

PITZHANGER

MANOR & GALLERY



WHAT IS SLOW LOOKING?

**DID YOU KNOW MOST MUSEUM VISITORS SPEND LESS THAN 30 SECONDS
LOOKING AT AN ARTWORK?**

Slow looking invites you to break that habit by taking your time to truly see.

Slow looking is the practice of deeply observing an artwork, allowing yourself to notice details, emotions, and connections that might not be apparent at first glance.

Beyond simply looking at art, this practice can sharpen your senses, improve focus, and create meaningful experiences that stay with you long after you leave the gallery. Visitors often report feeling more engaged, relaxed, and even more connected to the art and to themselves. Best of all, slow looking is accessible to everyone—no expertise required, just curiosity and an open mind.

Though researchers are only beginning to study the benefits of slow looking, visitor experiences speak for themselves. The more time you spend with an artwork, the more it reveals. Try it for yourself using our slow looking guide on the next page. You might be surprised by what you discover!

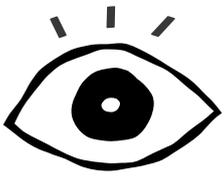


While you can practice slow looking anywhere, Alison Watt's works are perfectly suited for it, with hypnotic curves and an inner glow to each painting that draws the eye in. What else can you notice when you look a little longer?

This worksheet was developed by Dr. Aleksandra (Sasha) Igdalova. Sasha is a psychologist who explores the science behind slow looking and what happens in our minds when we engage deeply with artworks.

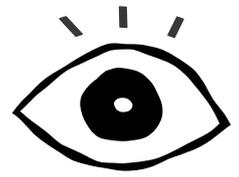
Connect with her here for more info! →





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SLOW LOOKING GUIDE

Walk around the gallery and select two works that interest you. Position yourself in front of the first (feel free to use a stool!) and consider these questions as you spend time looking (between 5 - 10 min for each). You can write answers or say them in your head. Shift your position as many times as you want, just keep your gaze on the work.

FIRST GLANCES	SUBJECT MATTER	REFLECTION
What first caught your attention? Is it still your focus now? Scan the painting clockwise, noting where your gaze lingers. Blink and look again. Is it still your focus now?	Consider the content of the work. What is being depicted? Is it more or less clear than at first glance? Does it remind you of anything familiar? Do you feel like you have figured it out?	Do you like this work? Would you display it at home? Do you think this work is easy to slow look at? How does looking at it this long make you feel?
HOW THE WORK WAS MADE		
<p style="text-align: center;"><u>Colors</u></p> Are there few or many? Count how many you can see. Are they more visible in the light or shadows? What emotions do the colors convey?	<p style="text-align: center;"><u>Composition</u></p> What's in front versus back? Does the arrangement make sense? Can you imagine it with a different background? How would it change the work?	<p style="text-align: center;"><u>Artist's hand</u></p> Do you notice any visible brushstrokes in the work? What about any different textures? What techniques are used to guide your eye?

SLOW LOOK WITH YOUR FRIEND(S)!

Pick one work and set a timer for 1-2 minutes of silent observation followed by 2-10 minutes of sharing. Take turns sharing what you noticed based on the prompts above.



BACK-TO-BACK DRAWING!

Sit back to back with a pal, one facing the artwork, one facing away. The viewer describes the work while the other draws based solely on the description. Compare results and switch!