



# Caloundra Regional Gallery

\*Although photography is allowed (no flash please), start this experience by putting your phone away.

## **What is Slow Art Day?**

Slow Art Day is a global event with a simple mission: help more people discover for themselves the joy of looking at and loving art.

## **Why slow?**

When people look slowly at a piece of art they make discoveries. It unlocks passion and creativity and helps to create more art lovers.

When we look at art slowly, we engage our senses, we take in the colour of the work, the lines, the movements and maybe some more of the subtle details that aren't immediately obvious at first glance.

*(\*\* you will have approx 8 - 10 mins to observe each of the artwork selections - listen out for the sound prompt to move onto your next artwork)*

## **A Dialogue with Objects**

Choose one of the below objects, find it in the gallery and focus your attention on it. Firstly, try to see it as a whole, then look and pick out the small details. **Now draw the work as a whole, the details and shapes that stand out to you.** After you are done drawing, think about any details that you missed during your first look.



Peter Harris | *Jar* | c.1992-3



Johanna DeMaine | *Bottle* | c.1980s





**Slow Art Day**  
April 5, 2025

# Caloundra Regional Gallery

Now choose a different vessel or sculpture of your choice, then look at it slowly for 8 minutes without distraction, and ask yourself the following questions. Remember .... **no chatting with others!** There'll be time to share observations after the break.

**Which artwork did you choose?**

**What feelings or emotions does the work produce or evoke for you?**

**Look at other works that are near the one you picked. Are they similar or different? Can you see parts of them in one another, whether through shape, form, size or colour?**

Include the artwork and artist's name here:

---



**Slow Art Day**  
April 5, 2025

# Caloundra Regional Gallery

Here's some tips to help you look at art mindfully. Looking at a work of art forces us to slow down and shift our thoughts from our usual ways of thinking, to streamline and focus on something else. Take note of how the art work makes you feel. You might feel happy, anxious, relaxed or it might just make you feel plain bored!.

*Remember..... There is no wrong or right way to look at art. Just note how it makes you feel.*

1. *Take some nice deep breaths (at least 3)*
2. *Soften your gaze, relax your jaw, neck and shoulders*
3. *What do you notice? What pops into your mind as you observe, don't try to stop the thoughts, emotions, memories or ideas that surface.*
4. *Allow yourself plenty of time, spend at least 5 minutes to view each artwork and note down your observations under each artwork.*

Find this artwork by Peter Hudson | *Girraween After Dark* | 2022-23



Spend 5 minutes looking slowly at this work, then consider the following:

**What is the first thing that you see? What is your eye most drawn to?**

---

---

**What was the artist seeing when they created this painting?**

---

---

**Imagine you are stepping into this scene. What can you see, smell, hear and taste?**

---

---

**How does this painting make you feel? Happy? Sad? Anxious? Bored? Excited?**

---

---

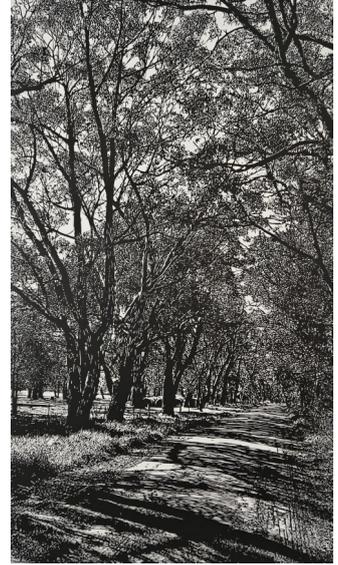


**Slow Art Day**  
April 5, 2025

# Caloundra Regional Gallery

Find and spend the next 5 minutes looking at Amanda Western's artwork.

Amanda Western | *Country Lane* | 2023



**What is the first thing you notice about this artwork? And why?**

---

---

---

**How does this artwork make you feel?**

---

**Share your thoughts about this feeling... does this artwork remind you of a place or time you've previously experienced?**

---

---

---

---

**Close your eyes and image that you are walking into this scene, what do you see around you? What noises can you hear? What does the air smell like? Can you see any creatures around you? What type of wildlife might you find living in a scene like this?**

---

---



Slow Art Day  
April 5, 2025

# Caloundra Regional Gallery

Find Miranda Skoczek's artwork and spend 5 minutes slow gazing. Then provide your response to the questions below.



Miranda Skoczek | *Untitled (impala)* | 2012

**What is the first thing you see in this work? What is your eye most drawn to? Why?**

---

---

**How would you describe this work?**

---

---

**How does this artwork make you feel? Calm? Sad? Happy? Confused? Explain your feeling...**

---

---

**If you could rename this artwork, what would you call it?**

---

**Do you like this artwork? If yes, what appeals to you?**

**If no, what don't you like about it?**

---

---



# Caloundra Regional Gallery

***It's time for a break! Please grab yourself some refreshments, then join the talking circle to share your observations.***

**Did you know that you can drink tea (or your drink of choice) mindfully?**



***Make yourself a cup of your favourite tea or preferred drink of your choice...***

- ◇ *Notice the temperature of the cup in your hands... Breathe in the aroma...*
- ◇ *Then bring the cup to your lips. Notice how your hand and arm know exactly how to move without you having to tell them consciously what to do...*
- ◇ *Now, take a sip. Try not to gulp it down. Instead, gently let the liquid trickle into your mouth. You might even move the liquid around in your mouth to savour the taste...*
- ◇ *Notice the flavour. Is it too strong or too weak? Or is it just perfect? You don't have to do change anything unless you want to. Simply be aware of the sensations you're experiencing.*
- ◇ *Thoughts may enter your mind. Just notice this and let them pass. Instead, try to stay focused on the tasting. You may also notice that you have the desire to rush the drinking. Be aware of this without judgement, and continue to drink mindfully.*
- ◇ *As you finish your drink of choice, take a moment to notice the temperature of the cup again. Has it changed or stayed the same? Does the drink taste the same as it did to begin with? Perhaps it is more bitter or sweeter?*

***Thank you for partaking in Slow Art Day 2025! We hope you have enjoyed your experience.***

If you consent to having your drawings and responses shared, please leave this sheet on the clipboard as you leave. **Feel free to share any photos from today on our social media, tag us**

**@CaloundraRegionalGallery #SlowArtDay**