

An Analysis of Artistic Expressions and Healing Elements in the Morphological Design of Picture Books

Mengyao Wang

School of Communication Design, Dankook University, South Korea, 16890,
Shandong, China
wangmengyao18@gmail.com

Han Sun*

School of Fine Arts, Shandong Normal University, Jinan, 250014, Shandong, China
13147928206@163.com

Abstract: As an art form rich in emotional healing, the analysis of artistic expression and healing elements in the design of picture books is particularly important. Therefore, the topic of analyzing the artistic expressions and healing elements in the design of picture books is studied. According to the expression style and formal characteristics of picture books, surrealistic colors are expressed. Then, we analyze the healing elements of picture book form design in terms of the healing power of color and atmosphere, the narrative healing elements of image and story, and the healing experience elements of interaction and participation. Through the above research, we aim to break the boundaries of the traditional reading mode, find the resonance in the colorful images and heart-warming stories, and realize the emotional healing.

Keywords: Picture Book Morphological Design; Artistic Expressions; Analysis of Healing Elements; Color and Atmosphere; Image and Story

1. INTRODUCTION

Picture books are mainly targeted at children, and their effect on children is not only on the level of reading, but also on the source of children. In the world of picture books, children can experience different cultures, languages and emotions, which enriches their lives and broadens their horizons, and plays an important role in early childhood education (Garces-Bacsal, 2022; lyce, 2023; Reider et al., 2022). From the educational point of view, excellent picture books are helpful to children's growth, conveying beautiful emotions and healing children's hearts through the advantages of beautiful, rich and easy-to-understand pictures. In the process of reading picture books, the combination of words and pictures not only increases the colorful atmosphere, but also increases the rhythm of words, and improves the children's imagination from both visual and auditory aspects (Colton et al., 2023; Singh, 2022; Toda & Fujii, 2023). The charm of language expression in picture books can improve children's aesthetic,

thinking, understanding and other abilities, which is important for children's future education. Picture books are different from other styles of children's literature in that pictures, as the main body of the content, take on the tasks of narrative and lyricism. If it is only text + pictures, then it is a book with illustrations (Arita & Kaneko, 2022; Maruyama, 2022; Suzuki et al., 2022). A book is only a picture book if the words and pictures complement each other. Simply put, a book is an illustrated book if most of the text is in the book and the pictures are removed to create a complete story. A book is a picture book if it contains less text, but basically all the pictures are used together, and when the pictures are removed, the text alone will stand out (Akyol, 2024; Takai et al., 2022; Zou, 2023). As an art form of emotional healing, picture books establish healing elements through diversified artistic techniques, find resonance in colorful pictures, and achieve emotional healing. Therefore, this paper researches the topic of analyzing the artistic expressions and healing elements in the design of picture book forms.

2. ARTISTIC EXPRESSIONS IN THE MORPHOLOGICAL DESIGN OF PICTURE BOOKS

Picture books are characterized by a variety of artistic features, and these artistic features cooperate with each other, constituting a diversified artistic outlook of picture books. From the design of picture book form, it is divided into four styles of expression, namely, realistic expression style, abstract expression style, cartoon expression style, and decorative painting expression style. The artistic expression of picture books includes painting medium, painting structure, binding art and other aspects (Lian et al., 2023). Among them, the medium of painting includes the form of color and sketch. The painting structure includes the expression of line, color, frame and perspective, time and space, details and rhythm. The art of binding includes the expression of the front and back cover, the ring liner and the title page. As a kind of language art, pictures are analyzed to show the artistic charm of picture books through healing elements.

3. AN ANALYSIS OF THE HEALING ELEMENTS OF PICTURE BOOK MORPHOLOGICAL DESIGN

3.1 The Healing Power Element of Color and Atmosphere

The use of warm colors in picture books promotes emotional

expression, relieves depression, and enhances intimacy. The use of cool colors promotes peace of mind, relieves anxiety, and enhances introspection. Neutral colors are used to symbolize new beginnings, purify the mind, and enhance clarity (Björklund & Palmér, 2022; Kimura, 2022). The healing elements of color and atmosphere are shown in Figure 1 below.

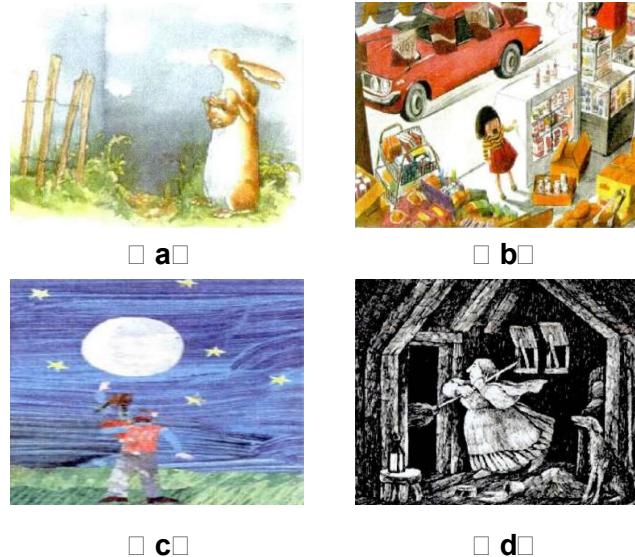


Figure 1: Diagram of the Healing Elements of Color and Atmosphere

As shown in Figure 1, (a) is one of the pictures in the "Guess How Much I Love You" picture book. It uses gradient colors of white, blue, and black to show the sky with white clouds at night. Using white clouds to absorb colors and create blank spaces not only connects the sky and white clouds, but also renders a peaceful and peaceful atmosphere, making the story theme of the picture book more appealing. (b) is one of the pictures in "Going Shopping for the First Time", using red, orange, and yellow as the main tones, rendering an atmosphere of enthusiasm, vitality, and warmth, thereby stimulating energy, enhancing self-confidence, and dispelling haze. Form color healing. By leaving blank space, the layering of the picture is increased (Laboy et al., 2023). (c) The pictures in the picture book "Dad, Please Pick the Moon for Me" are based on dark blue, light blue, and purple, and are organized through a special color card collage to form different mechanical effects. As the base tone, green, together with blue and purple, renders a tranquil, deep and fresh atmosphere, calming the mind and forming a healing element that relieves anxiety. The white moon renders a pure, fresh and bright atmosphere, helps stabilize emotions and forms an element of spiritual healing. (d) is the picture of "Grandma Xi who hates the dark night", with black as the main tone and white and gray

as the secondary tone. Different levels of black and white are stacked using a pen. The white space highlights Grandma Xi and the surrounding scene (Chapman, 2022). Among them, black represents the deep and mysterious night, while white outlines the outline and details of Grandma Xi, which not only strengthens the theme of the night, but also creates a quiet and slightly melancholy atmosphere. Grandma Xi's behavior of driving away the night with a broom is itself a symbol and metaphor. It symbolizes human beings' perseverance and courageous struggle in the face of difficulties, fear and the unknown. This use of symbols and metaphors not only enriches the connotation of the story, but also allows readers to gain spiritual enlightenment and healing while appreciating the pictures.

3.2 Narrative Healing Elements of Images and Stories

The narrative healing elements of image and story play a crucial role in healing works. Through rich image creation and plot design, they can trigger readers' emotional resonance, provide spiritual comfort and realize the artistic healing of picture books (Mizunuma & Tsuji, 2022). The picture book image and story healing situation is shown in Table 1 below.

Table 1(a): Table of Healing Effects of Images and Stories

| Element Category | Concrete Content | Narrative Healing Effect |
|-----------------------|---------------------------------|--|
| Main Character Image | Brave little deer | Symbolizing resilience and perseverance in the face of difficulties, inspiring readers to bravely face challenges |
| | The wise old tree | Representing knowledge and experience, providing key clues to solve problems for the story, and guiding readers to think critically |
| Supporting Role Image | Gentle moonlight | Create a peaceful and warm atmosphere, soothe the reader's soul, and bring comfort and tranquility |
| | Naughty Creek | Adding fun to the story, symbolizing the vitality and hope of life, and inspiring readers' optimistic emotions |
| Story Theme | Searching for the Lost Homeland | Exploring the importance of belonging and root seeking, inspiring readers to think and cherish about family and roots |
| | Growth and Self Discovery | Showcasing the process of growth and self-awareness through the protagonist's journey, encouraging readers to explore themselves and achieve personal growth |

Table 1(b): Table of Healing Effects of Images and Stories

| Element Category | Concrete Content | Narrative Healing Effect |
|-----------------------|-----------------------------|---|
| Circumstances | Challenges and difficulties | Showcasing the challenges and difficulties encountered by the protagonist on their journey, demonstrating courage and wisdom by overcoming them, and inspiring readers to face real-life challenges |
| | Turning point and climax | The turning points and climax in the plot trigger emotional fluctuations in readers, enhance the appeal of the story, and bring emotional release and healing |
| Symbols and Metaphors | Stars guide the direction | Symbolizing hope and guidance, guiding the protagonist (and readers) to find a direction forward in confusion |
| | The blooming of flowers | Metaphorically representing the growth and beauty of life, encouraging readers to cherish life and pursue beauty |
| End of | Reconciliation and Harmony | Through the protagonist's reconciliation with the surrounding environment, a beautiful vision of harmonious coexistence is presented, bringing readers spiritual satisfaction and peace |
| | Continuation of Hope | Ending the story with a positive ending, conveying hope and positive energy, and giving readers confidence in the future |

As shown in Table 1, the elements of narrative healing include emotional resonance, spiritual comfort, inspirational thinking, and positive guidance. In terms of emotional resonance, through rich image building and plot design, it triggers readers' emotional resonance, so that readers can see their own shadows in the story and feel similar emotional experiences. In terms of spiritual comfort, through the creation of a gentle and peaceful atmosphere and the expression of positive themes, it provides readers with spiritual comfort and consolation, and relieves stress and anxiety (Sosteric, 2013). In terms of inspiring thinking, the use of symbols and metaphors as well as the exploration of profound themes stimulate readers to think and reflect, and promote personal growth and self-discovery. In terms of positive guidance, the story ends on a positive note, conveying positive energy and hope, and guiding readers to face challenges and difficulties in life with an optimistic attitude.

3.3 Interactive and Participatory Elements of the Healing Experience

In picture book form design, participation emphasizes the individual's

initiative and mobility in activities. In the healing process, individuals need to actively participate in various activities and tasks in order to better realize self-healing (Highlen, 2023; Yang et al., 2022). Participation often requires the individual to be hands-on or practical. This kind of hands-on experience not only helps individuals to better understand and master the knowledge and skills they have learned and enhance the therapeutic effect, but also promotes interaction and communication with others. In group activities, individuals can feel the support and care from others, thus enhancing the sense of social support. The elements of the healing experience are shown in Table 2 below.

Table 2: Healing Experience Element List

| Interactive Elements | Describe | Healing Experience |
|-----------------------------|---|---|
| Page Flipping Design | Design page flipping mechanisms for special designs such as hidden pages and foldable pages | Stimulate curiosity, guide readers to actively explore, increase the fun and depth of participation in reading, and bring surprise and satisfaction |
| Touchable Material | Using materials with different tactile sensations such as velvet, silk, and matte paper | Provide tactile experience, allowing readers to feel the elements in the story through touch, enhancing emotional resonance and immersion, promoting emotional release and healing |
| Interactive Games | Small games, puzzles, or movable parts embedded in picture books | Encourage readers to engage in hands-on activities, participate in the development of the story, cultivate problem-solving skills, while bringing joy and a sense of achievement, and reducing stress |
| Sound and Odor Elements | By attaching audio QR codes, fragrance stickers, etc | Provide a multi sensory experience that allows readers to hear the sounds and smell relevant odors in the story, enhance the authenticity of the situation, and promote emotional connection and memory formation |
| Blank Page or Diary Page | Reserve blank space for readers to doodle and write their thoughts | Encourage readers to express their personal feelings and thoughts, combine stories with personal experiences, promote self reflection and emotional expression, and enhance healing effects |
| Character Interaction Card | Comes with detachable or reassembled character cards | Enable readers to create new story scenes or dialogues through combination cards, enhance creativity and imagination, and strengthen emotional connections with story characters |

As shown in Table 2, interactive elements include emotional communication, immersive experience, personalized experience, etc., and participation elements include initiative, practical experience, social support, etc. In terms of emotional communication, interaction emphasizes the exchange of information and emotional transmission between two or more parties (Abudukrimu et al., 2022; Kucirkova & Flewitt, 2022; McLaughlin, 2022). During the healing process, this two-way communication helps build a trusting relationship and makes the individual feel understood and supported. In terms of immersive experience, the natural energy of plants is expressed in the form of digital art, combined with ultra-high-definition LED flexible screens, global surround sound fields and other technologies to present users with a multi-dimensional, multi-sensory artistic natural healing field. In terms of personalized experience, personalized interactive content can trigger emotional resonance in individuals, making them more engaged and immersed in the treatment process. The healing experience elements of interaction and participation complement each other and together constitute a complete healing system. In this system, individuals gain emotional support, cognitive improvement, and skill enhancement through interaction and participation with the environment and others. These positive changes help individuals better cope with the challenges and difficulties in life, thereby achieving comprehensive development of physical and mental health.

4. CONCLUSION

In recent years, picture books have utilized their unique charm to cross the age and cultural wiring, which is the deep excavation and expression of emotion and heart, bringing comfort to readers. Therefore, this paper researches the topic of analyzing the artistic expressions and healing elements in the form design of picture books. From watercolor, optimization, collage and other art forms, it shows unique emotions and perspectives. The healing elements are analyzed from the aspects of color and atmosphere, image and story, interaction and participation. Through the in-depth analysis of the artistic charm and healing function of picture books, it can bring more people the comfort of the soul and the power of growth, and provide theoretical support for the construction of a harmonious and healthy social environment.

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