

ARRIVING SLOWLY

EXPLORING THE ABSTRACT

**17 NOV 2024 —
16 FEB 2025**

Ipswich
ARTGallery

ARRIVING SLOWLY | SLOW LOOKING FOR EVERYONE

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.

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.

<p><i>In the main hall, find the large and dark hanging artwork made from hand-woven cotton by Paul Knight. This Slow Look supports focus and concentration.</i></p>	<p>Make yourself comfortable Soften your breath Allow your eyes to run gently across the surface of the work Notice where your eye is drawn and then keep looking Observe any thoughts, feelings or memories that float into your consciousness and then keep looking When you are finished with this artwork, continue to the stage gallery</p>	<p>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</p>
<p><i>In the stage gallery, find the black steel and grey mirror sculpture by Consuelo Cavaniglia. This Slow Look hones observation skills.</i></p>	<p>Make yourself comfortable Soften your breath Run your eyes along the outlines of the installation Gently move them up, across, down and back Turn your attention to the positive and negative spaces in this artwork. Ask yourself: What is inside and outside the sculpture? Where does it start and where does it end? What can you see in the mirror? Is that part or not part of the work? See what happens when you move and look at this work When you are finished with this artwork, continue to the main gallery</p>	<p>For children Imagine your eyes are following the lines and shapes of this artwork With your hands, draw the shapes in the artwork With your body, make the shapes in the artwork What kind of shapes did you make?</p>
<p><i>Find the glowing pink and purple artwork by Jonny Niesche at the far end of the main gallery, but don't get too close. Start this Slow Look as far away as possible while the artwork is still in view. This Slow Look enhances perception through changed perspectives.</i></p>	<p>Relax Look at the artwork Take a breath and move one step closer Relax Look at the artwork Take a breath and move one step closer Repeat this process Notice what new colours, textures and details you see as you move closer Finish your Slow Look when you are at a close and comfortable distance from the artwork</p>	<p>For children Let's look at that artwork from very far away What can you see? Let's look at the artwork from a medium distance What can you see now? Let's look at the artwork from a normal distance, close but not too close! What else can you see now?</p>
<p><i>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.</i></p>	<p>Make yourself comfortable Spend some time looking at the work Observe its colours, lines, textures and materials 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</p>	<p>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</p>
<p><i>In the media 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.</i></p>	<p>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</p>	<p>For children Imagine you could talk to this artwork What would you ask it? What might it say back?</p>

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

Image: Jonny Niesche, *Feeling the way (in your image)*, 2024. Image courtesy of the artist, 1301SW, Melbourne and Sydney, and STARKWHITE, Auckland.