



On your own! Friday, March 31, through Saturday, April 15, 2023

@womeninthearts and @slowartday

Join us online for a virtual conversation about your independent looking experience!

**Saturday, April 15, 2023, 1–2:30 p.m. Eastern.**

[Registration is free and required for our virtual conversation.](#)

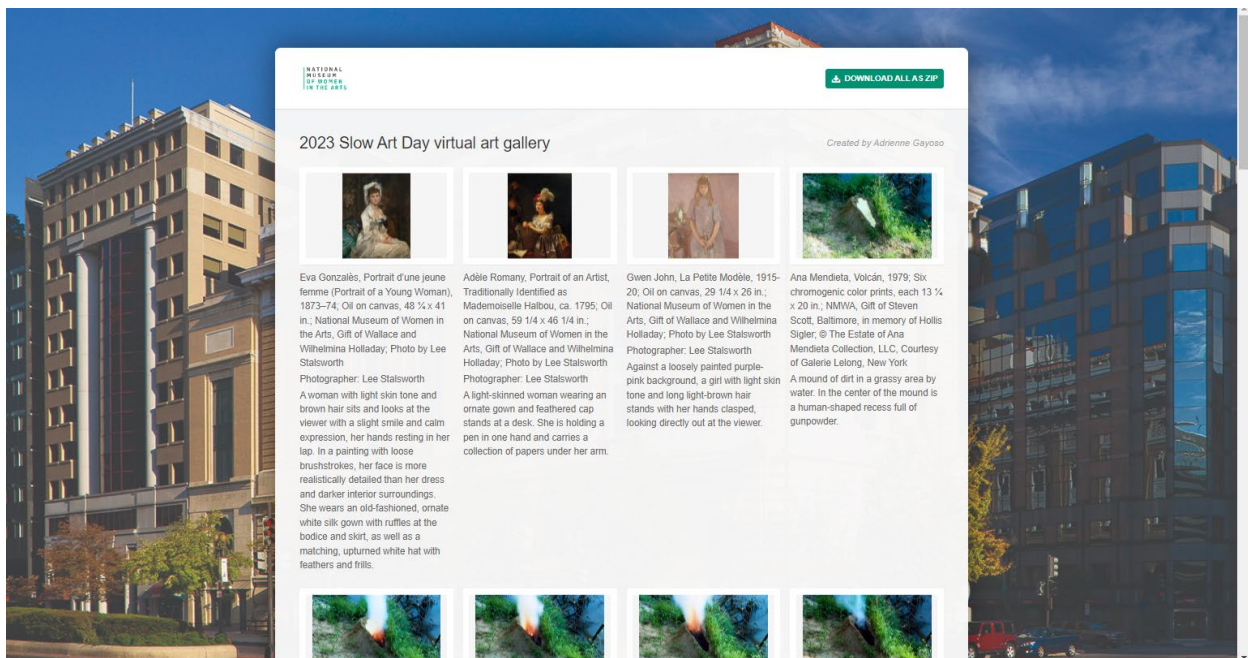
Dear friends and art lovers,

The National Museum of Women in the Arts (NMWA) is excited to host its 10th annual Slow Art Day. Since the museum's historic building is closed for a major renovation, we continue our virtual Slow Art Day tradition this year. I look forward to welcoming participants from around the country and the world to our online conversation.

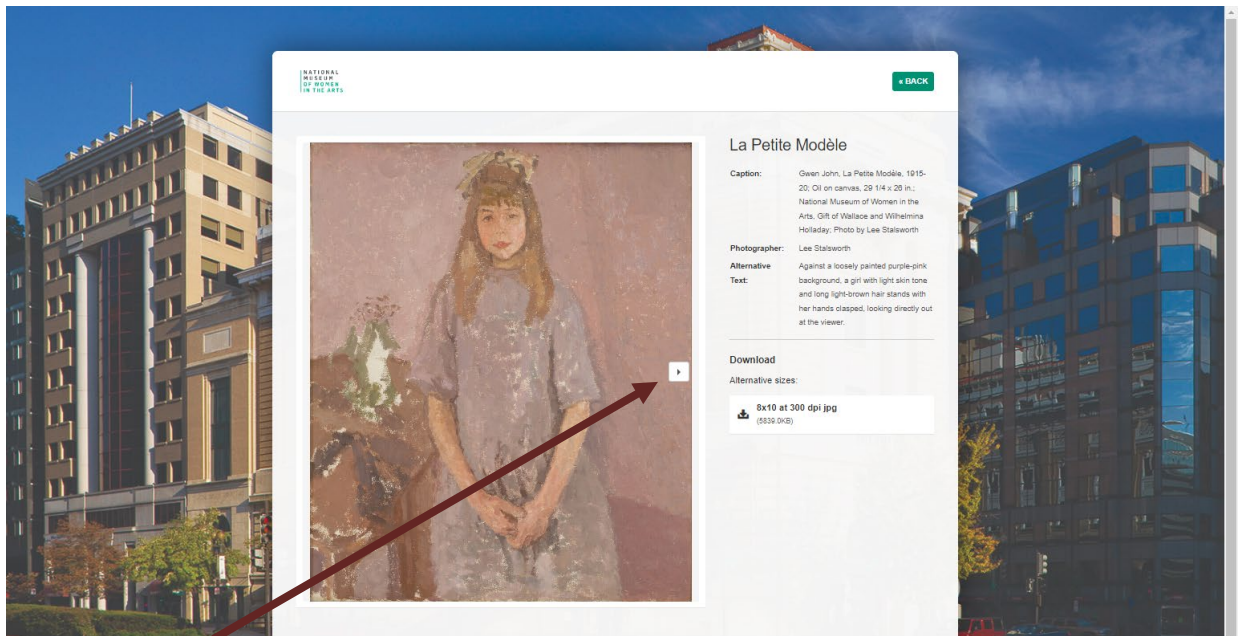
This year I've selected recent acquisitions that will be on view when the museum reopens to the public on Saturday, October 21, 2023. I hope this sneak peek will whet your appetite to visit in person!

To join us our Slow Art Week/Virtual Slow Art Day experiment:

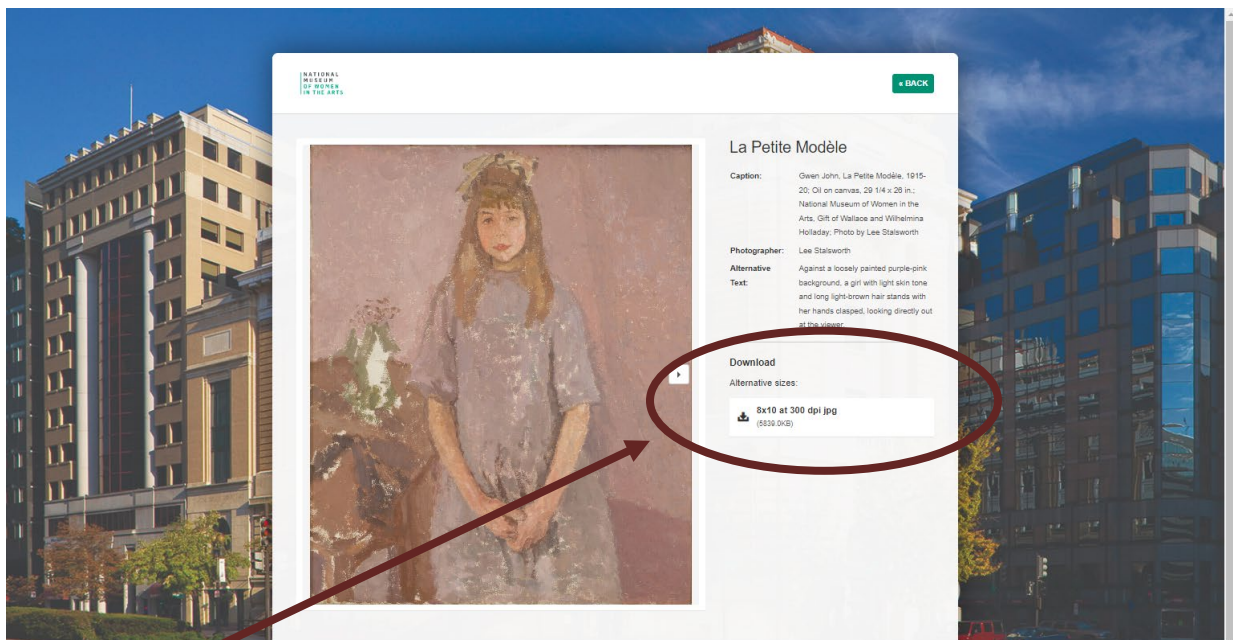
1. Gather materials: pen/pencil, paper, and a device with internet access. Optional: printer, phone with a camera, and art materials such as colored pencils.
2. This year's theme, **"A Growing Collection,"** invites you to consider the range of works NMWA welcomed into its collection in 2021 and 2022. Before you look at the selections, ponder the following questions and jot down your thoughts:
  - Which art museum's collection has spoken most to you? What about it resonated with you? Whose faces and voices were represented?
  - What should an art museum's collection look like?
  - What do you want to see more of in art museums? Less of?
3. Consider the selection of artworks. Slow looking cards are included at the end of this document or you can visit [2023 Slow Art Day virtual art gallery](#). This link provides you access to a virtual art gallery of works selected specifically for this experience. The works are organized chronologically within three groups (portraiture, still life, and three-dimensional). The virtual art gallery includes a credit line under each artwork. The information on credit lines is like what you would see on museum object labels. They reveal context such as the artist's name, artwork title, and materials used by the artist.



When you click on an image in the virtual art gallery, you will be directed to a page like the one below. From there you can see a larger version of the artwork.



Advance to the next image in the virtual art gallery by hovering over the image and clicking on the arrow that appears.



Click on the button at the bottom right of the screen to download the image.

If you have access to a printer, make your own in-home gallery! Print the works from the virtual art gallery or print and cut out the slow looking cards included. Post them around your home or carry them with you.

4. After reviewing the options, **pick five artworks** that spark your curiosity. Your challenge: **spend 10 minutes looking closely at each** of your selections.

For each artwork, set a timer for 10 minutes and try to look at the piece for that whole time. Make mental or actual notes of your experience of slow looking: e.g., *reactions*, *observations*, and questions.

For a more structured experience, consider the following prompts. (Keep in mind there are no wrong answers or responses to artworks.)

**Want some questions to *ponder* or *pose* about each artwork?**

- What do you see? What do you think about what you see? What do you wonder?
- What did you notice first? What did you discover after looking longer?
- What makes sense? What confuses you? What question might you ask the artist?
- Do you like this work more or less the longer you spend with it? Why?
- READ THE ARTWORK'S CREDIT LINE. Does that information help you appreciate the work more? Why or why not?

**What does this have to do with *me*?**

- Does this work remind you of an experience, emotion, or time in your life? Write down what comes to mind.
- How does this work make you feel? What do you see that elicits that feeling?
- Which work would you like a loved one to see? Why?

- What larger issues that affect you or your loved ones might this work speak to?
- Which work would you post on social media? Why? What caption would you include? If you'd like, post it to social media and tag **@womeninthearts** and **@slowartday**.

### **Want to get *physical*?**

- Be with your selections. Print out the works and post them around your home or carry them with you. How does your mental state or physical space impact your reading of these works?
- Strike the pose of a figure depicted or mimic the shapes and lines in the work with your body. How does this embodiment make you feel?
- Dance with the artwork. How does it inspire you to move? What type of music do you hear, if any?
- Consider the artwork's details. Roll up a sheet of paper to create a viewfinder. Look at the artwork through it to isolate and consider the artwork's parts.

### **More of a *visual* thinker?**

- Arrange things you find around your home to make a temporary found-object sculpture that is inspired by your favorite choice. Take a picture of your sculpture.
- What colors stand out in a particular work? Find those colors in objects around your home, arrange those objects, and take a picture of your grouping.
- What visual pattern(s) do you notice in a single work? Across works? Try recreating a pattern you discovered.
- Try drawing what you see. What aspects of the work did you choose as your focus? What did you omit?

### **Enjoy *writing*?**

- Create a bank of words and phrases that come to mind as you look at an artwork.
- Did you know April is National Poetry Month? Try writing a free verse or cinquain (five line) poem. You can even use your word bank to jumpstart your writing.
  - Try this cinquain format:
    - Line 1: One-word title inspired by an artwork
    - Line 2: Two adjectives describing the artwork
    - Line 3: Three action words (-ing verbs) describing the artwork
    - Line 4: Four words describing the feelings this artwork elicits
    - Line 5: Synonym for the title from line one

### **Want to *reflect* on your overall experience?**

- What frustrated you about this experience? What excited you?
- Compare your five selections. How are they similar? How are they different? What themes or big ideas connect them?
- Write a headline about the works you selected. How would you encapsulate the big ideas and connections between works in one pithy sentence?
- Of the works you closely considered, which:
  - Would you most like to own? Why?

- Are you most likely to think about later? What makes it memorable?
  - Do you most relate to? Why?
- What questions do you still have about these works?

**Are you *social*?**

- Post your creations, ideas, and/or wonderings to social media and tag **@womeninthearts** and **@slowartday**.
5. Join us for a virtual conversation on **Saturday, April 15, 1 p.m. Eastern**. [Registration is free and required.](#)

OR

If you can't join us for the conversation on April 15, post about your slow looking experience on social media and tag **@womeninthearts** and **@slowartday** or email me with your thoughts!

I hope you find this fun and enlightening. I look forward to reading and talking about your experiences!

Best,  
Addie L. Gayoso ([agayoso@nmwa.org](mailto:agayoso@nmwa.org))  
Senior Educator

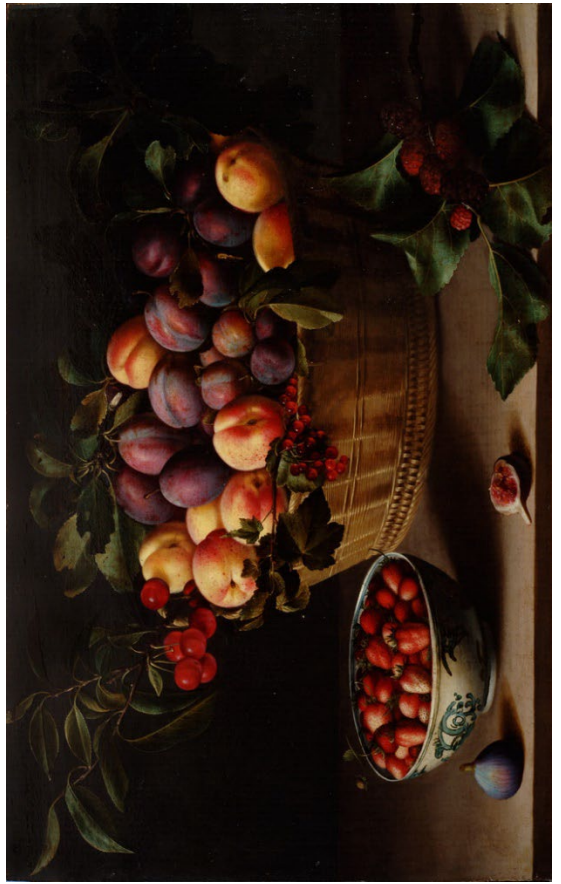


















## Get started!

Pick five artworks that spark your curiosity. Spend at least 10 minutes looking closely at each of your selections.

Be with your selections. Print and cut out these slow looking cards. Post them around your home OR carry them with you. How does your mental state or physical space impact your reading of these works?

Make mental or actual notes of your experience of slow looking: e.g., **reactions**, **observations**, and questions.

## Reflect on your slow looking experience.

What frustrated you about this experience?  
What excited you?

Compare your five selections. How are they similar? How are they different? What themes or big ideas connect them?

Write a headline about the works you selected.

Of the works you closely considered, which:

- Would you most like to own? Why?
- Are you most likely to think about later? What makes it memorable?
- Do you most relate to? Why?

What questions do you still have about these works?