Lilah's niece sketching at The Met in New York.

Slowing down, looking at what's really there — often children are the best teachers when it comes to artistic expression.

Towards the end of our trip, my sister texted Larry and me. Her kids had asked to go back to the Bruce Museum and draw again, nice and slow. They found their weird little drawings, too.

Larry suggested I try to separate what I saw from how I thought a thing should look. This kid, a member of the screen-addled, attention-less generation post-Z, was that good. But they're also not bad. I like them. I think everyone should like and then squinted, and it helped.

In the seminal 1979 book, Larry Edwards teaches you to separate what your brain assumes something looks like from the shapes you're actually seeing. To help people see, she has students can't erase, but because you need different marks to make different sorts of look. Trees, it turns out, are excruciating (it's the texture). So is knowing how place he knew. He stood still there for 10 years.

In the Americas' largest museum. He wanted to stand still in the most beautiful place a wine is from? I wanted that, but for art, and also for life. So we started paying attention, and how to think differently about time. Since I read it (and —

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