

3. ISLAND OF RESILIENCE, PLACE WHERE YOU CAN RECHARGE

This is a place full of ideas on how to become stronger, build your resilience and where to find resources which can help you manage fear. They're there to help you go through life knowing that you have a chance to handle even the most difficult of times. We want you to remember that life is much more colorful and diverse than it may seem in darker moments. And yes, we talk also about your life.

Here you can find the ideas and experiences of others, as well as an opportunity to share your own stories and strategies, or tell a good joke. Curiosity is not the only thing fear is afraid of (remember?), it is also scared of laughter.

Here you will find a safe and peaceful place – a “nest” in the shape of an egg. You will also find a map of resilience, a “first aid” box and of course good books with some games. In the future, whenever you feel like you need it, you can mentally return here.

And now, that you have finished, think back to the question at the beginning of whether you are afraid of fear. What would you say now?



I AM NOT SCARED OF FEAR exhibition guide

You've never seen it, yet you know it really well.

Welcome to the exhibition of fear. You've already had a chance to taste a bit when you crossed the bridge to infinity. We don't want to scare you; rather, we'll try to shed some light on fear. If we know what we fear, know what helps us overcome it (sometimes accept and appreciate it) and know that we're not in it alone; things suddenly appear in a different light. We'll reveal the different forms and faces of fear; how to understand it, how to face it and how to tame it but also that fear can be a very important helper. Can you think of any occasions when fear helps?

Our guides will be the **books from the Bibiana library** and their main characters. **There are 130 books from 35 countries** - proof that fear doesn't know boundaries. The pictures on the walls, cubes and puzzles have all been taken from these books. Can you find which books they are from? Do you know which language these books are written in? You may know from which countries they came to us and perhaps you may even know their capital cities.

You might want to spend all your time at the exhibition just browsing the books. You might be tempted by some of the **activities (marked by this symbol ∞)**. You might also decide to solve the **crossword puzzle (search for this symbol ?)**. *Lúštením tajničky ukrytej vo výstave a zbieraním pečiatok budeš tvoriť svoj štít odva*) that we prepared for you. At this exhibition you will find a lot of activities which you can do to reward yourself with a stamp. By solving the crossword puzzle and collecting the stamps you will create your solid shield of bravery and resilience. The more stamps you collect the stronger your shield will become. It's entirely up to you. You can do this all within the three parts of the exhibition; the room of emotion, the tents of fear and the zone of safeness.

PLEASE,
RETURN ME
AFTER THE TOUR

Thank you

pdf version here:



1. LET'S SHED SOME LIGHT ON EMOTIONS

(introductory and the baby zone)

First, we'll shed some light on our feelings and emotions because fear is one of them. Emotions always alert us to something important; therefore, we should not be chasing them away. Which emotions do you know of? Do you think some of them are good and some bad? Wouldn't it be more accurate to say some of them are pleasant or unpleasant? When we feel something unpleasant, it forces us to change things, and that's ok.

It seems that **every emotion has its role**. What can that be?

Try to guess. What about - for example

Happiness - tells us that things are going well

Sadness - alerts us to loss

Anger - unfairness

And fear - fear alerts us to danger

I'll tell you something else - **fear does not like curiosity**. The question of why and what I'm afraid of really terrifies it. When you know the answer to that, you can ask another good question: is my fear appropriate? If the answer is yes, you can be thankful, because it helps you avoid danger (you stopped at the curb before crossing the road, you did not burn yourself, or ...) If your fear is not appropriate, you can change it and your life can be better and happier. You can decide whether you are going to manage it on your own or whether you are going to ask for help. What do you think? When would be a good time to do it? Who would you turn to for help?

You can name, touch and play with emotions in this zone with the help of books as well as **activities**. We have storytelling cubes, the snail of emotions, puzzles and other games. We also have activities dedicated to the little ones in the **baby zone**. You can find instructions next to each activity.



2. HELLO, I AM YOUR FEAR. NICE TO MEET YOU.

Fear can have many forms. Each one of us can feel threatened by something else. James may be afraid of darkness, an owl may be scared of light. They both have reasons for it. That's how it is. We all have reasons to feel afraid.

The same was true for **the main characters from the 5 books** that managed to conquer their fears. Which one of them do you think had to deal with the biggest fear?

Little John Pea did not meet any dragons or witches; he was afraid of many other things, but he had the courage to deal with them. **Ruby** managed to overcome her fear of darkness. Lolly found her way how to protect herself from bullying. **Anne** managed the fear of death and **Anise** bravely fights her fear of otherness.

They all represent 5 different "groups of fear" which we have listed below so that you can get acquainted with them:

1. **Folk Tale Fear** - devils, dragon & witches
2. **Phobias** - darkness, heights, spiders & snakes
3. **Fear of the Unknown or Failure** - relocation, escape & bullying
4. **Fear of Separation** - loss & death
5. **Global Issues** - climate change, war & refugees

Go through the tunnel of surprises. It will be the test of courage as well as an opportunity to touch and feel fear. Perhaps, it can also be an opportunity to ask for help, because we already know - each of us feels it differently.

You will find now yourself in the zones of fear. Feel free to explore the whole space entirely. Feel free to solve the crossword puzzle and collect the stamps. You only need to find pictograms (like these) and others, where you can search for the letters for the solution of the puzzle (like these).

In the first tent you can create a mask, explore what is hidden in the drawers, put together a puzzle, prepare theatre performance and explore the map of fear located close to the first tent.

In the teenage tent, we can peek into the places where nobody wants to go: places of war; places where we meet death; where we face climate change on our planet. Take a seat and **write down a message that you have for the world**. A message about things that bother you, or you are angry about or you are scared of. You can hang your message near the entrance when you leave the exhibition.

There is one more place to visit. Let's go.