

A Notebook for Discovering Your Mind

Look, Listen, and Draw 'Colors, Shapes, and Sounds'!



LIST

This is a notebook to help you find your 'mind' by looking at different artworks. What feelings can you discover today? Let's find out!.

What is this notebook for?

You can explore your 'mind' by looking at many artworks and listening to interesting sounds around you but also in your innerworld.

What language is used in the notebook?

We want this notebook to be used by everyone, so we use 'plain Japanese' (also available in Japanese and Dutch).

あ い う
え お ー

Where can I use it?

At the museum, at home, or anywhere you like! While looking at paintings, posters, or any objects around you.

How do I use it?

This notebook has several questions for you. Write or draw what you feel while looking at artworks and listening to sounds.

GUIDE

Tips for Looking at Artworks

01

- You don't need to know a lot about art.
- Clear your mind and think freely.

02

Look at the artwork carefully. Try squinting or looking from the side. Move closer or farther away, or try standing or sitting.

03

Use all your senses. Smell and listen to the artwork if you can. If you can touch it, is it hard or soft? Rough or smooth? What stories can you imagine?

04

Let your eyes explore the artwork - look at everything closely and curiously.

Are you ready? Here are some questions for you. →

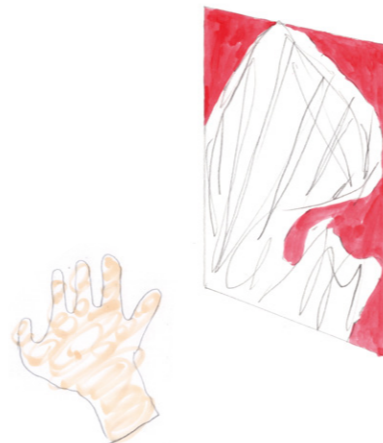
WORK
SHEET

WS 01

How do you feel when you look at the artwork
or hear the sounds around you?
Are you curious, confused, happy, or sad?



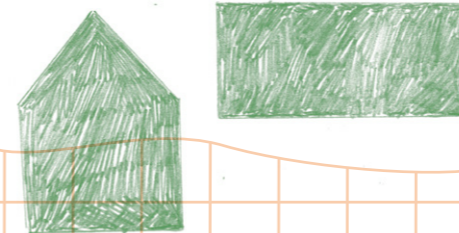
Before your feelings go away, try to draw or write about them.
And know that everything you feel, or don't feel, is okay.



WORK
SHEET

WS 02

What is the place like where you are?
Can you hear the sounds in the room
and people talking?



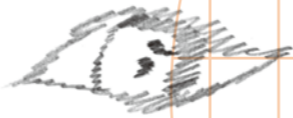
Use the sounds you hear to imagine and make colors, lines, and shapes.



WORK
SHEET

WS 03

Look at and listen carefully to an image,
shape, color, or sound for five minutes.
What has changed since you first saw it?
Try to write down what you find out.



WORK
SHEET

WS 04

Which of the works you saw moved you the most?

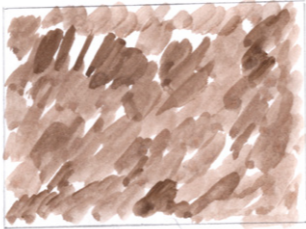
Why?



WORK
SHEET

WS 05

Try to express your feelings now using images, shapes, and colors.

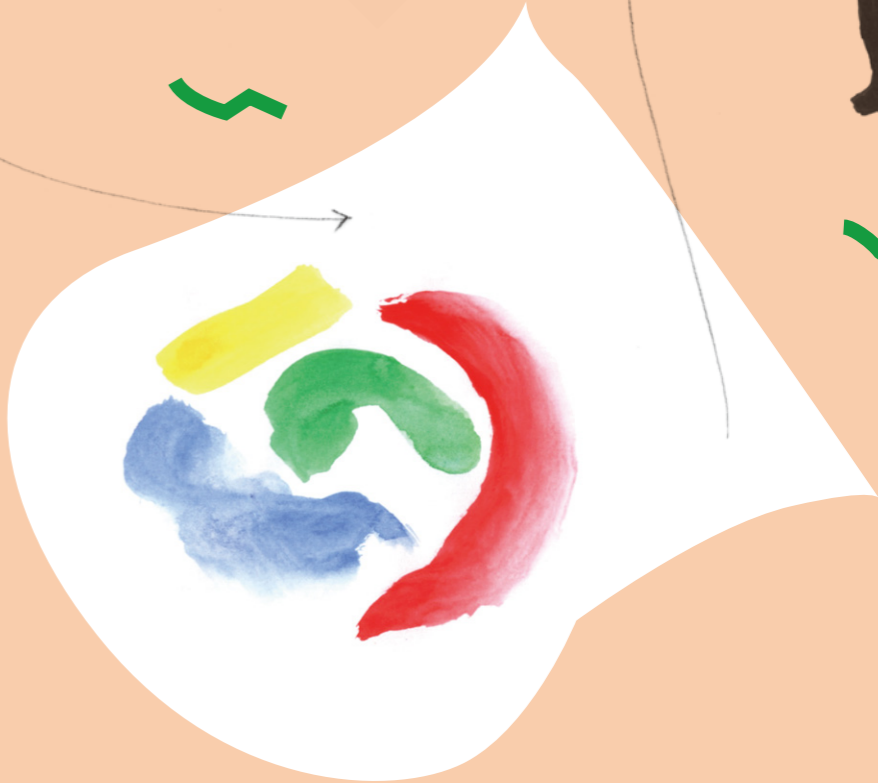


SHARE

Let's show others
what you've written or drawn in your notebook.

Share what you've created with friends,
family, or anyone you like.

Your feelings change every day,
so try again another day!



For adults

If you can share what your children / students made with this notebook with everyone on Instagram or any SNS, please use the hashtag (#cat_artproject).

About AIT:

A Tokyo-based non-profit art organisation that uses ideas of art to learn together with various children, youth, and adults.



About CAT:

A collaborative project by AIT's 'dear Me', the 'Museum of the Mind' in the Netherlands and 'atelier A' in Japan to create a space for children and adults from different backgrounds to think together through various museum visits and art activities.



Organized and Produced by
Arts Initiative Tokyo [AIT]

Designed by
collé inc. (colle.co.jp)

Cover design concept:
Graphic abstract expression of the emotions and forms that arise after being exposed to art.
The design is composed of colourful tones, graffiti-like lines, dots and shapes, and other playful motifs, allowing workshop visitors to draw freely.

Text & Editing: Naoko Horiuchi, Rika Fujii (AIT)
Dutch Text & Editing: Jolien Posthumus
Dutch Translation: Maureen Jonker
Design: Agata Yamaguchi (collé inc. / colle.co.jp)

