

ART HEALS

at the Jordan Schnitzer Museum of Art

Looking at Art: A Space for Reflection

This worksheet is an invitation. You may write, draw, think quietly, or simply notice.
There are no right answers, and you may stop at any point.

1 Arriving

How are you feeling today (physically or emotionally)?
What do you hope this visit might offer you?

2 Choosing an Artwork

Find an artwork that draws your attention today.
What did you notice first?
Is there a detail that keeps pulling you back?

3 Noticing

As you spend time with the artwork, what do you notice now that you didn't notice at first?
Does anything shift the longer you look?

4 Reflection

What feeling, memory, or question comes up for you?
Does this artwork remind you of something you've lived, seen, or imagined?

5 Body & Breath

Notice your breathing.
As you look at the artwork, where do you notice tension, ease, or sensation in your body?
Would it feel good to soften or adjust your posture right now?

6 If You Are Carrying Something Heavy Today (Optional)

Some visitors arrive carrying difficult news, fear, or uncertainty from the world beyond the museum.

- Is there something you'd like to set down just for this moment?
- What might this artwork help hold for you while you're here?

7 Before You Go

What are you taking with you from this experience at the museum today?
Is there anything you'd like to leave behind?

*You are welcome to pause, skip questions, or sit quietly.
Noticing is enough.*

JORDAN SCHNITZER **MUSEUM OF ART**

University of Oregon