

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: Celebration & Connection

Explore how artists express joy through color, light, and movement, then discover what brings joy into your own life.

MEET TODAY’S EMOTION

JOY

WHAT IS JOY?

Joy is a feeling of happiness, delight, and appreciation. It often comes from meaningful moments, relationships, laughter, creativity, or noticing the beauty in everyday life.

Emotion Snapshot

OFTEN FEELS LIKE

Warmth, laughter, excitement, comfort

COLOR IDEAS

 Yellow  Orange  Pink

LOOK TOGETHER

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



Dance at Le Moulin de la Galette (1876) – Oil on Canvas

Captures the joy of friends gathering to dance, laugh, and enjoy time together. The bright light and lively movement create a feeling of celebration and connection.



The Swing – Pierre-Auguste Renoir – Oil on Canvas

A sunny garden scene that celebrates friendship, playfulness, and the joy of everyday life.

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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 joyful?
3. What colors communicate that feeling?
4. How do these two artworks feel similar or different?

STEP 2 - EXPLORE YOUR FEELING

FINDING JOY IN YOUR LIFE

Think about the people, places, activities, or moments that bring you joy.

Write or draw anything that comes to mind.

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- What brings you joy?
 - When was the last time you felt this emotion?
 - Who do you share joyful moments with?
 - What colors remind you of joy?
 - If joy were a place, where would it be?

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WHY THIS WORKS

Renoir used warm colors, soft light, movement, and scenes of friendship to express joy. Looking closely at these joyful moments and creating your own artwork engages brain networks involved in emotion, reward, and attention, helping us notice positive experiences and strengthen emotional well-being.

Your turn -

Today's Prompt: *"Like Renoir, use color, movement, and everyday moments to express joy. Create a drawing or painting of a person, place, or memory that brings you happiness and connection."*

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STEP 4 - REFLECT

WRITE ONE SENTENCE ABOUT WHAT YOU CREATED

