

# Van Gogh



***'I don't know anything with certainty. But seeing the stars makes me dream.'*** Vincent Van Gogh

- *The Starry Night* is one of Van Gogh's most recognisable paintings. He painted the stars he saw from his hospital room while being treated for mental health problems. He painted the same view of cypress trees and cornfields many times, at different times of day and night and in different weather conditions.
- Is there a particular view that makes you dream? It may simply be the view from your window, or perhaps you have a favourite spot that lifts your spirits or helps you feel grounded?
- Find a window with a view or go outside. Take a few moments to look around you and take it all in. Where is the sun? What's the light like? How does the air feel? Are there any particular scents? What plants or birds or animals can you see?
- Try to return to the same spot in different seasons or at different times of day and notice how things change. Notice how this changes your perspective on life.