

Path 01 – Explore an Artist

Activity Information

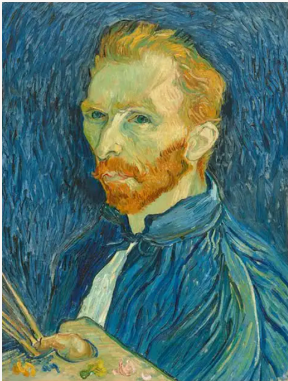
- ☐ Time: 10–20 minutes
- ☐ Materials: Activity sheet, colored pencils/markers (optional)
- ☐ Best for: Individual or together

TODAY’S GOAL & THEME

Theme: Emotion & Self-Expression

Discover how Van Gogh expressed himself through art and explore your own thoughts, feelings, and creativity.

MEET TODAY’S ARTIST: VINCENT VAN GOGH



TITLE

- Self-Portrait(1889) -

YEARS

— 1853–1890 —

THEIR STORY

Vincent van Gogh was a Dutch Post-Impressionist painter known for his bold colors and expressive brushstrokes. He often painted what he felt, using art to express emotion and see the world in his own unique way.

LOOK TOGETHER

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



The Starry Night (1889) – Oil on Canvas
Painted to express wonder, emotion, and hope through a swirling night sky.



The Bedroom (1888) – Oil on Canvas
Painted to express peace, comfort, and the feeling of home.

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STEP 1 - OBSERVE

Take a moment to look before reading or talking.

1. What do you notice first?
2. Which artwork draws your attention?
3. What colors or details stand out?
4. What story do you imagine is happening?
5. How do these two artworks feel similar or different?

STEP 2 - CONNECT

Van Gogh used color and brushstrokes to express his thoughts and emotions. In the space below, write about what this artwork makes you think, feel, or wonder.

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- Does this artwork remind you of a person?
 - Which colors or details stand out most?
 - What memory comes to mind?
 - Have you ever experienced something similar?
 - What message do you think Van Gogh was trying to share?

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STEP 3 - CREATE

Your turn -

Today's Prompt: *"Create a self-portrait that expresses who you are today. Instead of focusing on realism, use colors, lines, and shapes to show your personality, emotions, or experiences."*

STEP 4 - REFLECT

- One thing I noticed...
- One feeling this artwork inspired...
- One thing I discovered about myself...