

# **Mondays with MoMA**



**MoMA**

## Step 1 Look closely

### Questions

1. Look closely at this painting. Try to find as many details and elements as possible.
2. What do you notice about how the artist arranged the different elements? Is there a part that stand out to you?
3. What colors do you see? What do the colors remind you of?
4. What emotions or sensations arise as you observe this artwork? What words would you use to describe what you see or feel?

## Step 2 Learn more

Séraphine Louis began to paint floral motifs on household items, canvases, and boards in 1903. In 1912, her talent was recognized by the German art critic, dealer, and collector Wilhelm Uhde. Louis' work was exhibited alongside other artists such as Henri Rousseau. In 1932 Louis experienced a mental breakdown and stopped painting, spending the remainder of her life in institutions.

Louis spent many years working in a convent and was deeply religious. Her art was inspired by her Christian faith and by stained-glass church windows. Much of her paintings were inspired by her hallucinations of heavenly flora and fauna, such as this work, *Tree of Paradise*.

## Step 3 Activity: Connecting with Nature

Materials: pencil, paper, markers, crayons or colored pencils. Optional: camera phone and recording device.

1. Find a natural environment that you find grounding and calming. It could be in your neighborhood, a view out your window, or a new place you discover.
2. Spend time experiencing this place.
  - a. What do you notice?
  - b. What sounds do you hear or come to mind?
  - c. What sensations do you feel?
  - d. What thoughts or emotions arise?
3. Make a record of your time with nature by drawing a picture, journaling, taking a video, or recording a soundscape. You can use this memory as a grounding and calming resource in the future.

## Step 4 Share!

Share your connection with nature with a classmate, or you can email it to us at MoMA: [schoolprograms@moma.org](mailto:schoolprograms@moma.org)



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Image: Séraphine Louis. *Tree of Paradise*. c. 1928. Oil on canvas. Purchase