

A detail

"Would you prefer a picture, a short question, or to go straight to your agenda?"

Choose one route together, in a 1:1 you were already going to have. Allow 5-10 minutes, or finish sooner. Either person can stop or pass without explaining. Do not delay an urgent topic or a difficult conversation. No art knowledge or personal disclosure is needed. Describing the picture is enough; connecting it to work or life is optional. Take turns only if both want to. Leave room for an answer; do not interpret or score it. Do not record what the other person says.

A01 / PICTURE



Vincent van Gogh, *The Bedroom*, 1889. Art Institute of Chicago. Helen Birch Bartlett Memorial Collection.

Look for about 20 seconds.

Which detail catches your eye?

Optional listening cue

"I heard you notice __. Did I understand?"

A painted bedroom with blue walls, a green-framed window, a wooden bed with a red cover, two yellow chairs, a small table and framed pictures.

[Collection record: artic.edu/artworks/28560](https://artic.edu/artworks/28560)

B01 / PLAIN QUESTION - Attention

What deserves a little more attention in today's conversation?

Take about 20 seconds to think. Optional listening cue: "I heard you want to give attention to __. Did I understand?"

CLOSE OR GO STRAIGHT TO YOUR AGENDA

"Would you like to connect any of this to today's agenda, or move straight to it?" Either choice ends the activity.

Another part

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A02 / PICTURE



Georges Seurat, *A Sunday on La Grande Jatte* - 1884, 1884-86, border added 1888-89. Art Institute of Chicago. Helen Birch Bartlett Memorial Collection.

People stand or sit among trees in a riverside park. Parasols, dogs, boats and areas of sunlight and shadow appear across the scene.

Look for about 20 seconds, then look at a different part.

What do you notice there?

Optional listening cue

"I heard you notice __. Did I understand?"

[Collection record: artic.edu/artworks/27992](https://artic.edu/artworks/27992)

B02 / PLAIN QUESTION - Another angle

What would be useful to look at from another angle today?

Take about 20 seconds to think. Optional listening cue: "I heard you want to look at __ differently. Did I understand?"

CLOSE OR GO STRAIGHT TO YOUR AGENDA

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Looking again

"Would you prefer a picture, a short question, or to go straight to your agenda?"

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A03 / PICTURE



Claude Monet, *Water Lily Pond*, 1900. Art Institute of Chicago. Mr. and Mrs. Lewis Larned Coburn Memorial Collection.

Look for about 20 seconds, pause, then look again.

What stands out on your second look?

Optional listening cue

"I heard you notice __. Did I understand?"

A curved green bridge crosses a pond with clusters of water lilies. Trees and their reflections fill much of the painting, with short visible brushstrokes.

[Collection record: artic.edu/artworks/87088](https://artic.edu/artworks/87088)

B03 / PLAIN QUESTION - Looking again without a picture

What, if anything, would you like to revisit today?

Take about 20 seconds to think. Optional listening cue: "I heard you want to revisit __. Did I understand?"

CLOSE OR GO STRAIGHT TO YOUR AGENDA

"Would you like to connect any of this to today's agenda, or move straight to it?" Either choice ends the activity.