

What would you touch in this painting?

The portrait shows a young woman of colour holding an orange blossom in her right hand. She is dressed in rich smooth blue silk with sumptuous lace details and she wears fine pearl jewellery. She holds our gaze with confidence and grace.

Portrait of a Lady Holding an Orange Blossom, 1770s, by Jeremias Schultz



Line Drawing by Lesley Ashton: Jeremias Schultz, *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.

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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.

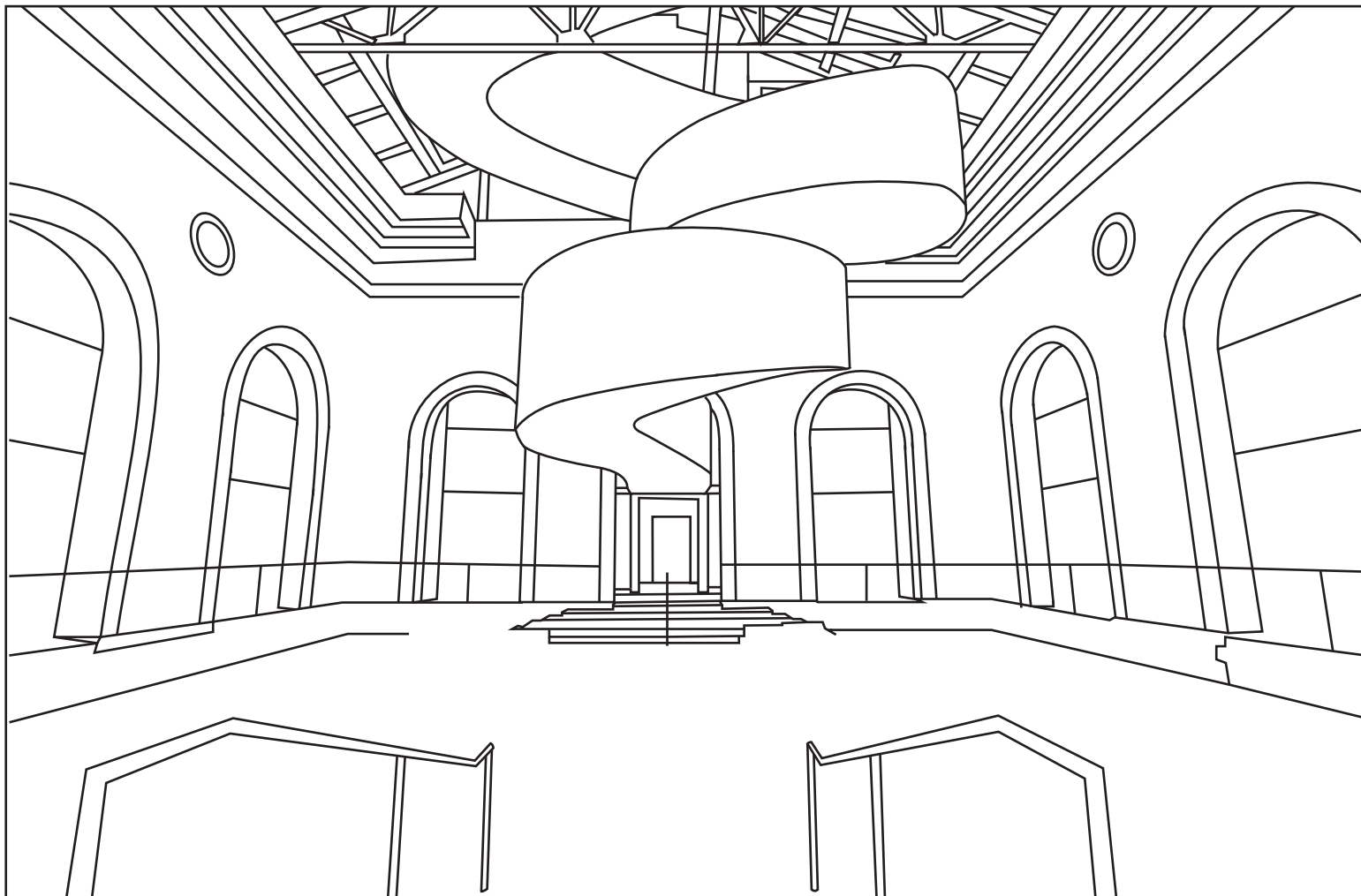
- Does touching the picture change how you see it?
- What textures might you add or remove?

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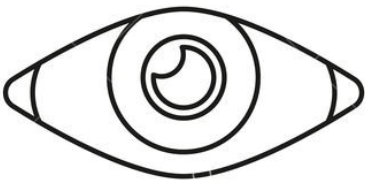
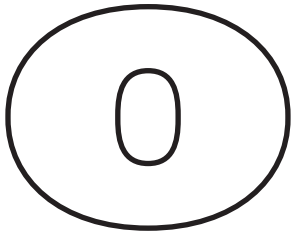
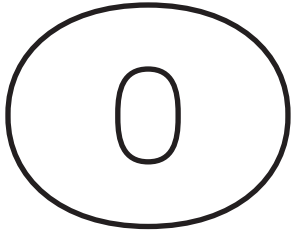
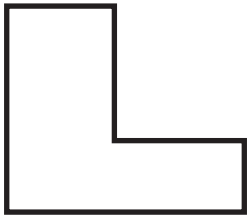
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What do you see first in this space?

Seven Grandfathers, 2014 by Robert Houle



This is Walker Court, the heart and central meeting space of the AGO. Look at the artworks between the archways. Created by artist Robert Houle, titled *Seven Grandfathers*, they represent ceremonial drums that correspond to the seven traditional teachings in Anishinaabe culture.



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:



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What would you taste first in this artwork?

Jar of Apricots, 1758 by Jean-Siméon Chardin

Gallery
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The painting shows food, drinks and a partially eaten meal. The items on the table, from the jar of apricots to the cup of steaming hot chocolate, were expensive and considered highly extravagant in that time period.

Line Drawing by Lesley Ashton: Jean-Siméon Chardin, *Jar of Apricots*, 1758. Oil on canvas. Unframed: 57.2 x 50.8 cm. Purchase, 1962.

© Art Gallery of Ontario. 61/36.

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Get ready to activate those taste buds!

Find an artwork with food and imagine you're in the painting.

- What do you see?
- What can you smell?

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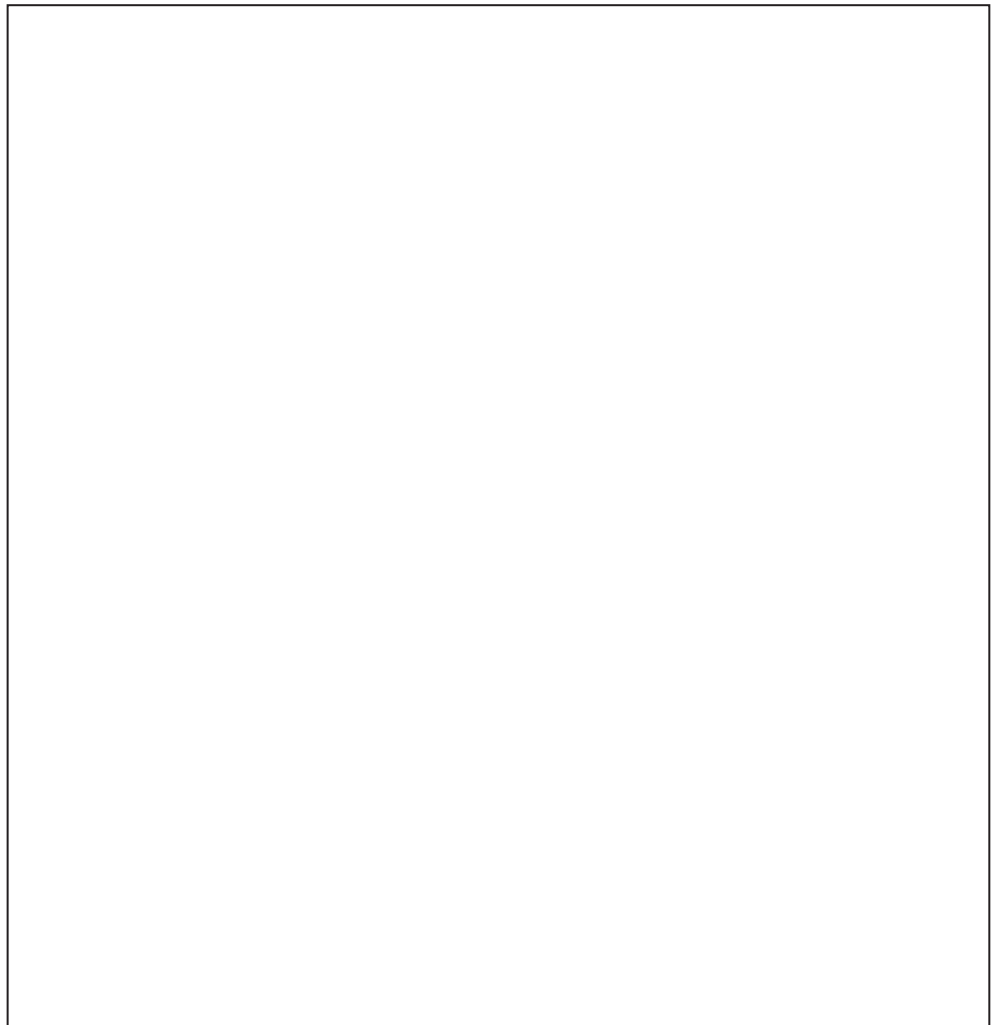
What if you could stick your tongue out and taste the food in real life?

- Is it sweet or salty? Spicy, sour or bitter? Maybe it's a combination of flavours!

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

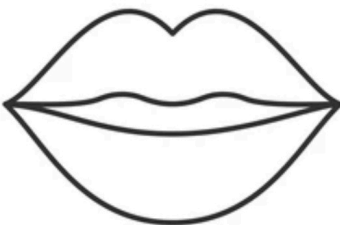
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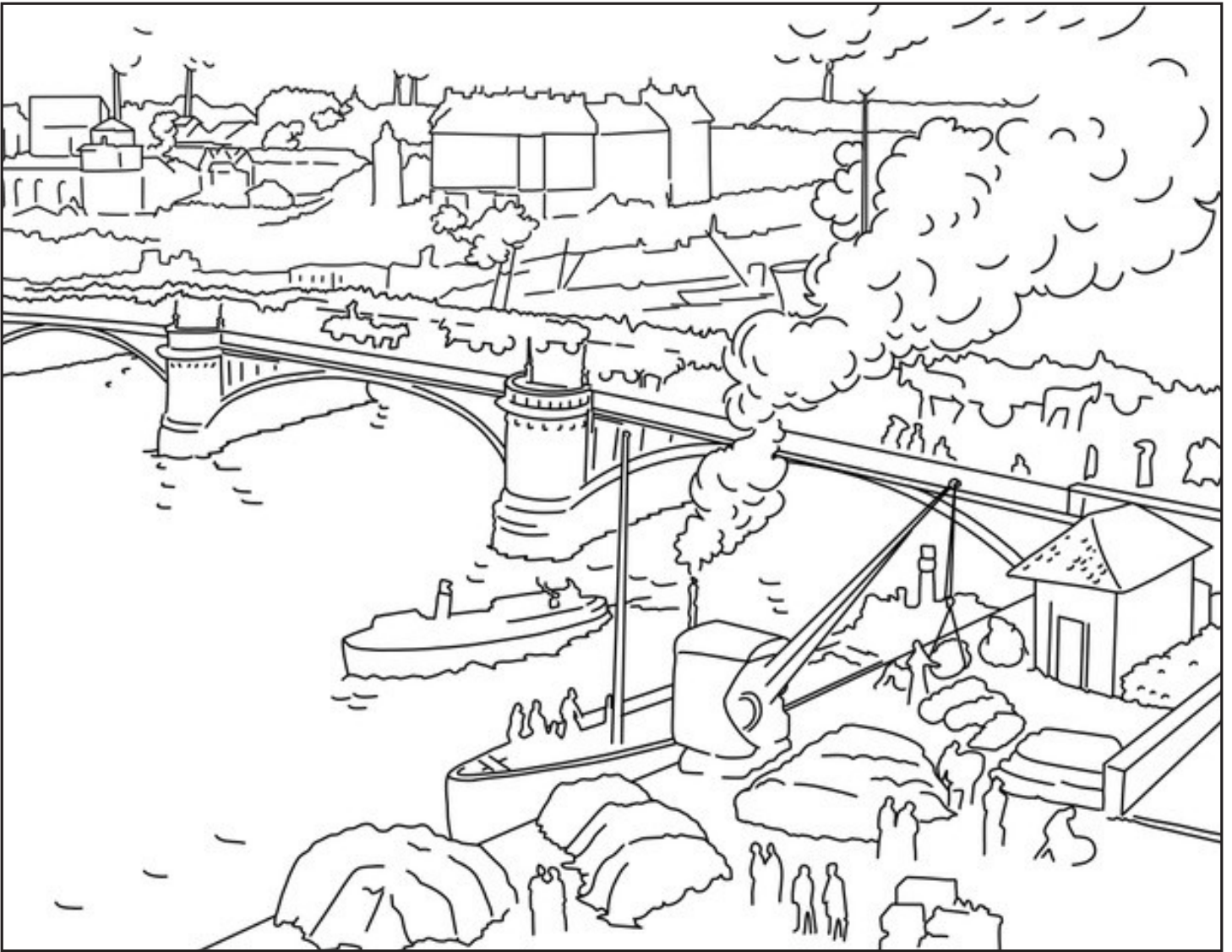


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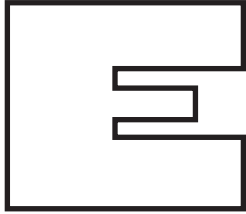
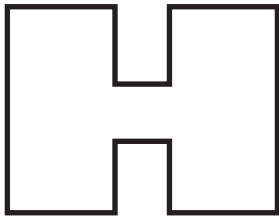
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What does a city sound like?

Le pont Boieldieu à Rouen, temps mouillé, 1896 by Camille Pissarro



Pissarro saw this scene on the river Seine as a celebration of the progress and productivity of French industry. He was clearly inspired by the city of Rouen and its sounds, producing dozens of canvases depicting the human activity around the bridge as the heart of this port city's economy.



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 the QR code to listen to a playlist of sounds:

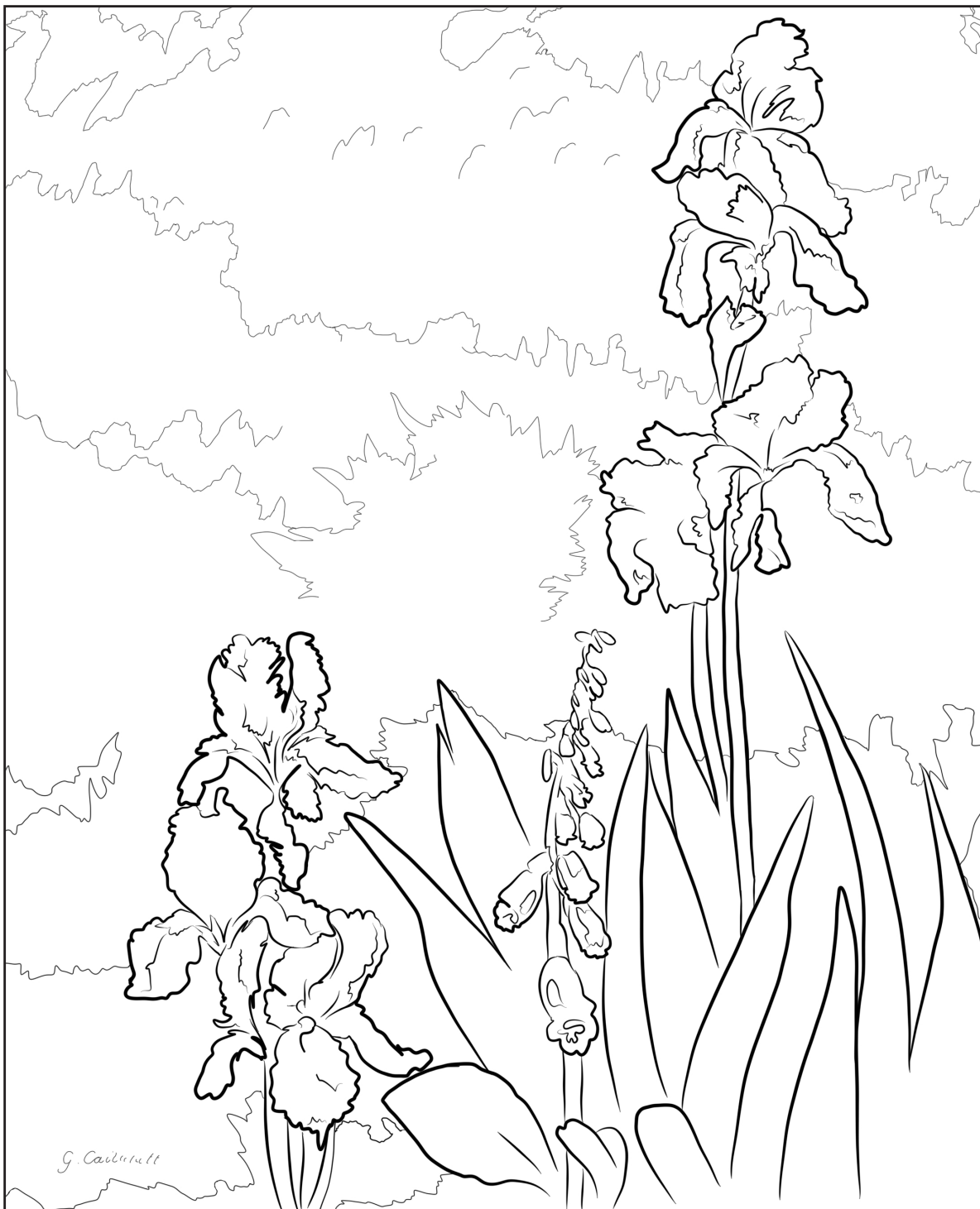
Spend a few moments listening to the sound playlist as you look at the artwork.

- Do the sounds change the artwork?
- Did you discover anything new about the artwork?

Draw or write it here:

What would you smell first in this artwork?

Blue Irises, Garden at Petit Gennevilliers, 189 by Gustave Caillebotte,



For this artist, the garden was a laboratory, a studio and a work of art in its own right. This painting is a peek into the artist's garden, featuring cool blue violet irises and a stem of a foxglove flower.



Sniff away!

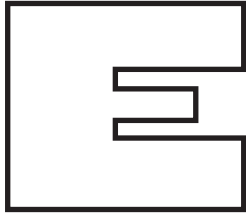
Find an artwork that corresponds to a scent.

- What do you see?
- What's going on?
- Imagine you're in the artwork – what do you smell?

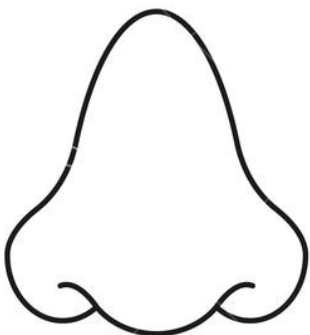
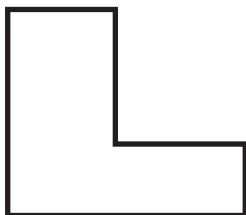
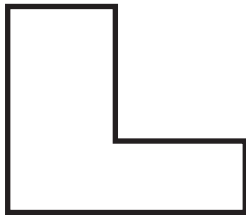






Now open a scent jar, take a sniff and look at the artwork again.

- How does the scent relate to what you're seeing?
- What other smells would you add to this artwork?



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