

Path 02 – Explore an Emotion

Activity Information

- ☐ Time: 10–20 minutes
- ☐ Materials: Activity sheet, colored pencils/markers (optional)
- ☐ Best for: Individual or together

TODAY’S GOAL & THEME

Theme: Courage & Resilience

Explore how artists use color, movement, and expression to communicate fear, then create artwork that shows both challenge and courage.

MEET TODAY’S EMOTION

FEAR

WHAT IS FEAR?

Fear is a natural emotion that helps protect us from danger and prepares us to respond to challenges. It can also remind us of our inner strength and ability to overcome difficult moments.

How Artists Show Fear

-  Dramatic movement
-  Dark contrasts
-  Expressive faces

-  Bold colors
-  Uncertainty & tension
-  Courage & hope

LOOK TOGETHER

Spend a minute quietly observing both artworks before reading anything else.



The Scream (1893) – Edvard Munch
Munch used swirling lines, bold colors, and an expressive figure to capture feelings of fear and anxiety. The painting reminds us that difficult emotions are a shared part of the human experience.



The Raft of the Medusa (1819) – Géricault
Géricault painted people facing uncertainty while continuing to search for hope and rescue. The artwork shows that courage can exist even in the most difficult moments.

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STEP 1 - NOTICE THE FEELING

Take a moment to quietly observe the artwork.

1. What emotions do you notice first?
2. Which artwork feels more intense?
3. How do the colors and lines create a sense of fear?
4. Where do you notice signs of courage or hope?

STEP 2 - EXPLORE YOUR FEELING

UNDERSTANDING FEAR

Think about a time you faced a challenge and found the strength to keep going. Write or draw anything that comes to mind.

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- What helps you feel safe?
 - Who supports you during difficult times?
 - When have you shown courage?
 - What helps you overcome fear?
 - If courage had a symbol, what would it be?

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WHY THIS WORKS

When we experience fear, brain regions such as the amygdala quickly respond to potential threats, while the prefrontal cortex helps us understand and regulate those emotions. Through color, movement, and expression, Munch and Géricault show that exploring fear through art can support emotional awareness and resilience.

Your turn -

Today's Prompt: *"Like Munch and Géricault, use color, lines, and symbols to express fear or a challenge you've faced. Include one element that represents comfort, courage, or hope to show how you move through difficult emotions."*

STEP 4 - REFLECT

WRITE ONE SENTENCE ABOUT WHAT YOU CREATED

