Arriving

Close your eyes
Breathe in, breathe out,
breathe in, breathe out,
breathe in, breathe out

R o l l	your shoulders
T a p	your face
M a k e	a sound
P u l l	a funny face

How do you feel right now?
What can you smell?
What can you hear?

Open your eyes

What do you notice now?

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Looking

Choose an artwork in the gallery

Use the objects inside the bag to

Look at it closely
Look from afar
Look at it upside down
Look at a tiny detail
Look for the spaces in-between

Have you noticed anything new? What does the artwork remind you of?

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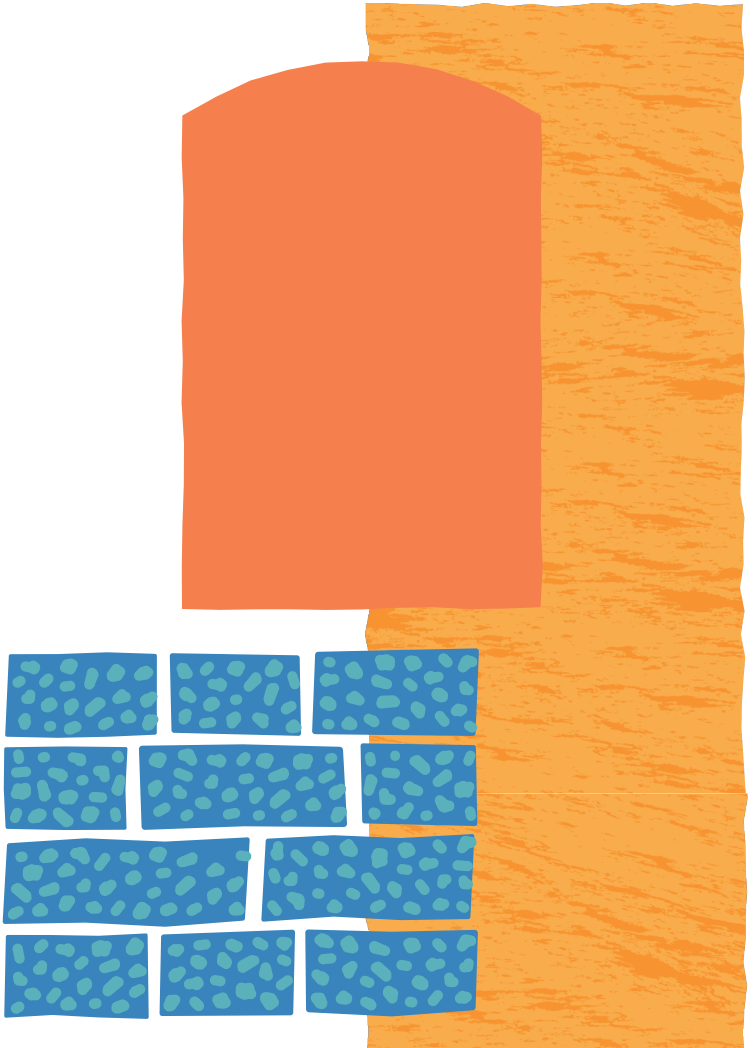
Listening

Does the artwork have a sound?

If so, what does it remind you of?
If not, what would it sound like?

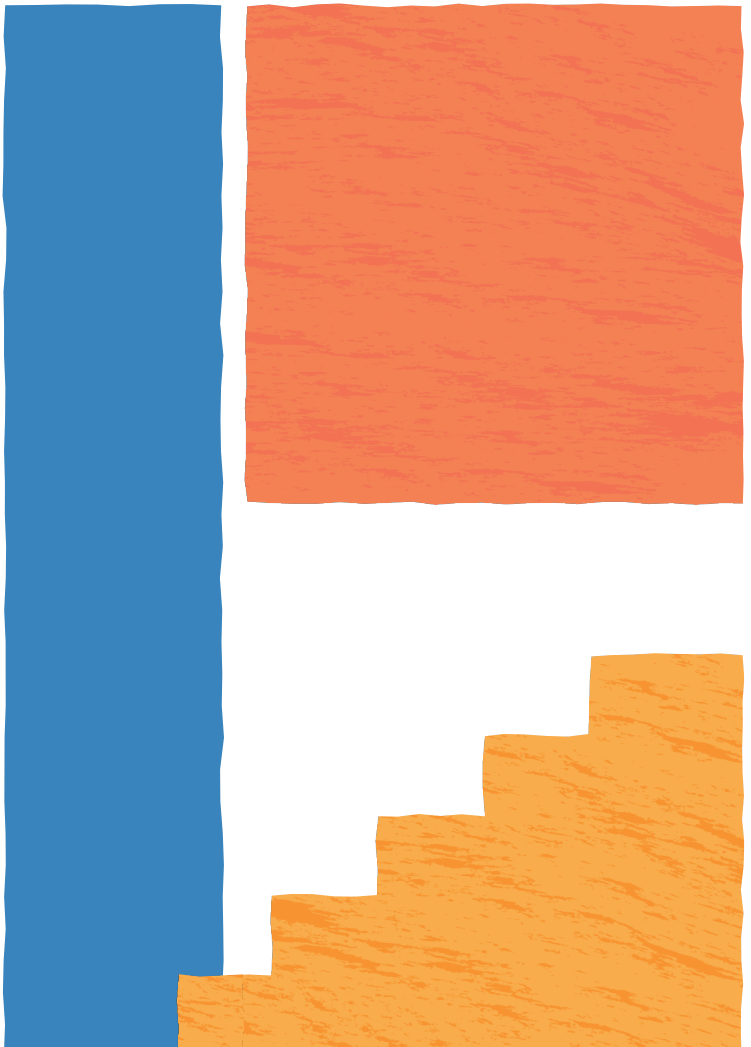
If the artwork could talk, what would it say?

Does it have a story to tell you?
What else can you hear around you?



Exploring

Can you find...

something shiny?
something soft?
something smooth?
something with a pattern?
something taller than you?
something smaller than you?
something that tells a story?
something that surprises you?
something that makes you laugh?
something that makes you curious?
something that reminds you of home?
something that reminds you of a memory?
something you would want to step inside?
something that reminds you of someone?
something you would like to be friends with?

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