



recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

On a sheet of paper, write a
short story about the experience
you had with the artwork.

recording the experience

**Move away from the artwork.
Take a few minutes to pause
and reflect.**

**On a sheet of paper, draw
something based on the
experience you had with the
artwork.**

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

On a sheet of paper, make free
notes based on the experience
you had with the artwork.

Focus only on your rambling
thoughts, doodles...

recording the experience

**Move away from the artwork.
Take a few minutes to pause
and reflect.**

**Make a gesture or body
movement based on the
experience you had with the
artwork.**

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

Close your eyes. Recollect the
experience you had with the
artwork.

Open your eyes. Record what
you saw with your eyes closed.

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

Based on the experience you
had with the artwork, objectively
describe it on a sheet of paper.

Then, on another sheet, record
possible analyses and opinions
about the artwork.

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

Record where your thoughts
led you during the experience
with the artwork. Do not be
concerned about the connection
between your thoughts and the
artwork.

On a sheet of paper, write
five words based on what you
recorded.

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

On a sheet of paper, write the
title or caption of the artwork.

Think about other titles that are
related with the experience you
had with the artwork.

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

Pay attention to your breathing.
If you want, cover your ears.
Concentrate only on your
breathing.

Record the sensations you had
during the experience you had
with the artwork. Keep them in
your memory.

recording the experience

**Move away from the artwork.
Take a few minutes to pause
and reflect.**

**Based on the experience you
had with the artwork, note down
on a sheet of paper what it
made you feel.**

recording the experience

Move away from the artwork.
Take a few minutes to pause
and reflect.

What does your body want after
the experience you had with the
artwork?

Recognize this desire and
remember this sensation.