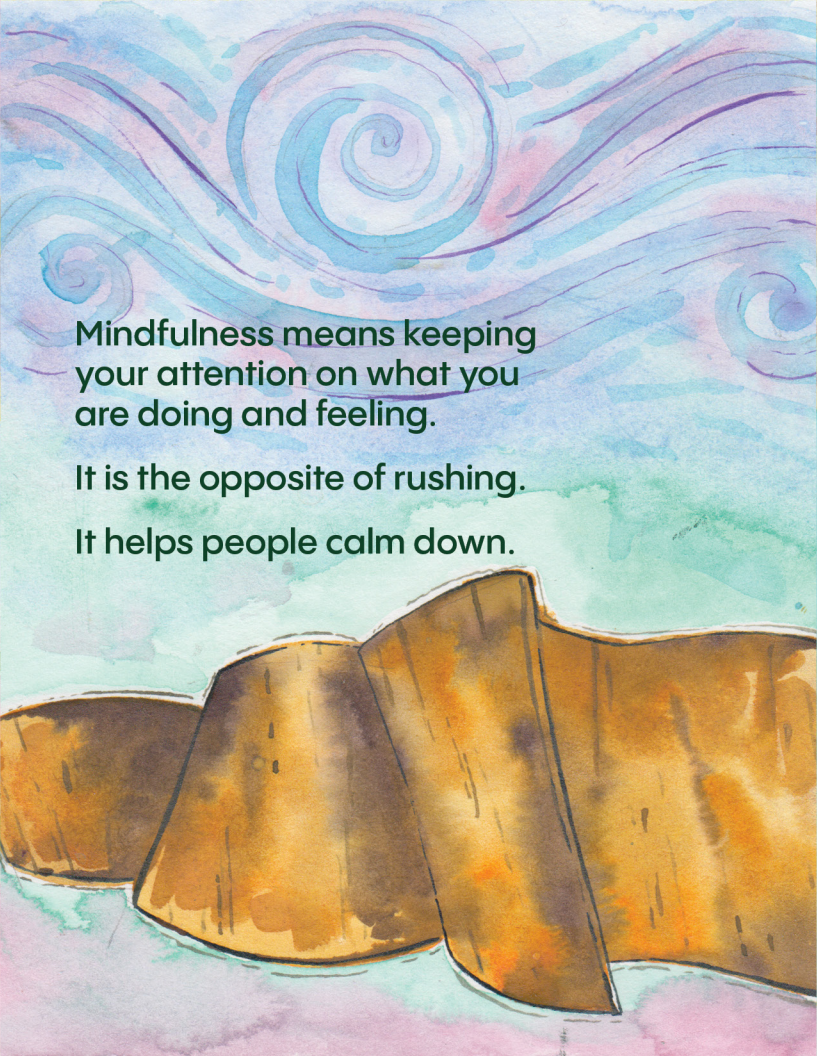


A vibrant watercolor illustration of a tropical scene. In the upper right, a house with a tiled roof is partially visible. Below it, a pinkish-red path leads to a blue and green pool. A yellow frame is on the right side of the pool. The background is a mix of pink, blue, and green washes. Palm trees and other green foliage are scattered throughout the scene.

Mindfulness for Families


with Art at LACMA



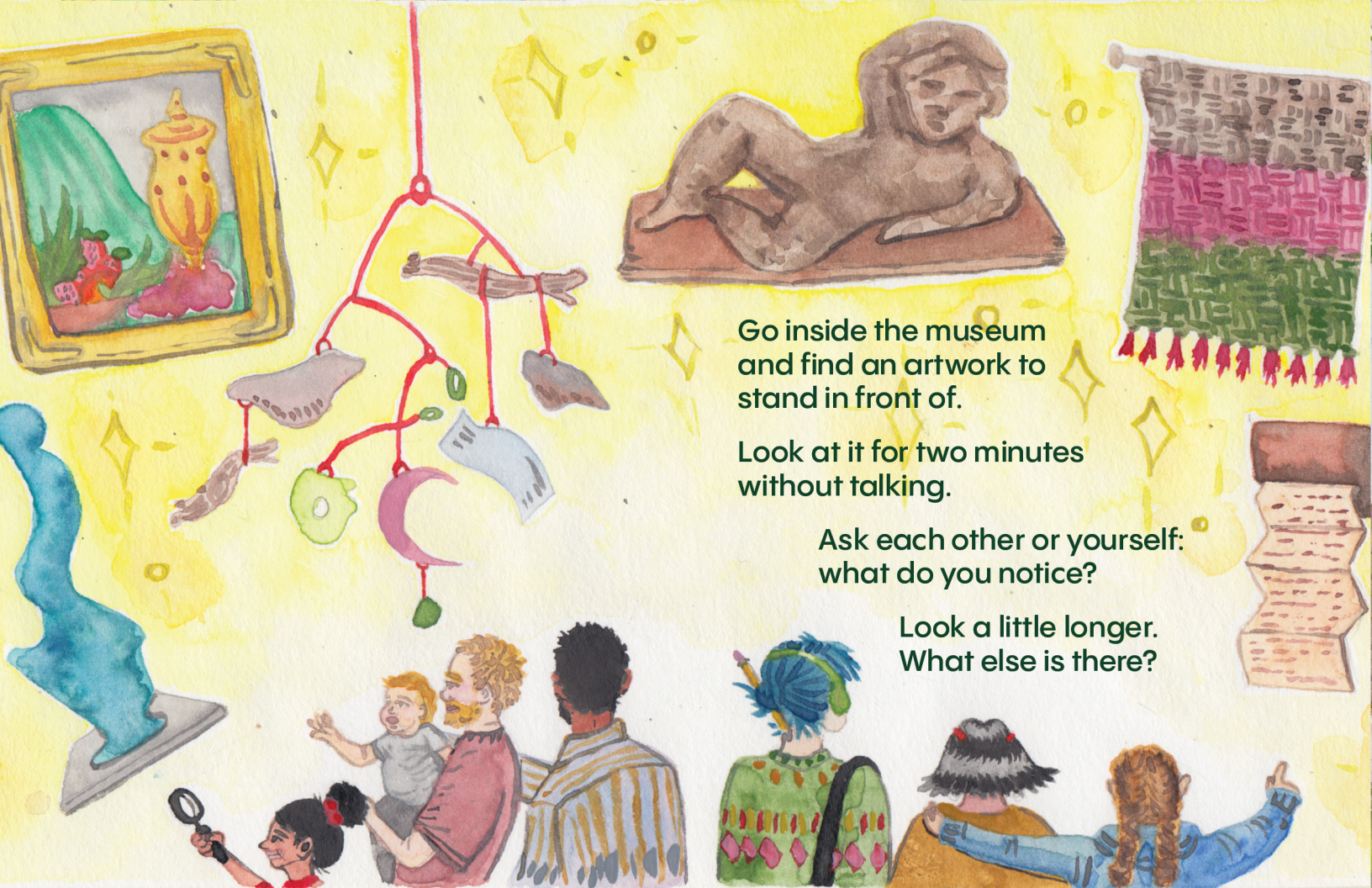
Mindfulness means keeping
your attention on what you
are doing and feeling.

It is the opposite of rushing.

It helps people calm down.



Museums are perfect
places to slow down
and relax.



Go inside the museum
and find an artwork to
stand in front of.

Look at it for two minutes
without talking.

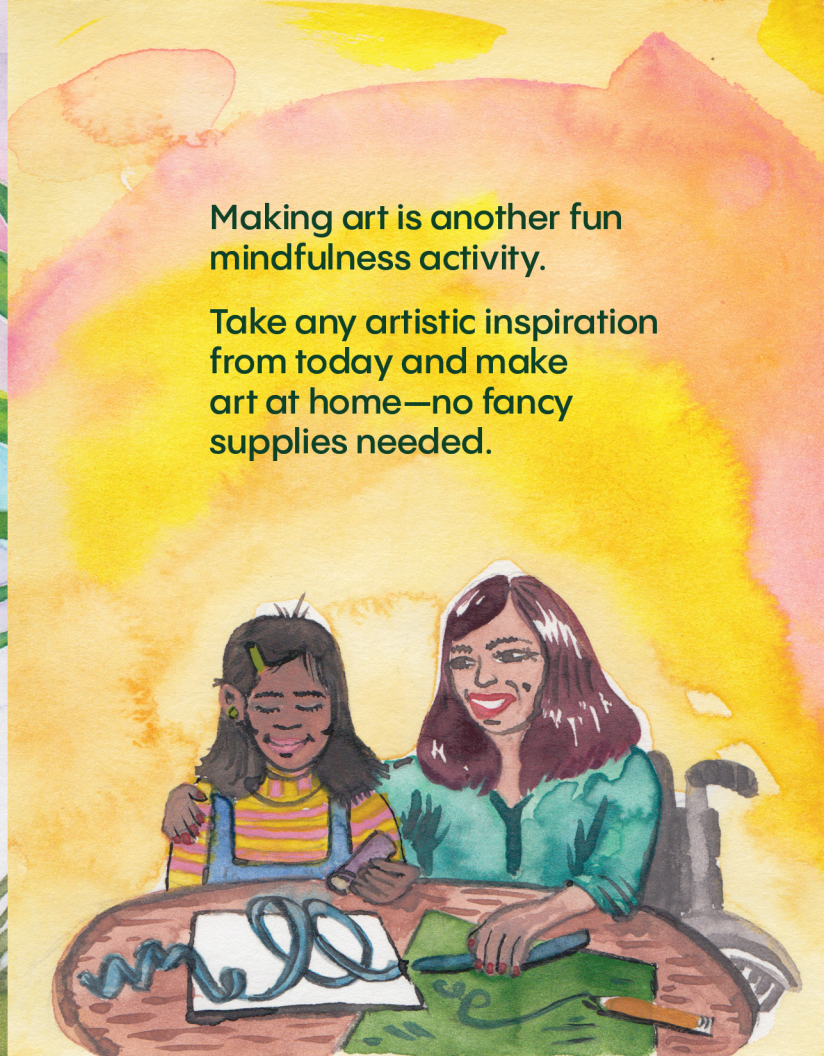
Ask each other or yourself:
what do you notice?

Look a little longer.
What else is there?



You can also practice mindfulness in nature.

The palm trees at LACMA are an artwork called *Primal Palm Garden* by artist Robert Irwin.



Making art is another fun mindfulness activity.

Take any artistic inspiration from today and make art at home—no fancy supplies needed.



LACMA

Join in-person art workshops, art classes, and camps. For more information, exact dates, and to learn about scholarships, visit lacma.org or email educate@lacma.org.

Free Membership for L.A. County Kids & Teens: NexGenLA is a free membership for youth 17 and under who live in L.A. County. As NexGenLA members, kids and teens can visit the museum for free anytime and bring one guest for free admission. Sign up at the welcome table.

Andell Family Sundays: Join us in person on select Sundays for free music, dance, art, and storytelling activities created especially for families to do together!

Boone Children's Gallery: Dive into your imagination and make art with us for free on select Saturdays! No experience necessary. All ages welcome!

Art Classes: We've got fun and creative art-making for kids and families! Join us and learn about the museum's collection and exhibitions on display.

Art Camp: Join imaginative and fun in-person and virtual camps during summer and winter school breaks. Examine artworks and create your own work of art!

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