

Henri Le Fauconnier, *Little Schoolgirl*, 1907



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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Starting again. Today.

As I write, the overcast sky outside reflects a whiteness full of possibility. A blank slate to the beginning of this day. That feeling of “a brand new day” begins to settle in. Today is not yesterday. It is what I hold in my hands.

The comfort of routine, making tea, feeding the cats, recycling yesterday’s mail slowly welcomes me into this new day. Awake, a slight energy begins to emerge. Some choices need to be made: treadmill, shower, make our hearty slaw? All or none of these? Specifics give focus throughout the day, nestling grief in concrete experience. The colors of action and sorrow mix. Bright saturation moves to neutral, warm hues cool to blues. The day unfolds. Our potted plants ask to be watered.

Q.) As you begin your new day, what routine(s) might bring you comfort? What is one thing you can attend to today that is small enough to be doable and meaningful enough to feel lasting?