



Gratitude



Gratitude is pausing to notice and appreciate the things that we often take for granted, like the taste of fresh fruit or the unconditional love of friends and family.

Below is a list of tasks to complete in the galleries geared toward generating gratitude through art.



Find an artwork that reminds you of someone you haven't seen in a long time.

Take a photo of the artwork and send it to the person it reminds you of as a way to reconnect.



Find an artwork that depicts a place or landscape that reminds you of your favorite place.

Take deep breaths while imagining the sounds and smells you would experience there.



Find an artwork that you think is unique, unusual, or you didn't expect to see in an art museum.

What do you think is most unique or special about you?



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Find an object that you think would be useful in your home or daily life.

Think of a friend who you believe could also use that object and send them a photo of it.



Find an artwork that brings you joy, even if you don't know what the artwork is or means.

Think of something that brings you joy and that you look forward to everyday.



Find an artwork that reminds you of someone or something you have lost.

Write down three things about yourself that you think they would be proud of.



1.

2.

3.



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