

SIGHTFUL
Sanctuary Workshop 3

SIGHTFUL	<p>Theme: The search for small things</p> <p>Key words: colour, perspective</p> <p>Habits of Mind: Have fun</p>
Inspiration	<p>Look at the images created by photographer Levon Bliss using the Google search terms “Levon Bliss images”. After the lesson, you can learn more about how this photographer works in the video about his work.</p> <p>http://microsculpture.net/</p>
1. Mindfulness	<p>Find a pillow and place it under your head while you lay on your back on the floor. Close your eyes and slow down your breathing. Imagine there is a butterfly fluttering just above you. Imagine it’s colour and markings. While silent, allow this very light, imaginary friend to land on your forehead, feel that spot relax. Do the same as it travels and lands on your hand, shoulder and foot.</p>
2. Photography Challenge 1 (Home studio)	<p>Search for small items in your house that are similar in colour. Take your time to meaningfully arrange them into a collection and shape. Take 3-5 photos using the cropping tool making the frame square or rectangular to fit around the collection.</p>
3. Photography Challenge 2 (Outdoors)	<p>Go for a walk outdoors. Use your camera to do a scavenger hunt for small things barely noticeable. Take a photo of each item. Do a second photo and place your hand or foot in the frame for perspective (show the scale of the small items). Be mindful of the presence of colour.</p>
4. Submit photo	<p>Select one photo you would like to share with the class and upload to your art file.</p>
5. Gratitude writing	<p>Going for a walk is special because...</p>
Suggested follow up	<p>Look up “Forced Perspective Images” in Google search for fun ideas about how you might continue to play with perspective using small toys.</p>

Materials... Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, small toys or other colourful items, your thoughtful ideas!



Photos sourced online using Google image search