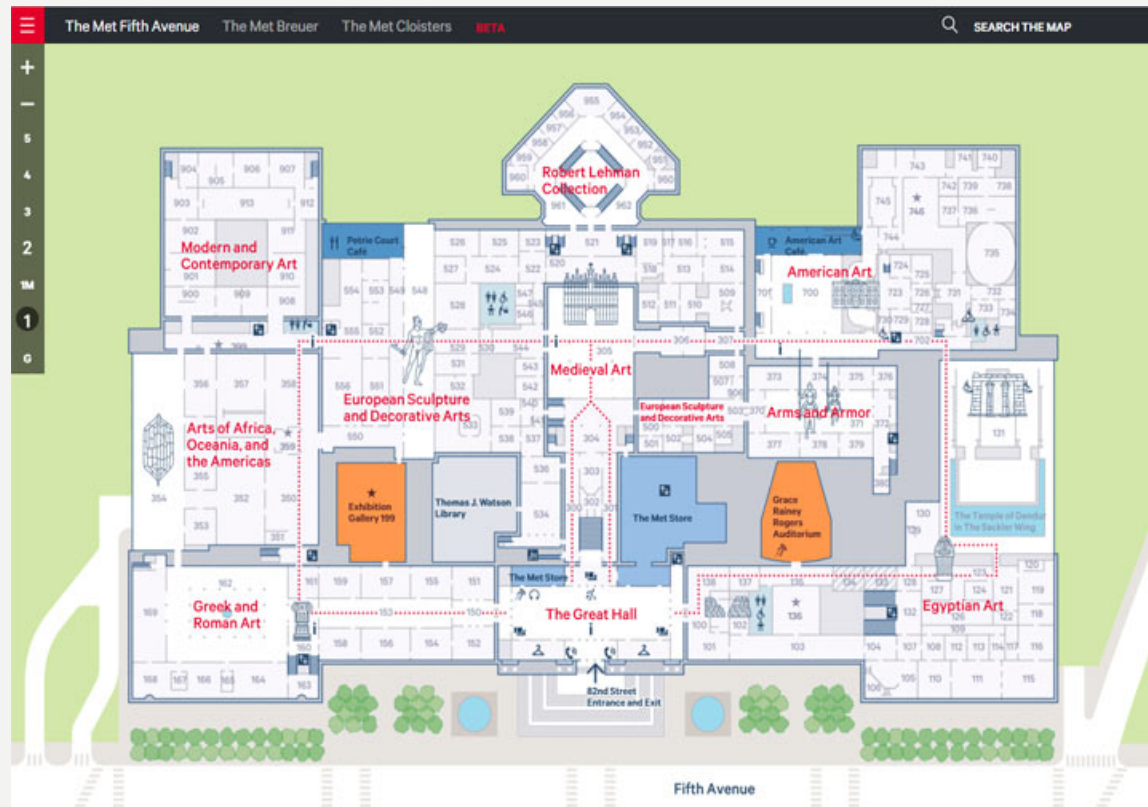


THE METROPOLITAN (MET) AND TEEN NIGHT

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THE MET



- The Metropolitan Museum of Art
- Located on the Upper West side
- 1000 5th Ave, New York, NY 10028

TEEN NIGHT AT THE MET



Teen night at the Metropolitan is free event for teens of ages 13-18.

Usually takes place in the fall, last year held on October 20th

Free entertainment, games and food all night

WHAT THE MET MEANS TO ME

- “Honestly, it’s like being in an open classroom. **Learning without any restrictions.**”

REFLECTION

If you honestly think about it art is everything. It has become a part of everything we do. It's in every aspect of life, all the way to mental health. I believe that art can be anything that makes you question something, makes you simply feel or even your heart jump. That's why I think music is everyone's favorite art. Music can relate to everyone in all senses. There's music that makes you want to cry or reminds you of an old boyfriend but at the same time make you want to jump for joy and party all night. Something that can make you express so many emotions is extremely powerful; it's the real reason why musicians make so much money. Musicians are able to hit humans on a level that not all people can do.

While music does it for me as well, a simple painting does it for me as well. Paintings defend the thought that anything can mean anything. It shows the uniqueness of everyone's mind. The painting with "squiggly lines" can be an expression of someone's inner self while someone else can see it as maybe the drawing of a four years old.

My first time going to the Metropolitan Museum of Art, The Met, wasn't on purpose. Four other friends and I were actually forced to go for a project in global studies class. I had the best time of life. It was as if I passing through a time capsule of ancient antiques from all cultures. One could literally spend a whole day there! I love getting lost in the Asian history section, it's extremely relaxing and Zen. Being surrounded by the art is so freeing to my mind. I'm able to think and feel how I want. Honestly, it's like being in an open classroom. **Learning without any restrictions.**