



ABOUT US

The Institute for African American Studies and the Georgia Museum of Art are official state and regional organizations that reflect and teach considerably on the intellectual, historic, and artistic contributions of African Americans in the American South and their national and global effects. We invite you to view the artworks with the same meditative and intentional awareness in which they are made. Please enjoy your experience!



“Slow looking sparks curiosity and creativity and can help you feel more relaxed and present. This practice can also help you to engage more deeply with the art you’re looking at.

Enjoying a museum visit through slow looking can be a way to unplug from the fast pace of daily life, and it can provide similar benefits to going on a long walk or a hike.”

National Museum of Asian Art



Girl with Bird, 1950.
Thelma Streat
Oil and collage on paper
2012.150

WHAT IS SLOW LOOKING?

Slow looking is the practice of pausing and spending time looking closely at something. When you slow down in a museum, you devote more time and attention to fewer artworks or objects. It’s all about quality, not quantity.



SLOW LOOKING EXERCISES

See, Think, Wonder

What do you see? What does this work of art make you think about? What do you see that makes you say that? What does this work of art make you wonder?

Does this work of art connect to something you have seen or experienced before?

Step Inside

Find a scene or landscape and imagine you could step inside of it.

Tap into your senses. What do you imagine you'd see, hear, smell, feel, or taste in this landscape? Maybe write a sensory poem that captures what it feels like to be inside this work of art.

Sketch

Sketching is another way of seeing. Sketch an entire object or just detail a pattern from one. Don't worry how it looks. Just sketch what you see.

What did you discover through sketching? What did sketching make you wonder about this work of art?

VISUAL LITERACY

Like written literacy, visual literacy takes time and intention to build. Visual literacy helps you take more notice of patterns and details and relate them to topics that are documented in visual media. You begin to notice similarities across art styles, artists, historical periods, and subject matters. This increases your media literacy across all visual platforms including videos and films and helps you to interpret those platforms with more dexterity. Increased visual literacy is also connected to better outcomes in writing and speaking.



BENEFITS OF SLOW LOOKING

- Practice Meditation
- Grow Patience
- Improve Observational Skill
- Reflection
- Enhance Creativity
- Improve Visual Literacy
- Enjoy Public Art and Monuments

Thinking Museum, 2022



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