

## 10 x 2 Exercises and Reflection Questions

In these exercises, we will practice looking closely at an artwork and reflecting on what we notice. We will complete the exercise once without a prompt guiding our looking. The second time, we will have a few questions to guide us. We will conclude by reflecting on the experience of looking, what we noticed each time, and how our attention to details changed throughout the exercises.

Students will need:

- A timer (on your phone, tablet, or computer, or a kitchen timer)
- Paper and a pen or a blank Word or Google Doc

### Exercise 1:

1. Make a list from 1 to 10 on your paper or in your document.
2. Set a timer for 1 minute.
3. Fill in the list with things you notice about the artwork until the timer goes off.
  - a. If you complete the list before the timer goes off, you may continue listing items or stop the list and look for the remaining time.
4. Clear your mind – look around your room or at something else for a minute.
5. Make another list from 1 to 10 on your paper or in your document.
6. Set a timer for 1 minute.
7. Fill in the list with things you notice about the artwork until the timer goes off.
  - a. If you complete the list before the timer goes off, you may continue listing items or stop the list and look for the remaining time.
  - b. Do not worry if you do not have 10 items after 1 minute. You have finished this part of the exercise when the timer goes off.
8. Compare your two lists. What do you notice?

Take a couple minute break before moving onto Exercise 2.

### Exercise 2: Instructors, please modify the questions to fit your learning objectives

For this exercise, you will repeat the steps of Exercise 1, using the following questions to guide your observations:

- What signs of \_\_\_\_\_ do you see in the artwork?
- How do the people or animals interact?
- What emotions do the people or animals display?
- How do the experiences and emotions of the people or animals relate to your experiences with \_\_\_\_\_?
- What can this artwork tell us about \_\_\_\_\_?

**Reflection:**

To conclude this activity, please write a few sentences reflecting on the following questions:

- How was this experience of timed looking for you? Was it easy, difficult, frustrating, fun, etc.?
- Compare your lists from Exercise 1 and Exercise 2. How are they similar? How are they different?
- How did looking multiple times at an artwork affect your understanding and enjoyment of it?