A Very Laufey Day:

Celebration of the Arts
A self-guided museum companion

Hi Lauver!

You're holding this because today isn't just any day. It's A Very Laufey Day! And you chose to spend part of it somewhere beautiful.

This little booklet is your invitation to follow your curiosity, let things surprise you, and notice what moves you.

Museums have always felt a little magical to me — like time works differently inside them. That's the thing about art. Just like music, a photograph, a sculpture, a single brushstroke made three hundred years ago can stop you completely and change the way you see the afternoon. You just have to let it in.

I hope something inspires you today.

Love, Laufey ♡
A Very Laufey Day · August 23rd, 2026

How to use this guide

Pick any room. Pick any work. Then pick a prompt. You don't have to go in order. Follow whatever calls to you.

Put this on while you wander:

1. From The Start

Stand in front of a work and look at it for one full minute without reading the label. Then ask yourself: what's the first feeling that shows up?

2. Bewitched

Walk slowly through one room without stopping. Then come back to whatever made you pause, even slightly. Ask yourself why? Spend five minutes with it.

3. Silver Lining

Find something in this museum that isn't obviously beautiful — maybe it's strange, dark, unexpected, or easy to walk past. What is it about this piece that you find beautiful anyway?

4. Beautiful Stranger

Find a portrait — a painting, a photograph, a sculpture — of someone you'll never know. Study their face. The way they're holding their hands. What they chose to wear. Give them a life. Where did they come from? Where were they going? What were they thinking about the day this was made?

5. Dreamer

You've spent time today looking at what other people made. Now it's your turn. If you could add one thing to these walls — a painting, a photograph, a sculpture, a song — what would it be? It doesn't have to be something you could actually make. Just something true to you, right now.

6. Valentine

Before you leave: which work do you keep coming back to? The one that followed you from room to room even after you'd moved on. Take it with you — write it down, sketch it, photograph it. It found you for a reason.

You did it.

You let inspiration lead the way. I hope you carry whatever sparked today with you.

That's what the Celebration of the Arts is really about. Feeling the thread that connects it all: every artist who ever tried to capture a feeling, and every person who stood in front of their work and felt it.

Thank you for celebrating with me. Wherever you are in the world right now, you're part of something bigger, all of us romanticizing life together on the same day.

Love, Laufey ♡
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A page for you

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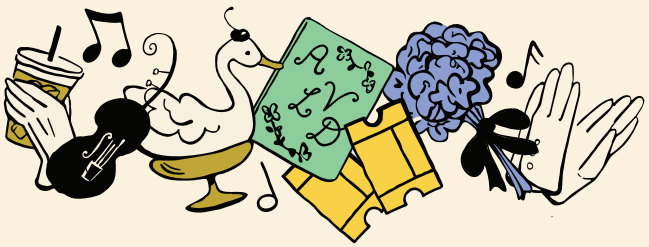

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8.23.26

The Fourth Annual

A Very Laufey Day

A Celebration of the Arts