express their ideas and emotions through art. This activity not only teaches children about color and texture interaction but also enhances their fine motor skills through the use of various media. Additionally, the fun and dynamic drawing process helps children develop artistic sensitivity and creative thinking skills. Thus, this training plays an essential role in supporting children's holistic development, creating space for them to grow emotionally and artistically in a world increasingly filled with technology.

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