



The Abbey

KINDNESS

Why is art the kindest
form of expression?

Monica, Lower V (Year 10)



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Art serves as a companion of comfort and distraction, a form of communication everyone can express. Art doesn't necessarily require a particular skill: in fact it's something anyone can participate in. It allows people to envision a whole realm prioritised around their desires and interests. It gives people the chance to express what they can not obtain in words, what they can not possibly write down, nor what they can say out loud. Art provides an alternative pathway giving us freedom and feelings of exhilaration, releasing us from any possible restraints or isolation that we feel in the current moment.

*"The world of reality has its limits;
the world of imagination is boundless."
Jean-Jacques Rousseau*

This is the reason why I believe art is the kindest form of expression.

Art enforces kindness. Art itself can potentially be interpreted as a definition for kindness. It revolves around everything and everyone with unlimited extents as to what art can be. Life itself is an art-form. It envelops itself within music, through dancing, acting, stories and so many other things. But most significantly it thrives within everything that lives. It requires the minds of others, each individual thought, for art to be created, before being seen by others as they relate or find relief and comfort in the art.

Furthermore, it conveys emotions and portrays stories many of which are filled with pain and suffering. Art is able to help heal those wounds by allowing people to express the anguish and sorrow they feel or experience. Additionally, art has the ability to manipulate our

understanding of time and existence, questioning and deepening our individual thoughts. This itself is a gift sent from art as it allows us to live in the moment and not to feel apprehensive about the future or the past.

Statistically speaking, art is able to boost confidence, helping with engagement and resilience. It aids people with depression, anxiety and reduces stress, improving mood and mental health. Art is able to stimulate the release of dopamine, a chemical to make us feel happier, content and satisfied. This is why art is the kindest form of expression: it increases the mind's welfare and creativity, stretching it to its potential, which as a result assists in all other aspects and elements of life.

*"Creativity is a drug I cannot live without."
Cecil B. DeMille*

Humans constantly search for a purpose by creating problems to solve. Art is able to solve those countless problems simply because it is the kindest form of expression.





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