

# Finding Attention



# What I Proposed

Purpose: To experiment with attention practices in community in order to:

- Resist the attention economy
- Discover and recover our attention

Facilitate at least 3 of the following 5 proposed sessions:

- Drawing and Mark-Making
- Movement
- Reading
- Listening
- Walking





## GETTING THE WORD OUT

- Flyer distributed physically in coffee shops, book stores, a gym
- Digital flyer distributed on some socials and Signal
- Joined a local radio talk show (thanks, Peter!)



## SESSION 1: LISTENING

At the MK Gandhi Institute for Nonviolence



## SESSION 2: WALKING

At Highland Park and Lamberton Conservatory



### **SESSION 3: READING**

At the Sully Branch Library, story time room



### **SESSION 4: MARK-MAKING**

At the Memorial Art Gallery's Creative Workshop Space



### **SESSION 5: MOVEMENT**

At the Flying Squirrel Community Space

# Feedback

What impact have these sessions had on your attention? Did you notice any changes?

“I noticed the weight of my phone always, but among groups of other people, I forgot about its importance. The people in front of me were more important and it started to feel easier. Especially the movement activity when everyone put their phone on the table.”

“got impetus to read books at bed and catch up on my long-term series; reconnected with friends; and got to know myself more thru the workshops i have attended.”

“It is so easy to stop acknowledging all of the focus we give to certain things without even realizing it. Making a conscious effort to think about it and unpack that with others is always so helpful. I also learned that contact movement is incredibly soothing for my nervous system! “

- How-To booklet
- Educational booklet



# Thank you





# FINDING → ATTENTION



💧 Feel like the internet is turning your brain into a smooth balloon?

💧 **STRUGGLING TO FOCUS & STOP CHECKING YOUR PHONE?**

💧 **WONDER WHAT LIFE WOULD BE LIKE WITHOUT HAVING YOUR "ATTENTION FRACKED"?**



Wanna hang out with others & rediscover our attention?



• Scan to sign up or

• DM @Koolgwen on insta or

↳ • email [Koolgwen@gmail](mailto:Koolgwen@gmail.com)