I feel like Screaming

Sometimes you might feel so uptight and annoyed – that you feel like screaming! Edvard Munch, the expressionist artist probably felt like this when he painted his painting. The popular name given to his painting is *The Scream*.

**Artist:** Edvard Munch  
**Title:** The Scream of Nature  
**Genre:** Abstract art  
**Created:** 1893–1893  
**Media:** Tempera, Oil paint, Pastel

This memory was later rendered by Munch as a poem, which he hand-painted onto the frame of the 1895 pastel version of the work:

“I was walking along the road with two friends – the sun was setting – suddenly the sky turned blood red – I paused, feeling exhausted, and leaned on the fence – there was blood and tongues of fire above the blue-black fjord and the city – my friends walked on, and I stood there trembling with anxiety – and I sensed an infinite scream passing through nature.”

**Think about your life right now….**
When do you feel like screaming?

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What triggers this type of reaction in you?

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Coloring is often a good activity (even for big kids and adults to get out some emotions!). See how you go….
Edvard Munch’s, The Scream painted in 1893