

ABOUT SLOW ART DAY

Founded in 2010, [Slow Art Day](#) is a global event (more than 1,500 museums and galleries have participated) 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. The most important discovery they make is that they can see and experience art without an expert (or expertise). And that's an exciting discovery. It unlocks passion and creativity and helps to create more art lovers.



Nancy Erickson (1935–2022), *Hall of Memory #10, Guard Bear*, 1999, mixed media, MAM Collection, gift of Pat and Jeff Aresty, 2021.13

Most viewers spend an average of about 30 seconds looking at an artwork. Slowing down will allow you to discover how and what a work of art communicates to YOU.



Here are some tips on slowing down your looking experience.

- Set the timer on your phone to be sure you are looking for at least five minutes.
- Use a stool or bench to sit and relax and take a few deep breaths before you begin.
- Allow yourself to notice and wonder about the work – don't rush to interpretation.
- Suspend your judgement.
- Think of the work of art as being time-based, as if you were listening to a piece of music. Let the work unfold over the period of time you are with it.

Now...

LOOK, NOTICE & WONDER

MAM staff would love to hear about your experience! Post on Instagram and tag us @missoulaartmuseum using the hashtag #slowartday