Slow Art Day from home

What is slow looking?
Usually we just glance at art and continue on, but ‘slow looking’ asks us to spend more time really looking in detail at a piece of art. Slow looking is not about curators, historians or even artists telling you how you should look at art. It’s about allowing yourself time to make your own discoveries and form a more personal connection with the art.

What should I look at?
You can either use the print outs provided by MNA or choose other art. If you are doing slow art with friends or family at home, have each person pick a favorite piece of art that you will all look at. It can be art that is hanging in your house, or an image in a book. Select art that intrigues, attracts or frustrates you.

How do I look?
Set a timer. Focus on looking at each piece of art quietly for at least 5 minutes.
Be comfortable. It’s fine to move around, to get different perspectives.
Be patient. Let go of expectations. Trust your own authority and intuition.
Engage your senses. Imagine stepping into the artwork. What would you smell, feel, or hear?
Focus on details. Consider the texture, color, shape, symbols, story, and perspective.
Let your eyes wander. Your mind will make connections between elements of the work.
Imagine the artist. How did the artist create this? Where was the artist? How long did it take?
Be aware. Don’t try too hard to shut out what is going on around you.
Notice how you feel. Pay attention to how your mind and body respond. Does the art trigger emotions or memories?
Reflect. Is anything about the image familiar? What does this image remind you of?
Take notes. Write down your thoughts. These might turn into a poem or essay about the art.

Share your findings.
After you have looked, share your thoughts with others. You can do this on the MNA Facebook page, with your family, or by joining the online discussion at 3 pm.

Questions to prompt your discussion:
• What did you notice?
• How do you feel about this artwork now you have studied it in detail?
• Did your response to the art change?
• What is the image’s mood or tone?
• How did the art make you feel?
• What did the artist do to create those feelings?
• Were there things you noticed only after looking for a longer time?
• Did you recognize any underlying meanings or motifs?
• Point out what you saw that brought you to any conclusions.
• What questions arose as you viewed the image?
• Have these questions led to any speculation on what deeper meaning the image holds?