

# Mondays with MoMA







The Imperial Palace—This aerial view, taken above Tokyo Station (lower right) across the marunouchi Business District, clearly shows the moated fortress design of the Imperial palace.

TOKYO

POST CARD

NOV 23 1970

121



I GOT UP AT  
9.30 A.M.

On Kawara  
2-23-6 Kamiochiai  
Shinjuku-ku,  
Tokyo, Japan

PUB. BY NBC (NIPPON BEAUTY CARD CENTER INC.)

SETH SIEGELAUB  
138 PRINCE ST.  
NEW YORK N.Y.  
10012 U.S.A.

皇居大観——1457年太田道灌が築城した。雄大な皇居の全景で、正面中央は再建された新宮殿。

PRINTED IN JAPAN  
NBC

AIR MAIL





NOV 24 1970

I GOT UP AT  
6.12 A.M.

丹沢・薬野平野よりの丹沢連峰

On Kawara  
Tanzawa Home  
Fudakake,  
Kanagawa, Japan

薬野市観光協会監修



郵便はがき

SETH SIEGELAUB  
138 PRINCE ST.  
NEW YORK N.Y.  
10012 U. S. A.

AIR MAIL



## Step 1 Learn

Between 1968 and 1979, the artist On Kawara created a series called *I Got Up...* The complete series consists of over 8,000 postcards, written and sent from the various cities where he stayed during his travels. Every day, the artist sent two picture postcards to friends or colleagues— each of the cards had the message “I got up” followed by the time he arose from bed. Recipients received either a single postcard or hundreds over a period of months. At times, he would be playful, sending the recipients the same postcard image multiple times on different days.

## Step 2 Questions

1. Why do you think the artist decided to record the time he arose and where he was?
2. Why do you think he chose to share this information?
3. How would you feel if you were a recipient of these postcards?

## Step 3 Write daily messages to your friends or family

Materials: pen or pencil, paper or index cards

1. Cut your paper so that you have at least 7 postcard-size sheets.
2. Each morning, for one week, write a message to a friend or family member. On your paper, write “I got up at [insert the time you get out of bed]” and include something you are looking forward to on that day.
3. On the other side of your paper, draw something that represents where you currently are or what you are looking forward to.
4. *Optional:* Add color to your drawing with colored pencils or markers.

## Step 4 Share!

Deliver your daily message to friends or family members and ask them what they are looking forward to. Or, you can email it to us at MoMA:

[schoolprograms@moma.org](mailto:schoolprograms@moma.org)



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Image: On Kawara. *I Got Up...* 1977. Ink and stamps on postcards. Each postcard 4 x 5 7/8" (10.2 x 15 cm), each frame 53 3/4 x 11 1/4 x 1 3/4" (136.5 x 28.6 x 4.4 cm). © 2021 On Kawara