

CURRIER
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NHSCA Arts Partnership Conference

Woven: Gathering at the Intersections

Slow Looking: There is No Wrong Answer

Suzanne Canali, Director of Education

Corie Lyford, Art & Wellness Programs Manager

Lucie Amaro Chmura, ATR Art Therapist

October 27, 2023

Currier Museum



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Art Museums & Wellness

Philosophy: Art as Experience

Every art communicates because it expresses. It enables us to share vividly and deeply in meanings... For communication is not announcing things... Communication is the process of creating participation, of making common what had been isolated and singular... the conveyance of meaning gives body and definiteness to the experience of the one who utters as well as to that of those who listen.” (Dewey, 1934, p. 109).

Academia: Research



Reduces cortisol (Grossi et al., 2019)



Decreases emotional exhaustion (D’Cunha et al., 2019)



Reduces anxiety (Binnie, 2010) & depression (D’Cunha et al., 2019)



Lower risk of developing dementia (Fancourt et al., 2018)



Art museum engagement is associated with feeling more able to connect with others (Roberts et al., 2011)

Programs with Prioritized Focus Areas

There are no wrong answers in art.

Wellness Programs

1. Wellbeing
2. Community Engagement
3. Creativity & Innovation

Museum Education

1. Community Engagement
2. Creativity & Innovation
3. Wellbeing

Studio Classes, Workshops, and Camps

1. Creativity & Innovation
2. Wellbeing
3. Community Engagement







Slow Looking Questions for *Exploration* and
Connection:

“The more you look, the more you see: the more you see, the more interesting the object becomes”

(Shari Tishman,
Project Zero, Harvard University)



What is Slow Looking?



Let's consider a few of the following.....

Using Visual Literacy with Slow Looking

Line



Different tools make different kinds of **lines**.

Shape



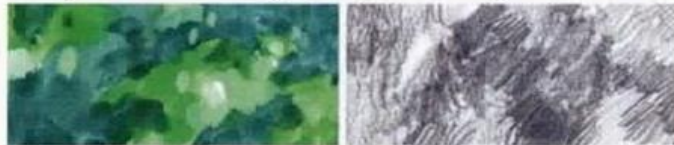
Shapes come in many types and sizes.

Color



Every **color** can be bright, dull, dark, or light.

Value



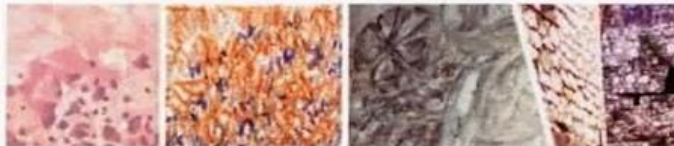
Value refers to dark and light in painting or drawing.

Form



Form is three-dimensional, and takes up space.

Texture



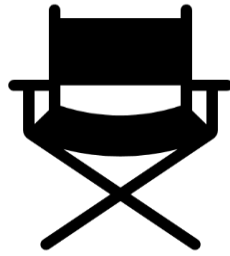
Texture is how a surface of something feels or looks.

Space



We use illusions to make **space** in art.

And.....



You do not have to know anything about art.



You have everything you need within you.



There are no secrets.



Art has no Right or Wrong



It is a process of discovery-discovering how other people see the world, and how their vision might enrich our lives.

**Just follow
3 simple
steps:**

LOOK



THINK



FEEL



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SLOW LOOKING QUESTIONS

What do you **see**?

What did you **notice first**?

What **colors, shapes, textures, lines** do you see?

Do these **colors, shapes, lines, textures EVOKE** anything for you?

How do the **colors** in this work make you **feel**?

If you entered the artwork-what would it **sound like, feel like, smell like....other sensations**?

What do you notice after looking at it longer?

What do you wonder?

Do you like or dislike this work? Why, why not, not sure, both?

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150 ASH STREET
MANCHESTER
NEW HAMPSHIRE
03104

Thank you.

Suzanne Canali, Director of Education (SCanali@currier.org)

Corie Lyford, Art & Wellness Programs Manager (CLyford@currier.org)

Lucie Amaro Chmura, ATR Therapist (LChmura@currier.org)

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