

GETTING STARTED



THE JOSLYN

AT THE MUSEUM

“There are literally millions of potentially interesting things in the world to see, to do, to learn about. But they don’t become actually interesting until we devote attention to them.”

—Mihaly Csikszentmihalyi, in *Finding Flow: The Psychology of Engagement with Everyday Life*

Take a deep breath. Give yourself a moment to settle into this space. In our daily lives, we often need to move quickly and focus on multiple things at once. In an art museum, some of the best experiences come when we allow ourselves to slow down, find our museum “flow,” and devote attention to the art on view.

When looking at art, it’s important to remember that **you are part of the creative process**. Artists create artworks, but each person brings their own knowledge, creativity, and life stories to the looking process as they figure out what the work means to them.

Museums are places for feeling, thinking, wondering, understanding, and sharing. **Pick up additional art cards** that suggest tips for deepening your experience and offer space for capturing thoughts and sketches. Look for **information** about Museum programs for all ages, too.

Lean into the joy of learning! But when the joy turns into a case of “museum fatigue,” know that it’s okay to take a break. There are many spaces where you can recharge: **our sculpture gardens**, seating throughout the Museum, the Founder’s Room, Art Works: A Place for Curiosity, The Cafe, and The Shop.

**THIS IS YOUR TIME.
WHAT WILL YOU SEE
AND DO TODAY?**