

THE FAMILY SUNDAYS RUBIN AT HOME



DISSOLVING FEARS

ABOUT

Are you afraid of something? Like spiders or ghosts? Artist Felix Gonzalez-Torres explored the meaning of fear, especially the fear of losing something you love, in his artwork *“Untitled” (Placebo)*. In this Art from Home activity with the Rubin, let go of your fears and watch them dissolve by creating an impermanent art piece!

MATERIALS

1. Paper towels, cotton balls/pads, or tissue
2. Cup or bowl
3. Water
4. Marker or pens
5. Scissors (optional)
6. Glue (optional)



Felix Gonzalez-Torres,
“Untitled” (Placebo), 1991

INSTRUCTIONS

- Step 1** Prepare your materials: paper towels, cotton balls/pads, or tissue.
- Step 2** If using cotton balls, draw something you fear (like a spider) on your cotton ball. You can glue two cotton balls together to make a monster! Add details like eyes, nose, mouth, etc.
- If using paper towels or tissues, cut them into the shape of something you fear (like the silhouette of a ghost). Add details and color them in.
- Step 3** Fill a bowl with water.
- Step 4** Gently place your “fear” into the bowl and . . . watch your fear dissolve!
- Step 5** After dissolving your fear, create something you love (like pizza or flowers) and watch it dissolve too. Learning to let go of your desires is another valuable lesson in Buddhism.

