

SLOW ART DAY



1

Choose an artwork to spend sometime with. Find art inside your home, in books, or from the ICA collection icaboston.org/collection on your phone, tablet, or computer



2

Close your eyes and take a deep, slow breath. Open your eyes.



3

Set your timer for thirty seconds and look closely at the artwork. Start in one corner and slowly move your eyes from side to side, up and down, and back and forth.



4

After thirty seconds, look away from the artwork. Write down ten details



5

Repeat steps 3 and 4, this time writing down ten new details.



6

Return your attention to the artwork. Write down any additional details or observations that you might have missed.



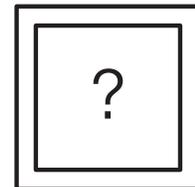
7

Set your timer to three minutes and draw what you see on a fresh sheet of paper. Try drawing without looking away from the artwork or lifting your writing utensil.



8

Consider your personal interpretations of the artwork's meaning. What's it all about? Write your thoughts in stream of consciousness style.



9

What questions do you have about the artwork? Make a list.



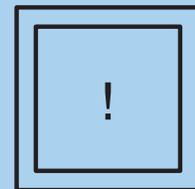
10

Close your eyes again. Imagine you are viewing the artwork in an alternative setting: a museum gallery, a vast field, or any other setting your imagination conjures up.



11

Take a deep, slow breath and open your eyes.



12

Lastly, reflect: How did it feel to look slowly? What did you like best? What was challenging? How might slow looking translate to other areas of your life?