



Slow Art is a world wide movement that invites people to spend more than a fleeting moment in front of an art work. You do not need to have anything other than *your presence* in front of the art work and you only need *to notice your own observations*. There is no right or wrong way to respond to the art. But you are welcome to share your thoughts with someone.

You are invited to be a part of the Slow Art Movement here at St Vincent's Public Hospital

You will notice art works around the foyers of the hospital public areas, in the gallery and there is also a statue of St Vincent's in the courtyard. You can even enjoy the view outside a window!

A Slow Art Activity

Feel free to wander around and look at the art works.

Do you have a favourite art work? If so, pause in front of it and spend some time looking at this art work and experience it from a **Slow Art Perspective**.

Try the following

1. **LOOK**: Give yourself a few minutes to look all over the art work. Let your eyes wander to all corners of the image, top to bottom, left to right.
2. **OBSERVE**: Notice the colours, shapes, objects, textures and markings on the surface of the art work. Where do your eyes focus?
3. **FEEL**: What words come to mind about this art work. How do you feel looking at this art work? Does it remind you of anything? What do you think the artist is expressing in this art work?
4. **SHARE**: If you feel comfortable share your thoughts with someone about this art work and any other art works around the ward.

Thank you for being a part of the World Slow Art Movement in celebration of

World Slow Art Day 2025.