

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.

You will need:

- A timer (on your phone, tablet, or computer, or a kitchen timer)
- Pencil

Exercise 1:

- Set a timer for 1 minute.
- Fill in the list below with things you notice about the artwork until the timer goes off.
 - 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.
 - Do not worry if you do not have 10 items after 1 minute. You have finished the part of the exercise when the timer goes off. Move onto the next step.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

- Clear your mind – look around your room or at something else for a minute.
- Set a timer for 1 minute.
- Fill in the list with things you notice about the artwork until the timer goes off.
 - 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.
 - 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.

1.

6.

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- Compare your two lists. What do you notice?

Take a couple minute break before moving onto Exercise 2.

