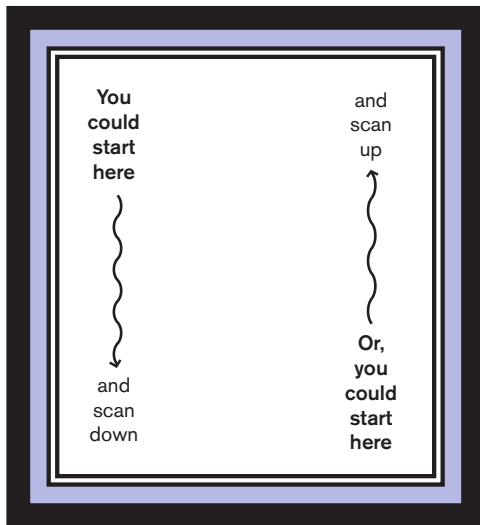


FIND AN ARTWORK TO PRACTICE MINDFULNESS


Find a comfortable place to stand or sit for a few minutes while looking at a work of art. Move your eyes, scanning the surface of the artwork as slowly as you can.

Consider trying to sync that movement with your breath and spend two full minutes looking at the work.



FIND AN ARTWORK THAT MAKES YOU FEEL ALIVE WITH POSSIBILITIES

Draw or describe a detail of the work to remind yourself of this moment.

A large, empty rectangular box with a thin black border, intended for drawing or describing a detail of an artwork.

SEE / THINK / ME / WE: a routine for connecting to the bigger picture

Find an artwork (or two or three!) and reflect on these questions by writing on the back or talking through them with a friend.

see	think
Look closely at the work. What do you notice? Make lots of observations.	What thoughts do you have about the work?
me	we
What connections can you make between you and the work?	How might the work connect to bigger stories about the world and our place in it?

See, Think, Me, We: Project Zero, Harvard Graduate School of Education.

LOOKING: TEN TIMES TWO / a routine for making observations about artwork

- 1 Choose a work of art and look at it for at least 30 seconds.
Let your eyes wander.
- 2 List 10 words or phrases about any aspect of the work.
- 3 Look at the artwork again and try to add 10 more words or phrases.

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