

Slow Art Day

What have you given your attention to today? As our lives are impacted in different ways it can be difficult to focus; celebrate Slow Art Day with us by taking time to give your surroundings all the attention you might devote to a work of art.

Part 1:

Where are you?

Take 10 minutes to observe the space or room you are in.

1. Why are you in this space?
2. What do you see, hear, smell, feel?
3. Identify what is familiar, but also what is surprising?
4. How would you describe this space to someone who has never seen or been there before?

Part 2:

Now select one object that is in this space with you to consider for 10 minutes.

1. What drew you to this object?
2. Is this object familiar to you? Are you able to consider it as if seeing it for the first time?
3. What do you first notice?
4. What else can you observe through each of your senses?
5. Without naming it how would you describe it to someone who isn't looking at it with you?
6. Does this object support you? How?
7. How do you feel about it? How have your feelings changed about it after spending time with it?

Consider calling someone you've been meaning to connect with and together taking time to look and then share.