

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: Growth & Possibility

Explore how artists use light, color, and symbols to express hope, then create artwork that represents something you look forward to or believe in.

-  Light breaking through darkness
-  Warm, uplifting colors
-  Open skies and expansive landscapes

MEET TODAY’S EMOTION

HOPE

WHAT IS HOPE?

Hope is the belief that positive change is possible. It helps us look toward the future with optimism, resilience, and confidence.

How Artists Show Hope

-  Growth & renewal
-  New beginnings
-  Future possibilities

LOOK TOGETHER

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



The Sower (1888) – Vincent van Gogh

Van Gogh used a farmer planting seeds to symbolize hope, growth, and new beginnings. The glowing sunlight and open landscape remind us that even small actions can lead to positive change.



The Fighting Temeraire (1839) – Turner

Turner painted the glowing sunset to symbolize hope, change, and new beginnings. The painting reminds us that even as one chapter ends, another can begin with new possibilities.

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STEP 1 - NOTICE THE FEELING

Take a moment to quietly observe the artwork.

- What feeling do you notice first?
- Which artwork gives you the greatest sense of hope?
- What colors or symbols communicate hope?
- How do the two artworks express hope in different ways?

STEP 2 - EXPLORE YOUR FEELING

FINDING HOPE IN YOUR LIFE

Think about the people, places, goals, or experiences that help you feel hopeful. Write or draw anything that comes to mind.

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- What gives you hope?
 - When have you overcome a challenge?
 - Who inspires you to keep going?
 - What are you looking forward to?
 - If hope were a symbol, what would it be?

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WHY THIS WORKS

Van Gogh and Turner used light, color, and symbolism to express hope during times of change and new beginnings. Looking closely at these hopeful images and creating your own artwork engages brain networks involved in emotion, imagination, and resilience, helping us see possibilities and focus on the future.

Your turn -

Today's Prompt: *"Like Van Gogh and Turner, use color, light, or a meaningful symbol to represent hope. Create a drawing or painting that shows something you believe in, look forward to, or hope to grow in your own life."*

STEP 4 - REFLECT

WRITE ONE SENTENCE ABOUT WHAT YOU CREATED

