

Make Your Own Collage of Fears





Everyone is scared of something.

Why not make a collage of **all** your fears?








You too can start to overcome your fears through art!



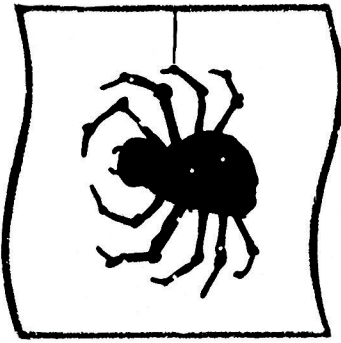
You will need:

-  Newspapers/magazines/materials, etc.
-  Scissors – make sure you ask an adult to help you with the cutting out!
-  A piece of thick card
-  Glue

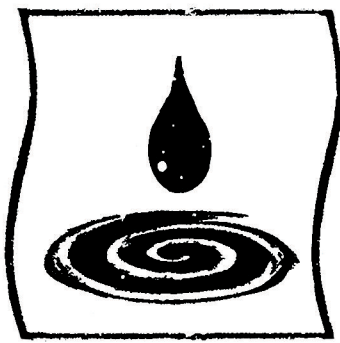
How to make:

-  To make your collage, it's good to start off with lots of old newspapers and magazines. Just make sure that you take care to check with your parents/guardians first before you start cutting up their precious belongings!
-  To help you out we've put some images of common fears on the next sheet – are you scared of any of these? Perhaps you can cut some out and use them in your collage?
-  Look through the magazines and newspapers to find things that scare you. You can be as creative as you like. For example, a feather could represent a fear of birds or you could even use letters from a newspaper or magazine to spell out something that scares you, such as 'S-H-A-R-K'.
-  Having found the things you want in your collage, begin to cut or rip them out. Try cutting them into unusual shapes. Perhaps cut letters from different materials to spell out your fears, putting them together to make your collage. You should ask an adult to help you with any of the cutting out.
-  Once you've decided where you want each item to go, apply glue to the underside and stick it in place, pressing it down firmly. You can use your finger to rub it flat OR you can leave it crumpled. Don't worry about materials overlapping as this adds to the final effect!
-  Let the collage dry for a few hours before admiring your piece of artwork.
-  **TIP:** Once you've done this, try a collage of a different subject – your favourite things, perhaps . . . use your imagination!

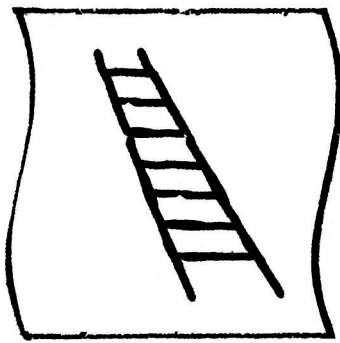
Are you scared of any of these? Some common fears . . .



Arachnophobia
(Fear of Spiders)



Ablutophobia
(Fear of Bathing)



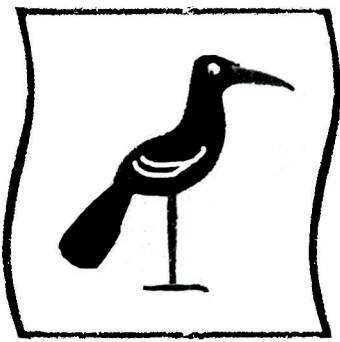
Acrophobia
(Fear of Heights)



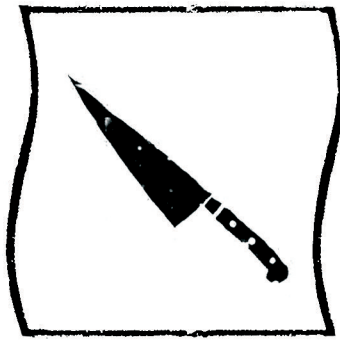
Ailurophobia
(Fear of Cats)



Cynophobia
(Fear of Dogs)



Ornithophobia
(Fear of Birds)



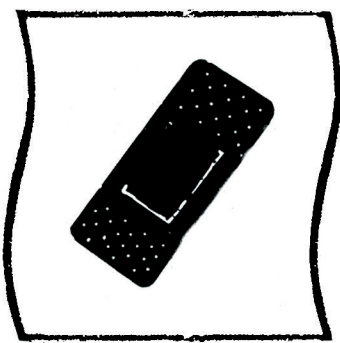
Aichmophobia
(Fear of Knives)



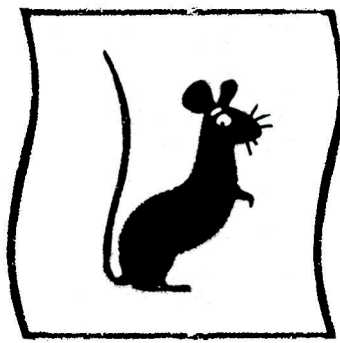
Ligyrophobia
(Fear of Loud Noises)



Teratophobia
(Fear of Monsters)



Dystychiphobia
(Fear of Accidents)



Muriphobia
(Fear of Mice)

