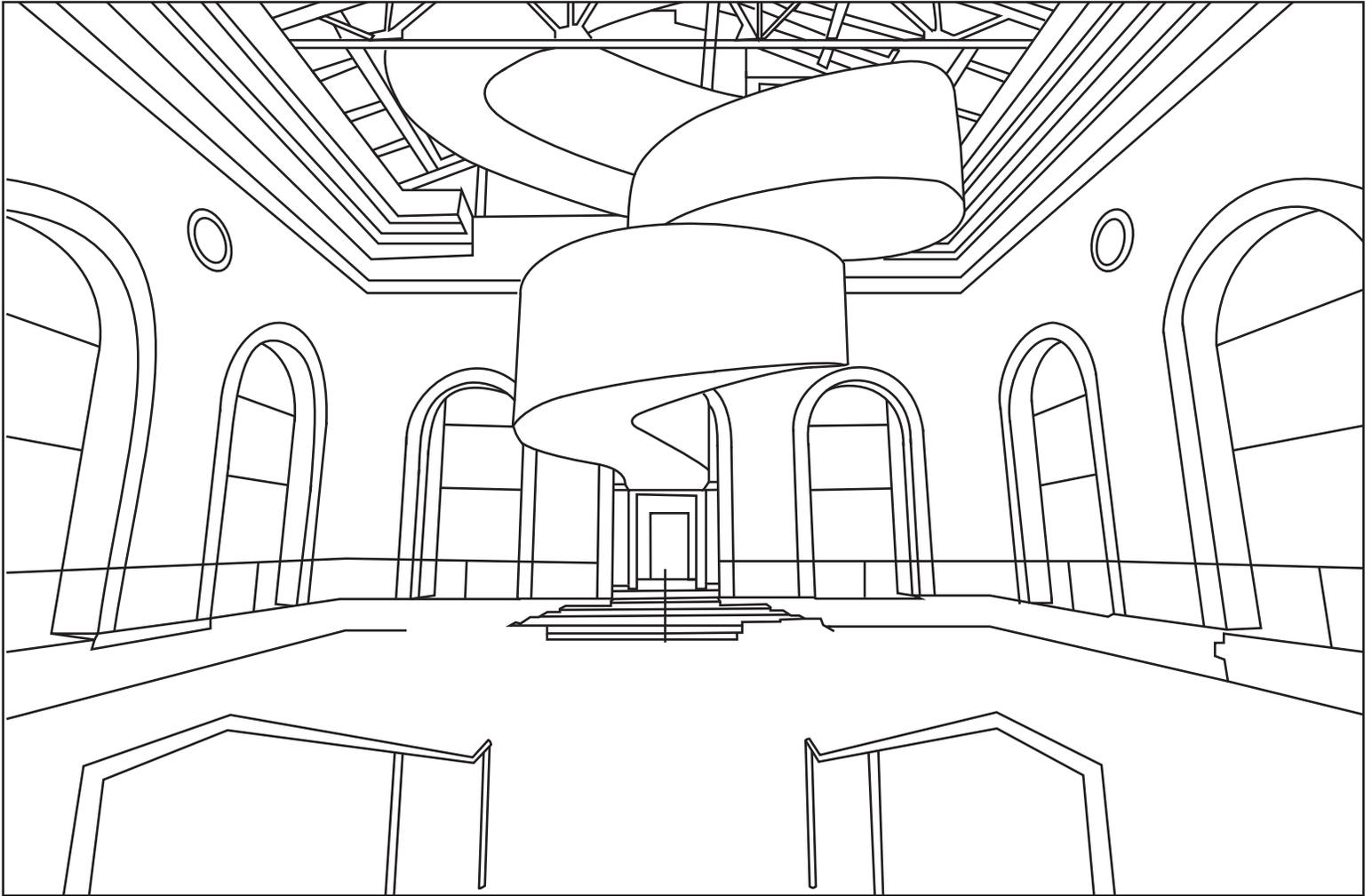


# What do you feel in this space?



The large interior space at the AGO, known as Walker Court, with its glass ceiling, spiral wooden staircase, large archways and a series of artworks mounted on the walls. Line drawing artist: Asifa Minhas. Robert Houle, *Seven Grandfathers*, 2014. Oil on canvas, digital prints, Mylar, watercolour on paper. Seven site-specific works, each 20.3 cm (diameter). © Robert Houle. Art Gallery of Ontario.

T

O

U

C

H



## Find each artwork that corresponds to the touch drawings.

In front of the artwork, take a moment to look carefully.

- What do you see?
- What's going on in the artwork?
- What textures can you find?

Draw or write it here:

Now take the touch drawings and gently run your fingers along the lines that make up the picture.

- Do the textures change how you think about or react to the artwork?
- Does touching the picture change how you see it?
- What textures might you add or remove?

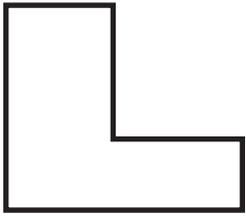
    Share it at #AGOmakes @AGOToronto

# AGO

# What do you see first when you look at this artwork?



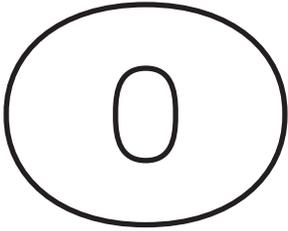
Line Drawing by Lesley Ashton: *Portrait of a Lady Holding an Orange Blossom*, mid-18th century. Oil on canvas. Overall: 80 x 56.2 cm. Purchase, with funds from the European Curatorial Committee, 2020. © Art Gallery of Ontario. 2019/2437.



## Let's look mindfully.

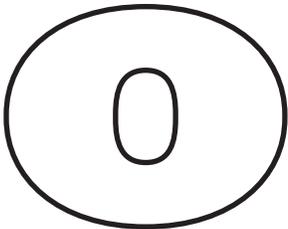
**Taking the time to slow down and look closely is good for your brain.**

- Make yourself comfortable.
- Find a bench, stool or space on the floor that gives you a good view of an artwork.
- Try to spend 10 minutes with an artwork – we know it's a long time!
- Be patient.
- Try focusing on the details.
- Let your eyes wander.
- Consider texture, colour, shape, symbols, story, perspective.



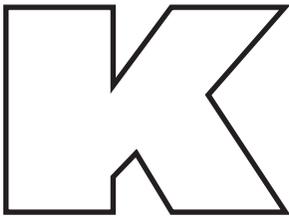
### **Try a breathing exercise with Mindful Looking:**

- Place your tongue against the back of your top teeth.
- Close your lips and inhale through your nose, while counting slowly to four.
- Then hold your breath and count to seven.
- Exhale fully through your mouth for eight counts, making a whoosh sound.
- Repeat three times.

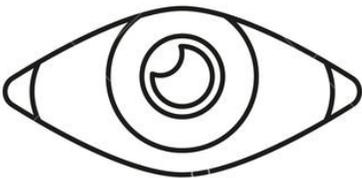


### **Pay attention to how your mind and body respond.**

- Does the artwork make you feel calm? Irritated? Excited?
- Does it trigger any memories?
- How do you feel about this artwork now that you have studied it in detail?



Draw or write it here:



# What would you taste first in this artwork?



T

## Get ready to activate those taste buds!

Find an artwork with food in it.

- In front of the artwork, take a moment to imagine you're in the painting.
- What do you see?
- What can you smell?

A

What if you could stick your tongue out and taste the food in real life?

- What would you taste?
- Is it sweet or salty? Spicy, sour or bitter?
- Maybe it's a combination of flavours.

S

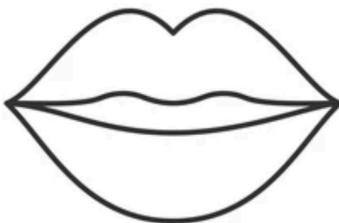
Does connecting the artwork to a taste change your feelings about it?

Draw or write it here:

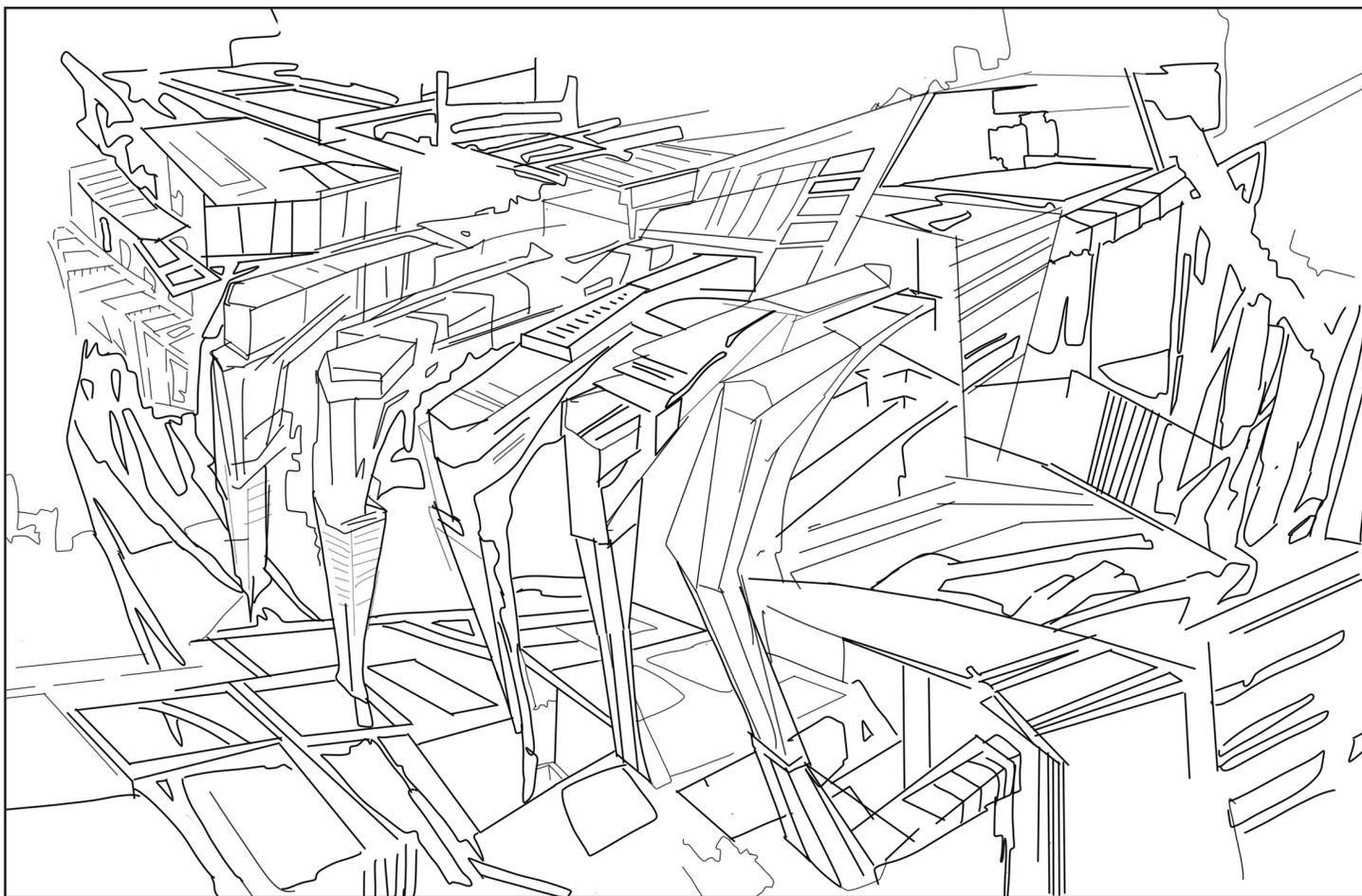


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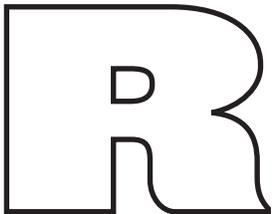
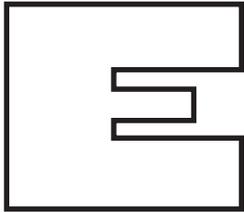
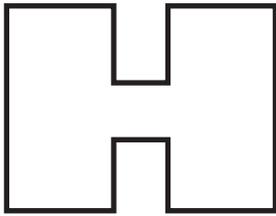
E



# What does a metropolis sound like?



Line Drawing by Lesley Ashton: Denyse Thomasos. *Metropolis*, 2007. Acrylic, charcoal, porous-point marker on canvas, unframed: 214 x 335.6 x 3.5 cm. Purchased with the assistance of the Toronto International Art Fair 2007 Opening Night Preview, and with the Financial Support of the Canada Council for the Arts Acquisition Assistance Program, 2008. Courtesy of the Denyse Thomasos Estate and Olga Korper Gallery. 2007/241



## We're all ears! Are you?

Find an artwork that inspires you to think about sound.

- In front of the artwork, take a moment to look carefully.
- What do you see?
- What jumps out to you?
- What's going on?

Now scan this QR code to hear a number of sounds:

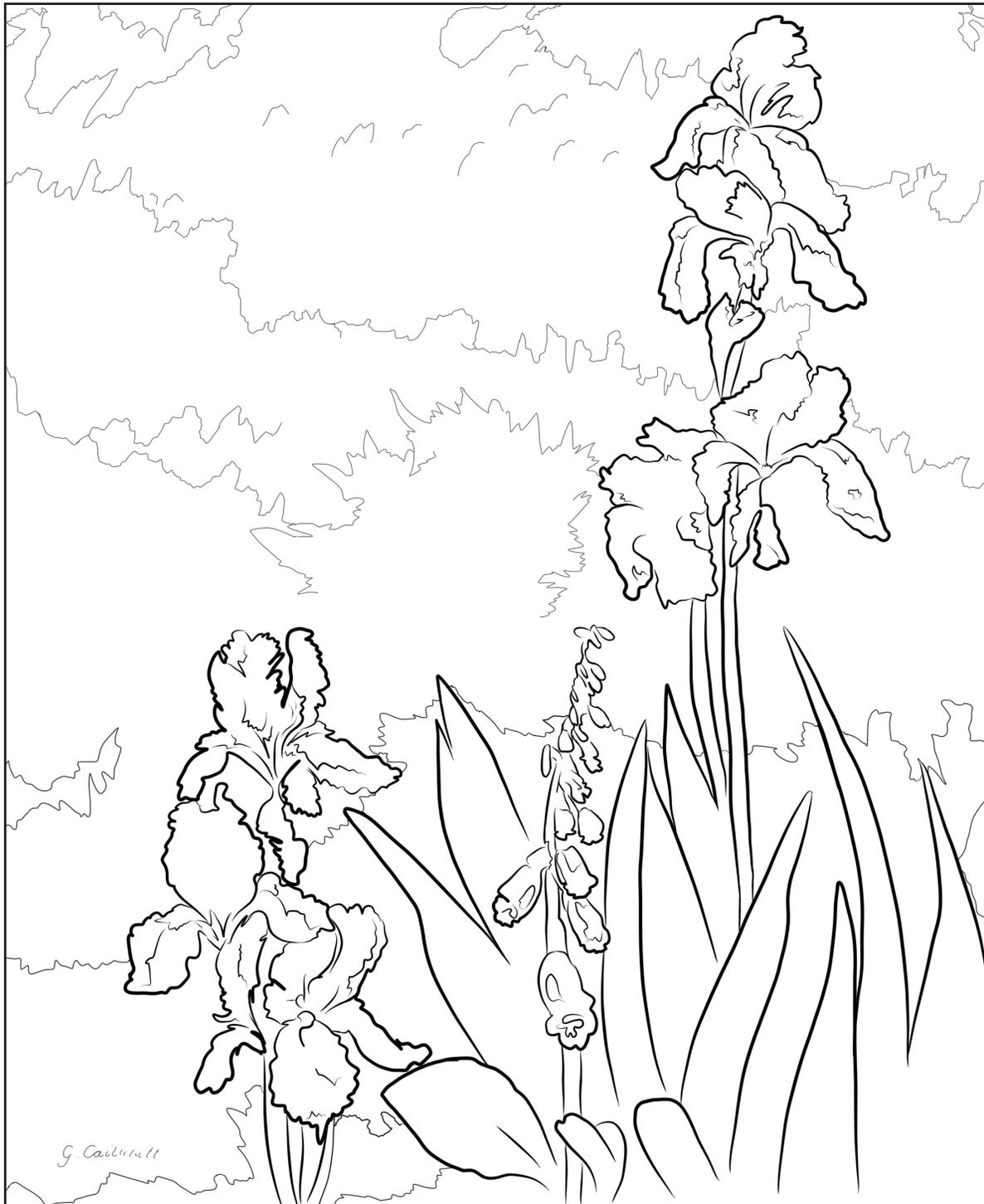


Spend a few moments listening to the sound playlist as you look at the artwork.

- Do the sounds change the artwork?
- How does the audio affect your experience of looking at art?
- Did you discover anything new about the artwork?

Draw or write it here:

# What would you smell first in this artwork?



Line Drawing by Lesley Ashton: Gustave Caillebotte, *Blue Irises, Garden at Petit Gennevilliers*, 1892.

S

## Sniff away!

Find an artwork that corresponds to a scent.

- In front of the artwork, take a moment to look carefully.
- What do you see?
- What's going on?
- Imagine you're in the artwork – what do you smell?

M

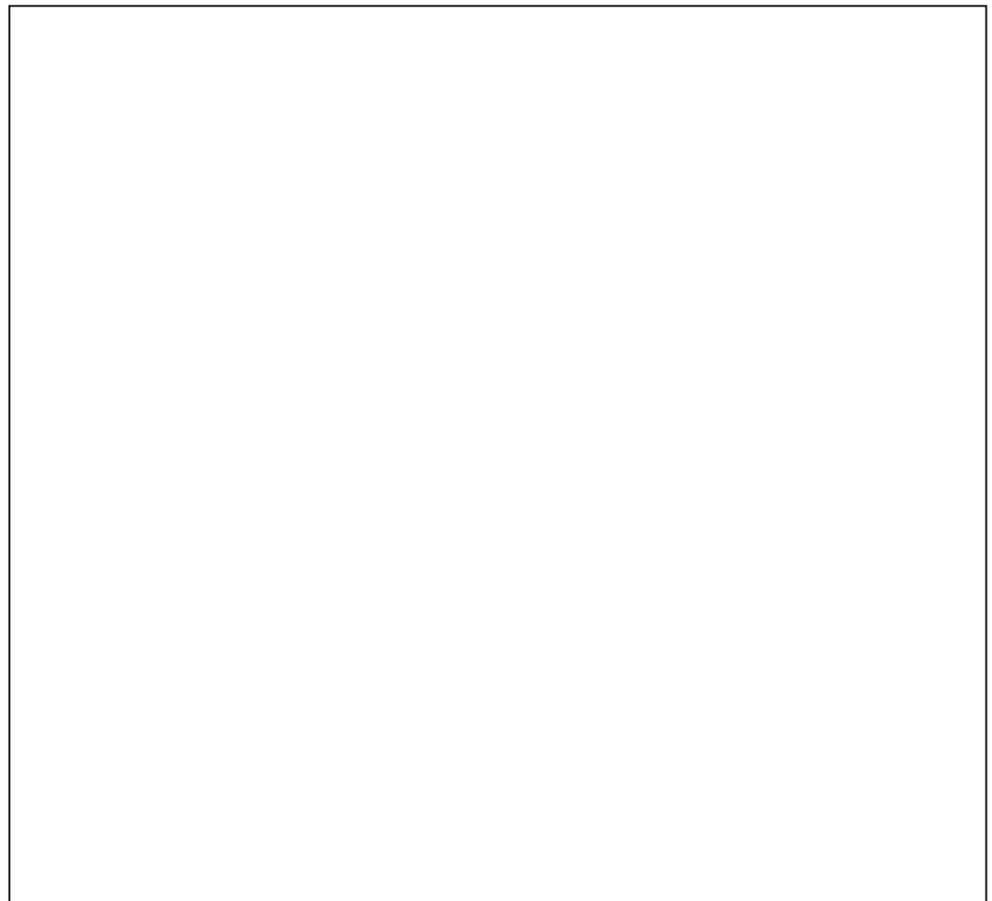
Now open the bottle, take a sniff and look at the artwork again.

- What do you smell?
- How does the scent relate to what you're seeing?
- Does it change how you think about or react to the artwork?
- What other smells could you add to this artwork?

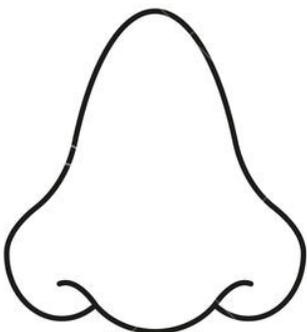
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Draw or write it here:

L



L



Share it at #AGOmakes @AGOToronto

**AGO**