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)

**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.