

# ART AND FEAR CALENDAR

## Take an Art Break. Face Fear.

**4** Create art about a fear you have for the future.

**5** Do something that really frightens you. Then, draw and write about it.

**6** Go into an art museum, pick an artwork you don't like and tell a stranger about it.

**7** What fears do Hieronymus Bosch's, "The Garden of Earthly Delights," incite within you? Write about them.

**8** Create an illustrated step by step guide to help someone overcome a fear.

**9** How did you overcome a childhood fear? Create a collage about resilience.

**10** Think of something you're afraid of and write a poem about it.

**11** Be willing to fail. Do your best to fail at taking a "successful" photo.

**12** What is a private fear you have when creating art? Explore that idea.

**13** Get out of your comfort zone and use an art medium you know nothing about.

**14** Split a paper in half. On one side evoke the feeling of fear. On the other, fearlessness.

**15** Create a painting influenced by non-art related subjects that scare you.

**16** Imagine a world with no fear. Create it.

**17** Research the 7 steps of alchemy. Process your shadow by making art inspired by the steps.

**18** Write down all of the fears you have ever had on one piece of paper.

**19** Research 3 universal human phobias. Create a pastel drawing for each one.

**20** Read the book, [Art And Fear.](#)

**21** "Much of our fear of our own creativity is the fear of the unknown." ~ Julia Cameron. Draw a map of the unknown in your creative process.

**22** Watch a scary movie and make art in response to that movie.

**23** Create a vision board about what sets your soul on fire.

**24** Write a story about a fear you have and how you overcome it.

**25** Feel the fear and do it anyway. Create something that you have a strong resistance to.

**26** If fear had a shape, what would it be? Create that shape.

**27** Imagine there is a wall in front of you and create 3 "out the box" ways to get around the wall.

**28** Interview a person about a fear they have and create a photo essay about their story.

**29** Play with the thin line between fear and exhilaration.

**30** Create a music score from household items that ignites fear. Give [audacityteam.org](http://audacityteam.org) a try.

**31** Make a cartoon about a time when someone judged your art ruthlessly. How does humor change the situation?

**1** "Fears arise when you look back, and they arise when you look ahead." ~ David Bayles and Ted Orland. Make art about this quote.

**2** Create art about a fear you had in the past.

**3** Create art about a fear you have in the present.

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Art is Moving   
TAKE AN ART BREAK!

[artismoving.org](http://artismoving.org)