

ZANESVILLE MUSEUM of ART



The Art of Slow Looking

"Slow Looking is about attending to visual images in a culture of distraction, specifically extending the six to ten seconds that Americans, on average, spend looking at individual works on museums walls and why that matters."

What is Slow Looking?

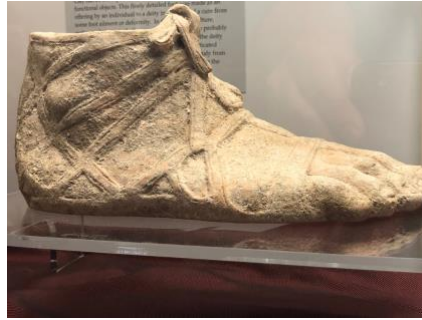
It is the process of exploring a single image over a period of time, usually 15 to 45 minutes, inch-by-inch, detail-by-detail. Looking slowly at a piece of art allows for discovery and perhaps the most significant discovery we of all—that meaningful art experiences happen without art historical expertise. Slow looking allows us to unlock works of art, find a deep personal connection with that work, and share our discoveries with others.

Why Slow Looking?

On average, museum goers spend between 15 to 30 seconds looking at an artwork. When we slow down and engage with a work, studies show that process has a calming effect and leads to a sense of well-being. Slow looking also builds confidence. When we notice the nuances in a work of art and share those observations with others, our observations are validated, and our perspective is embraced.

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Practicum | The Art of Slow Looking



Guidelines

- Over a 15-minute period, silently examine the work chosen for you.
- Select a location to begin looking at the piece—perhaps the top left section of the painting or sculpture.
- Work your way around the piece, considering a few these questions as you look. Feel free to take notes as you ponder:
 - How might the work have been made? By whom? Why?
 - What is unusual about the work? Is it broken? Is it worn in areas? What might that mean?
 - What is the subject matter? (Man, clothing, dog, lamp) What is the content (meaning) of the piece?
 - What colors are represented?
 - What adjectives would you use to describe the work's design, composition, energy?
 - How would I describe the work of art to a friend?
 - What characteristics are you drawn to? Why?