

# SLOW LOOKING NOTES AND FUTHER INTERPRETATION

Finish your visit by reflecting on your Slow Look.  
What did you experience? How do you feel?

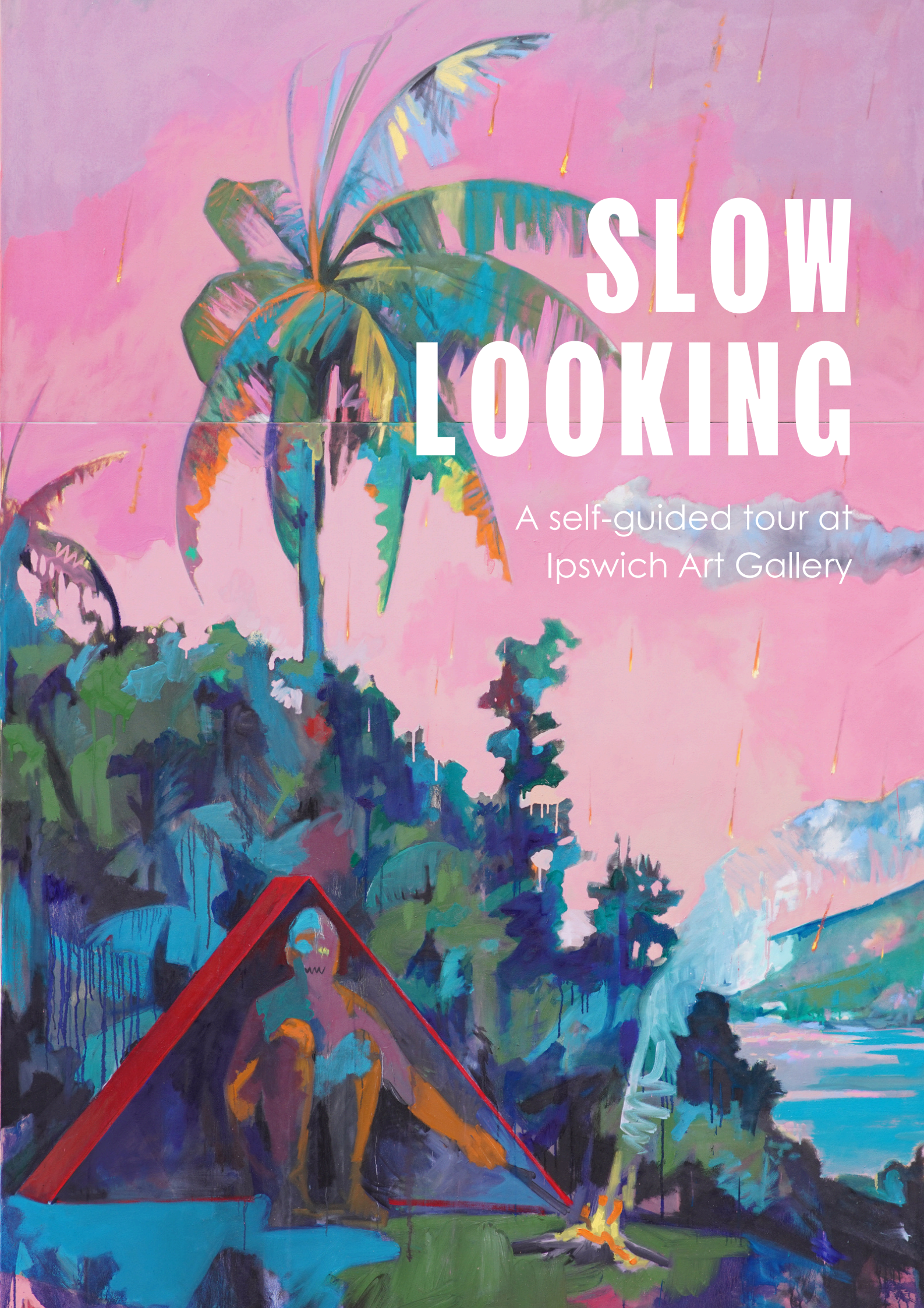
**IPSWICH ART GALLERY**

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Free entry  
7 Days a week  
10am - 5pm

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Front cover artwork: Matthew Cheyne + Caroline Cheyne  
Tending a small fire, 2025 (detail). Image courtesy of the artist and Mitchell Fine Art,  
Brisbane. Photography by Caroline Cheyne.



# SLOW LOOKING FOR EVERYONE

Here are some suggested prompts for a self-guided Slow Looking tour. You are welcome to follow them by yourself, with family or friends. Your Slow Look might be quiet and still, chatty and energetic, meditative or playful. Whatever form it takes, we hope you enjoy the different pace.

1

Artwork

In the main hall, find the beautiful vessels of Gwyn Hanssen Pigott.

This Slow Look supports focus and concentration.

Prompt for adults

*Make yourself comfortable. Soften your breath.*

Allow your eyes to run gently across the surface of the work. Turn your attention to the positive and negative spaces in this artwork. Let your eye move from the outline of one object to another. In your mind, describe the shapes of the forms and the neighbouring ones.

*When you are finished with this artwork, continue to the main gallery.*

2

Artwork

In the main gallery, find a series of conical sculptures by Matthew and Caroline Cheyne.

This Slow Look hones observation skills.

Prompt for adults

*Make yourself comfortable. Soften your breath.*

Run your eyes along the outlines of the sculptures. Gently move them up, across, down, and back. From a single viewpoint, imagine viewing their forms from multiple perspectives – from above, below, front, back, and side. Do the forms change their shape or stay the same?

3

Artwork

In the main gallery, find the large multi panelled painting on the left side of the gallery by Matthew Cheyne.

Prompt for adults

*Make yourself comfortable. Soften your breath.*

Look at this painting for a least three minutes, taking in the various elements in the painting including the figure, shelter, volcano, and fertile landscape. Imagine three different scenarios for this painting as the scenes unfold.

4

Artwork

In the main gallery, choose an artwork that you might otherwise skip over or miss.

This Slow Look facilitates attention to detail and communication skills.

Prompt for adults

*Make yourself comfortable. Soften your breath.*

Spend some time looking at the work. Observe its colours, lines, textures, materials and subject matter. Imagine you are trying to describe this artwork to a friend. Try to imagine it in as much details as possible.

*When you have finished your description, move to the media gallery.*

Slow Looking invites you to explore this exhibition a little bit differently. Slow Looking places you at the centre of your experience, prioritising your thoughts, feelings and observations. All it takes is spending more time with fewer works.

5

Artwork

In the media gallery (the small room inside the main gallery), find the dark red abstract painting by Mark Rothko and the two quiet abstract artworks by Agnes Martin. You might like to focus on one of the artworks or to take in all three for this exercise.

This Slow Look encourages imagination and lateral thinking by moving through a series of self-generated questions and answers.

Prompt for adults

*Make yourself comfortable. Soften your breath.*

As you look, what question comes to mind? Engage in the process of answering your question. Your answer can take any form: fanciful, flippant, humble, honest, incomplete.

When you're ready, repeat the process, asking and answering, asking and answering.

# SLOW LOOKING FOR KIDS

1

Artwork 5 (Prompt for children)

Imagine these artworks are a song. ' How would the music sound? Now, imagine if these artworks were a dance? How would they move?

2

Artwork 2 (Prompt for children)

Imagine your eyes are following the lines and shapes of this artwork. With your finger, trace in the air the shapes found in the artwork. With your body, mirror the shapes in the artwork. What kind of shapes did you make?

3

Artwork 3 (Prompt for children)

Look carefully at the painting. Imagine entering the painting and becoming a part of its world. What colours could you see? What sounds could you hear? What objects could you touch? Where would you like to explore?

4

Artwork 4 (Prompt for children)

Let's look at this artwork for 30 seconds, then we are going to close our eyes and say what we remember. Close your eyes. What do you remember? *Some children might like to deepen their observation by repeating the process*

5

Artwork 1 (Prompt for children)

Let's look at this artwork. What words would you use to describe it? Can you use your fingers to count up to 10 words for this artwork? You might like to describe its shape, size, colours, materials, textures or even how it makes you feel. Keep going until you run out of words or fingers.