




**how to
use the
cards**

This set of cards is an invitation to exercise your attention. It consists of 4 steps:

1. Finding an artwork 11 cards
2. Focusing attention 11 cards
3. Recording the experience 11 cards
4. Sharing  




individual mode

- Put your cell phone in airplane mode
- Arrange for a way to keep track of time for carrying out step 2.
- Shuffle the cards for steps 1 to 3, separately, and randomly pick a card from each step.
- Continue in the sequence, looking at one card at a time.
- Remain silent, unless the instructions indicate otherwise.
- At the end, carry out step 4  .



group mode

When the cards are used by a group, one person should take charge of mediating the exercise.

- Instruct the participants to put their cell phones in airplane mode and to remain silent, unless the instructions indicate otherwise.
- Arrange for a way to keep track of time for carrying out step 2.
- Shuffle the cards for steps 1 to 3, separately, and randomly pick a card from each.
- Gather the group and present the proposal for the exercise.
- At the end, carry out step 4  .

suggestions for the mediation

The exercise can be mediated by the teacher, educator, exhibition guide or a group member.

- Read the proposals of the cards to prepare yourself for the exercise, considering the particularities of the group and the number of participants.
- If necessary, organize the group into subgroups. Each subgroup should also have a mediator.
- Before gathering the group, find an artwork for carrying out the exercise, according to the suggestions of the card for step 1. If you prefer, adapt these suggestions for use with a group.
- Emphasize that everyone will go along together, in silence, doing the same sequence of steps, and that the exercise depends on this collective agreement.
- Present to the group the artwork found in step 1, and then present the cards 2, 3 and 4.
- Adapt the suggestions for the times in step 2 according to the group's needs.
- As the mediator, bear in mind that you influence the group.
- Emphasize that there is no specific result expected for the exercise.
- Before proposing the exercise of the group, it is recommended that you carry it out individually.