

Supplementary file 1. Protocol of CrEAS program sessions

| Session | Theme | Main materials |
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| Session 1: Doodles | Art exploration and expression | Colour pens, oil painting stick, paper |
| Session 2: Colour drawing | My hometown | Colour pens, pencil, paper |
| Session 3: Newspaper collage | Animal world | Newspaper, glue, craft paper, colour paper |
| Session 4: Crayon drawing | Friendship | Crayon, pencil, paper |
| Session 5: Felt collage | Happiness | Felt, glue, woollen yarn, scissors |
| Session 6: Paper-rolling | Flower | Paper quilling, glue, cardboard, Yan paper pen |
| Session 7: Watercolour painting | Summer | Watercolour paints, watercolour paper, paint brushes, palette |
| Session 8: Seeds collage | Pet | Seeds, glue, scissors, cardboard |
| Session 9: Pastel drawing | Family | Pastels, wool yarn, paper |
| Session 10: Clay painting | Secret garden | Clay, model tool, paper plate |
| Session 11: Mask making | Self-exploration | White embryo pulp mask, watercolour paints, paint brush, palette |
| Session 12: Colour drawing | Motherland | Colour pen, pencil, paper |
| Session 13: Paper-rolling | Love | Paper quilling, glue, cardboard, Yan paper pen |
| Session 14: Crayon drawing | Best journey | Crayon, pencil, paper |
| Session 15: Cloth collage | Mother Nature | Cloth, glue, scissors, cardboard |
| Session 16: Moulding clay figures | Holiday cake | Clay, foamed plastics, modelling tool |
| Session 18: Felt collage | Dream | Felt, glue, wool yarn, scissors |
| Session 19: Origami watercolour | Voyage | Watercolour paints, watercolour paper, paint brush, palette, cardboard |
| Session 20: Pastel drawing | Modern life | Pastels, wool yarn, paper |
| Session 21: Watercolour painting | Autumn | Watercolour paints, watercolour paper, paint brush, palette |
| Session 22: Clay painting | Orchard | Clay, modelling tool, paper plate |
| Session 23: Pastel drawing | Holiday | Pastels, woollen yarn, paper |
| Session 24: Moulding clay figures | Self-exploration | Clay, foamed plastics, modelling tool |