

# A STAY-AT-HOME PHOTOGRAPHY PACK

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From Open Eye Gallery, part of  
the Young at Art initiative.

OPEN  
EYE  
GALLERY

YOUNG  
AT ART

We hope you are all okay, keeping well and safe at home at this time. We thought we'd send you some creative photography activities to have a go at using any camera you can access — whether this is a digital camera, iPad or a smart phone.

For those of you on email you can share your images via [liz@openeye.org.uk](mailto:liz@openeye.org.uk), or simply keep for yourself : )

There are 10 workshop tasks to take part in, maybe try one a week or more often if you feel like it.

Happy Snapping!

# WORKSHOP TASK 1

Explore inside your home or out in your garden - can you find and take six images that represent the following words:

NATURE

TOGETHERNESS

REFLECTION

From the images taken, select your favorite image relating to each word and write below why you have selected these images...

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# WORKSHOP TASK 2

Exploring different viewpoints. The world around us can seem completely different depending on what angle we are looking at it from.

Today, why not try to capture some images (up to 10 each) in your home or around your garden from the following viewpoints:

**Birds eye view:** Looking down, from above – what do you see?

**Worms eye view:** Looking up from below – what do you see?

**Waist high view:** Hold the camera at your waist, click and the camera will do the rest – what do you see?

Look back through all of your images – which point of view do you think produced the most interesting images? Write down your thoughts below.

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# WORKSHOP TASK 3

Today we are going to try and take our camera for a walk. Start in your favourite room (this might be a room in your house or maybe an area of your garden, if you have one).

1. In your favourite room/ area of the garden take an initial picture in response to the word:

PATTERN

2. Once you have taken a picture of something relating to PATTERN, note down the word of what the image was of and then use the LAST LETTER of that word as the first letter of the object you will next photograph.

So for example: If your PATTERN picture was of a close up shot of a TREE then the next thing you photographed would need to start with E

3. Now you would need to hunt out across your house/ garden something to photograph beginning with the letter E

4. Repeat this activity up to 8 times, each time using the last letter of the object you have photographed to guide you to the next object you try to find.

Write all of the objects you ended up photographing below:

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# WORKSHOP TASK 4

Exploring inside your home or out in your garden can you find and take six images, which represent the following words:

Why not try to take pictures which use the birds eye view, worms eye view and waist high view to capture these words. Try taking images with and without the flash.

CREATIVE

TEXTURE

TWILIGHT

From the images taken, select your favourite image relating to each word and write below why you have selected these images...

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# WORKSHOP TASK 5

View from Near or Far. Today let's try out looking at our surroundings from really close up and from far away. You might find that your camera can only focus on things at a certain distance but you can use the 'W and the T' button on most digital cameras to ZOOM IN and OUT.

If using a smart phone or tablet you should see a line at the bottom of the screen with a - and a + which you can use your finger to scroll along to ZOOM IN and OUT.

You can also use the flash option on your camera to make things a bit sharper when taking pictures of things really close up. Try to photograph these objects from both a really close up angle and from as far away as you can safely be.

FLOWER or GRASS

TOOTHBRUSH

YOUR FAVOURITE CHAIR

BOOK

SOMETHING IN YOUR HOME YOU COULD NOT DO WITHOUT

From the images taken, which do you prefer - the close up or the distance shot? What happens to the object when you get really close?

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# WORKSHOP TASK 6

Look back at the words you wrote down during workshop task 3.

## PART A

Trying to use one word from task 3 in each sentence, can you make a poem out of the words / objects you photographed?

If you aren't sure of what poem structure to make, why not try a Haiku style.

Traditionally, haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

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## PART B

Now pick a completely new word from your new poem (maybe one word per line) and see if you can find something in your house or garden, which it relates to. You can now photograph these new objects

1. From Birds eye view
2. From Worms eye view
3. Upside down



# WORKSHOP TASK 7

## Self Portrait

There are lots of ways to try and take a self-portrait, and portraits don't always have to include someone's face. It could be an object, which you think reflects who you are, or an actual reflection of yourself in the mirror or a window, you can turn the camera on yourself or keep the camera in the shot.

Have some fun exploring the idea of Self-Portraits and try to consider all the different view points, close up and distance shots you have been using in your previous workshop tasks.

A little quote to get you thinking...

“Self-portrait projects offer you a regular dose of self-expression and exploration. With a creative medium such as photography, even if you do not regularly take self-portraits, each of your photos is a reflection of how you see the world.

It is nearly impossible to explore self-portraiture without growth on a personal level, and personal growth, as photographers, almost always equals new creative horizons.” (Photographer Anna Gay)



# WORKSHOP TASK 8

Let the coin / dice decide.... Today we are going to let chance decide what we photograph.

Start by standing or sitting with your camera in your house/ garden and either roll a dice or flip a coin to see what you photograph next

**Heads / Odd Number: Photograph something GREEN**

**Tails / Even Number: Photograph something BLUE**

From where you are now stood/sat, flip the coin again or roll the dice and....

**Heads / Odd Number: Photograph something on your LEFT**

**Tails / Even Number: Photograph something on your RIGHT**

Now go to the object/ place (or as close to it as you can get) and flip the coin or roll your dice again and...

**Heads / Odd Number: Photograph something RED**

**Tails / Even Number: Photograph something YELLOW**

Flip your coin or roll your dice one more time and...

**Heads / Odd Number: Photograph something beginning with**

**B**

**Tails / Even Number: Photograph something beginning with**

**M**

# WORKSHOP TASK 9

## Still life photography

During the workshops done so far, you have already been taking lots of pictures of objects. Today I would like you to select just one object, which has a positive memory for you. Try to find a space in your house or garden, which has a blank (or not very busy) background to photograph this object against, so we can practice still life photography.

This is where we focus in on one object and highlight its detail through photography.

Now try to photograph this object:

From the front

From the back

From the left

From the right

From above (Birds eye view)

And if you can turn it upside down and photograph it, or if you can't - turn your camera upside down and photograph it.

# WORKSHOP TASK 10

Think about your favourite fiction character, this could be from a film, novel, fairytale or from the TV. Now try to find an object or place within your surroundings that reminds you of that person.

Use all of the ideas and styles of image making you have been using in the previous workshop tasks to try out the best possible image to represent that person.

Now thinking about a friend, family member and/or someone who you really admire, try to find an object or place within your surroundings that reminds you of that person.

Again think about all the different styles and approaches to image making you have tried out previously to test out with this final picture.

Now you have a picture that reminds you of that special person to keep

# SOLAR PHOTOGRAPHY

If you have finished all off your activities and fancy trying something a little different then why not have a go at some SOLAR photography.

This type of photography involves using a specially coated paper, covered in a light sensitive chemical, which exposes in sunlight from a light green colour to a dark blue colour. This means when you place objects onto the paper, the light cannot get to these parts creating a negative image:

## How to create a SOLAR PHOTOGRAPH:

1. Create and arrange a composition of the objects collected from your nature walk and arrange on a sheet of Solar Paper.
2. Place the paper in direct sunlight for 4-5 minutes. If it's cloudy increase time to 10-20 minutes. You will see the paper changing colour to pale blue as it exposes.
3. Remove the objects and take the paper out of the sunlight.
4. Put the exposed sheet of paper in tap water and watch the image appear. After a couple of minutes remove the paper form the water and hang or lay flat to dry.

You can order SOLAR PHOTOGRAPHY paper from:

<https://stills.org/product/elementary-blueprint/>

<https://shop.silverprint.co.uk/>

# MORE!

THERE ARE LOADS OF CREATIVE ACTIVITIES AND IDEAS FOR YOU TO GET INVOLVED IN FROM OUR CULTURAL FRIENDS.

HERE ARE A LIST OF OPEN EYE GALLERY RECOMMENDS, PARTICULARLY FOR THE OVER60S WHO MIGHT BE SELF-ISOLATING.

## 1. Baring Foundation

<https://baringfoundation.org.uk/blog-post/covid-19-arts-and-creative-resources-for-older-people-and-anyone-else-in-isolation/>

A huge pack of creative resources and links to other websites exploring how to stay active and creative within the home.

## 2. Luminate Scotland <https://www.luminatescotland.org/luminateathome>

A new weekly programme of online creative activities whilst at home.

## 3. Many Hands Craft Collective <https://www.facebook.com/manyhandscraft/>

Many Hands Craft Collective and photographer and our Head of Engagement Liz Wewiora are hosting weekly photography challenges on their facebook page. The page is public so anyone can join in on the weekly task. If you don't have facebook but still want to take part then simply contact [e.wewiora@gmail.com](mailto:e.wewiora@gmail.com) for alternative ways to participate.

## 4. National Museums Liverpool & House of Memories

<https://houseofmemories.co.uk/things-to-do/my-house-of-memories-app/>

My House of Memories is a website and app which allows you to explore object from the past and present.