

# SIGHTFUL

LIGHT INFORMED LEARNING

## SANCTUARY

Photography workshops to nurture mindfulness and gratitude

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Sanctuary

**Introduction:** The program Sanctuary consists of 8 lessons that encourage students to actively search for “quiet” as a place and also as a state of mind. Through the practice of photography as mindfulness, participants will discover and frame small details in the surrounding environment. Connection through a lens nurtures wonder, art making and a sense of gratitude. All activities can be completed at home with minimal guidance from parents and teachers.

**Materials needed:** Mobile phone or iPad camera, clean jar to collect your gratitude reflections, paper, pencil, thoughtful ideas!

**Overview:**

Workshop 1 Theme: The search for quiet	Using the practice of being quiet as a starting place for deep observation.
Workshop 2 Theme: The search for connection	Searching for lines as a means of connecting to place.
Workshop 3 Theme: The search for small things	Spring brings new growth and the hunt for small shoots of colour can be fun.
Workshop 4 Theme: The search for light	The sun helps photographers a lot. Let’s use shadows to better understand the sun as an important source of light.
Workshop 5 Theme: The search for reflection	Looking out the window and looking in. How does the glass work to gather and reflect information beyond the subject?
Workshop 6 Theme: The search for balance	Symmetry and asymmetry play a part in our sense of balance in photography composition.
Workshop 7 Theme: The search for peace	Open your heart to possibility in spaces that are designed to create calm.
Workshop 8 Theme: Social justice action project	Using art to spread positive messages of gratitude

**Susan Hall (MA Education):**

Susan is an educator and curriculum writer with over 20 years of experience (Canada, USA, Switzerland). Her first teaching assignment at the UN School in New York set her on a path to develop integrated arts programs that encourage perspective taking and dialogue to promote empathy and acts of kindness.

More recently, Susan has been visiting East Vancouver classrooms with DSLR cameras addressing issues in contemporary visual literacy. It is her hope that the SIGHTFUL workshop series will challenge young people everywhere to re-imagine their role online as creators of positive culture.

Susan is happy to collaborate with Manitoba Education this spring sharing lessons created for home studio practice.

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**Note to Manitoba teachers:** Mindfulness is considered a productive method to quiet the mind, create focus in the learning environment and calm anxiety. There are many ways to bring a child's focus into the present including breathing exercises, thoughtful movement activities and also art and photography! (Please consider reading the short article "How Photography Can Help Cultivate Mindfulness and Gratitude" by Emily Campbell [https://greatergood.berkeley.edu/article/item/how\\_photography\\_can\\_help\\_cultivate\\_mindfulness\\_and\\_gratitude](https://greatergood.berkeley.edu/article/item/how_photography_can_help_cultivate_mindfulness_and_gratitude))

Please look through all 8 lessons to determine if the Sanctuary workshops will help meet the needs of your online learning program this spring. Lesson can be placed in a student "art folder" once a week. It is recommended that you allow students 1-3 days to complete (activities will take between 20-45 minutes to complete depending on student engagement). Check with your IT support technician for the best way that images can be uploaded back to a file for your viewing. As the main goal of the program is to be present, it is not necessary to complete a formal critique of completed work. It may be of interest however to share the final project with the class. A community exhibition of finished pieces can take on many forms. Some teachers are slipping art a plastic cover that can be attached to the school's fence with a twist tie or possibly even hung from a tree for the broader community to enjoy.

Please find student ready PDF lessons attached via email or on the Manitoba Education website. Forward email any questions to Susan Hall [susanhall@me.com](mailto:susanhall@me.com)

**Photo credits:** The images used in each lesson were sourced in a Google online image search and are from a collection intended for public use.

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<b>SIGHTFUL</b>	<p><b>Workshop 1:</b> The search for quiet</p> <p><b>Key words:</b> frame, point of view, criteria</p> <p><b>Habits of Mind:</b> Pay attention to detail, Take your time</p>
<b>Inspiration</b>	<p>Reading (Richard Wagamese)</p> <p>I am my silence. I am not the busyness of my thoughts or the daily rhythm of my actions. I am not the stuff that constitutes my world. I am not my talk. I am not my actions. I am my silence. I am the consciousness that perceives all these things... I take a little time each day to sit in silence so that I can move outward in balance to the great clamour of living.</p> <p>or</p> <p>“Quiet” by Tommie de Paola</p> <p><a href="http://www.simonandschuster.com/books/Quiet/Tommie-dePaola">www.simonandschuster.com/books/Quiet/Tommie-dePaola</a></p>
<b>1. Mindfulness</b>	Using a few pillows, set up a place to sit quietly. With your back straight and body relaxed, breathe with your eyes closed. Quiet your mind and count to up to 20 breaths before you open your eyes. Notice how your breathing changes while you have your eyes closed.
<b>2. Photography Challenge 1 (Home studio)</b>	Take time to notice something in the room that you haven’t paid much attention to before... don’t move it... let it be. While you are looking, move a bit closer, slide the camera between you and the object. Once the object is positioned in the <b>frame</b> of your camera, take a photo. Move around the object and try to capture it from multiple <b>points of view</b> .
<b>3. Photography Challenge 2 (Outdoors)</b>	Go outside...while practicing quiet, take several photos of the new object using <b>multiple points of view</b> . Continue looking for new subjects if you have time.
<b>4. Submit photo</b>	Select one photo you would like to share with the class and upload to your art file.
<b>5. Gratitude writing</b>	<i>What I love most about being quiet is...</i>

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<p><b>Workshop 2:</b> The search for connection</p> <p><b>Key words:</b> line (straight, curved, horizontal, vertical, diagonal)</p> <p><b>Habits of Mind:</b> Be open minded</p>
<b>Inspiration</b>	<p>If you are interested in seeing some inspiring images using lines in an interesting way, Google search “Fan Ho” and click on “images”. You can read further about Fan Ho (1931-2016) on these links...</p> <p><a href="https://en.wikipedia.org/wiki/Fan_Ho">https://en.wikipedia.org/wiki/Fan_Ho</a></p> <p><a href="https://petapixel.com/2014/08/25/fan-hos-incredible-black-and-white-street-photography-of-1950s-hong-kong/">https://petapixel.com/2014/08/25/fan-hos-incredible-black-and-white-street-photography-of-1950s-hong-kong/</a></p>
<b>1. Mindfulness</b>	<p>Find a <b>line</b> in your home. Carefully balance and walk along the line placing your whole foot down. Each time you step, silently send out a friendly wish.</p>
<b>2. Photography Challenge 1 (Home studio)</b>	<p>Look for some <b>lines</b> around your home. Search for <b>straight</b> and <b>curving lines</b>. Take photos of what you see. Try to place other <b>lines</b> you find in the frame in an interesting way (<b>diagonally/ horizontal and vertical</b>).</p>
<b>3. Photography Challenge 2 (Outdoors)</b>	<p>Select a starting place outside of your home, walk 100 steps traveling away from where you are. Slowly look around for <b>lines</b> as a way to connect to your environment. Move closer, slide the camera up between you and the subject and take a photo.</p> <p>Go back to the starting place and walk 100 steps in the other direction. Look again for <b>lines</b> and take a photo.</p>
<b>4. Submit photo</b>	<p>Select one photo you would like to share with the class and upload to your art file.</p>
<b>5. Gratitude writing</b>	<p>The best thing about looking slowly is...</p>

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<b>Workshop 3: The search for small things</b> <b>Key words:</b> colour, perspective <b>Habits of Mind:</b> Have fun
<b>Inspiration</b>	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. <a href="http://microsculpture.net/">http://microsculpture.net/</a>
<b>1. Mindfulness</b>	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 <b>colour</b> 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.
<b>2. Photography Challenge 1 (Home studio)</b>	Search for small items in your house that are similar in <b>colour</b> . 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.
<b>3. Photography Challenge 2 (Outdoors)</b>	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 <b>perspective</b> (show the scale of the small items). Be mindful of the presence of <b>colour</b> .
<b>4. Submit photo</b>	Select one photo you would like to share with the class and upload to your art file.
<b>5. Gratitude writing</b>	Going for a walk is special because...
<b>Suggested follow up</b>	Look up “ <b>Forced Perspective Images</b> ” in Google search for fun ideas about how you might continue to play with <b>perspective</b> using small toys.

**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!



*SIGHTFUL is a series of school-based photography workshops created for educational purposes only. They cannot be copied or distributed without the expressed written consent of Susan Hall.*

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<b>SIGHTFUL</b>	<b>Workshop 4: The search for light</b> <b>Key words:</b> light (shadow and highlight), Contrast <b>Habits of Mind:</b> Persist
<b>Inspiration</b>	Google search Hal Morey's famous image called "Sun Beams into Grand Central Station". What is the most interesting feature in this image? Look carefully for the <b>light source/shadow/ highlight/contrast</b> .
<b>1. Mindfulness</b>	Zip Up... pretend you have a zipper connecting your tummy button to your chin. Without touching your body, gesture pulling up the zipper... as you do, sit taller. Close your eyes and take a few breaths while sitting tall.
<b>2. Photography Challenge 1 (Home studio)</b>	Look for different types of <b>light</b> sources in your home. Use the light to help you make a personal shadow. Which work best? Find a <b>dark</b> place in your home. Politely ask a person from your family to sit or stand in this area. Try to take a photo and check to see if there is enough <b>light</b> to see the subject well. Move them closer to a <b>light</b> source. Take their photo again to see if there is enough <b>light</b> . If you have time, take a third photo using both <b>light and shadow (contrast)</b> in an interesting way.
<b>3. Photography Challenge 2 (Outdoors)</b>	Explore outside and search for a setting where you can see how the sun is working to create <b>shadows</b> . Take a few photos of the shadows you discover. Can you include your own shadow or the shadows of the people you are walking with?
<b>4. Submit photo</b>	Select one photo you would like to share with the class and upload to your art file.
<b>5. Gratitude writing</b>	All people should be grateful for the sun because...

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<p><b>Workshop 5: The search for reflection</b></p> <p><b>Key words:</b> frame, zoom</p> <p><b>Habits of Mind:</b> Respond with wonder and awe</p>
<b>Inspiration</b>	<p>Be inspired by the beautiful moment captured by Frans Lanting, a wildlife photographer. Google search <a href="https://www.google.com/search?q=elephants+at+twilight+by+frans+lanting">https://www.google.com/search?q=elephants+at+twilight+by+frans+lanting</a> and then click on “images”. Double click on the first one that pops up. It will appear on the left side of your search. Drag this larger copy onto your desktop and enlarge to view the details. What do you see that makes this image so wonder provoking?</p>
<b>1. Mindfulness</b>	<p>Open and close... Slowly close your hand into a ball... now slowly open it wide. Try to coordinate your breathing to support this action. Breathe in while opening the hand and breathe out as you close it.</p>
<b>2. Photography Challenge 1 (Home studio)</b>	<p>Reflections appear in the most surprising places. Look around your home for a surface that will reflect your image or another scene. Take a photo of yourself as the subject of reflection in the <b>frame</b>. Explore how moving the camera around changes things. <b>Zoom in</b>. Try looking away in at least one of the images you create.</p>
<b>3. Photography Challenge 2 (Outdoors)</b>	<p>Move outside and look for reflections. Can you use this reflection to capture an interesting scene in your <b>frame</b>? Move around, try using your <b>zoom</b> and different points of view.</p> <p>Tip: If you cannot find any reflections, bring out a container of water and try to create a puddle of water to help you.</p>
<b>4. Submit photo</b>	<p>Select one photo you would like to share with the class and upload to your art file.</p>
<b>5. Gratitude writing</b>	<p>List 10 reasons you love to be outside. Underline the most important item on your list.</p>

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<p><b>Workshop 6:</b> The search for balance</p> <p><b>Key words:</b> balance, symmetry, asymmetry</p> <p><b>Habits of Mind:</b> Create with imagination</p>
<b>Inspiration</b>	<p><a href="https://kidcourses.com/kaleidoscope-tiles/">https://kidcourses.com/kaleidoscope-tiles/</a></p> <p>Look up the photographer named Pascale Cumberbatch  <a href="https://www.instagram.com/pascalecumberbatch/?hl=en">https://www.instagram.com/pascalecumberbatch/?hl=en</a>          Notice how her still life images use form, shapes and colour to create a balanced composition.</p>
<b>1. Mindfulness</b>	<p>Find a place with some open space. Use three contact points on the floor and <b>balance</b> calmly for 10 seconds. After a rest, try another pose using 2 points of contact, breathing calmly for 10 seconds. Try one more <b>balance</b> with only 1 point of contact (such as one foot). To help, focus your gaze on a spot on a wall... does calming your breath help you hold the balance?</p>
<b>2. Photography Challenge 1 (Home studio)</b>	<p>Fold a small piece of paper in half. Using a pencil, try to draw some lines on one side of the paper. Pretend the opposite side of the paper is a mirror. Try to draw the exact same lines in a way that creates a <b>symmetrical</b> looking graphic image.</p> <p>Let's try again using 4 paper squares. Can you make a pattern on one square and accurately repeat it on the other three? Now arrange the tiles into a larger square. Explore both symmetrical and asymmetrical layouts.</p>
<b>3. Photography Challenge 2 (Home studio)</b>	<p>Before you begin, look up Pascale Cumberbatch for inspiration  <a href="https://www.instagram.com/pascalecumberbatch/?hl=en">https://www.instagram.com/pascalecumberbatch/?hl=en</a>          Collect some items from your kitchen and create a still life scene. Use <b>asymmetry</b> and create balance through placement of form, shapes and colour. Take several photos of your composition.</p> <p>Tip: Pascale uses natural window light in all of her compositions. Can you find a window to work near?</p>
<b>4. Submit photo</b>	<p>Select one photo you would like to share with the class and upload to your art file.</p>
<b>5. Gratitude writing</b>	<p>I feel the most balanced when...</p>

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<p><b>Workshop 7: The search for peace</b></p> <p><b>Key words:</b> light, shadow, lines, colour, point of view, balance, symmetry/asymmetry</p> <p><b>Habits of Mind:</b> Be curious</p>
<b>Inspiration</b>	<p>Peace (Unknown)</p> <p>It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.</p>
<b>1. Mindfulness</b>	<p>Sit in a sunny place away from the road or any other danger. Close your eyes and listen for three interesting sounds.</p>
<b>2. Photography Challenge 1 (Neighbourhood park)</b>	<p>Search for green plants in the park. Get up close and fill your frame with your discoveries. Take notice of how it feels to be close to these plants. Expand your work to include other living beings (such as trees).</p>
<b>3. Photography Challenge 2 (Neighbourhood park)</b>	<p>Use all of your learning from previous workshops to create images of peace. The park will have many examples of <b>light, shadow, lines, colour, balance, symmetry and asymmetry</b>. Be sure to use an interesting point of view!</p>
<b>4. Submit photo</b>	<p>Select one photo you would like to share with the class and upload to your art file.</p>
<b>5. Gratitude writing</b>	<p>I am grateful for a connection with nature because...</p>

**Materials...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!



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<b>SIGHTFUL</b>	<p><b>Workshop 8: The search for compassion (Community action project)</b>  <b>Key word: criteria</b>  <b>Habits of Mind: Listen to understand</b></p>
<b>Inspiration</b>	<p>Watch the performance of the three harp players on Santa Ono's (President of UBC) twitter account #songsofcomfort from April 11, 2020. These musicians decided to do a small thing and share a short performance online to help others feel happy.</p>
<b>1. Mindfulness</b>	<p>Close your eyes and think about someone you have not seen in a while. Imagine you are together in a peaceful place and you are both happy and healthy. Sit tall and give yourself a big hug. Now make your arms into a circle and think of hugging the other person. Silently wish them a good day.</p>
<b>2. Personal project (Home studio)</b>	<p>Look back at all of the quotes from your gratitude jar and select the one that you think could help lift others around you. Working with this quote in mind, search all of the images you took and select one that is a good match for your written message.</p> <p>Tip: Use <b>criteria</b> to make your selection:  Criteria:</p> <ul style="list-style-type: none"> <li>○ supports your gratitude message</li> <li>○ image is calming (represents stillness and quiet)</li> <li>○ has the potential to contribute to online culture in a positive way</li> </ul> <p>Try to edit your image so it looks ready to print. Add a text box and type in your message of gratitude.</p>
<b>3. Submit photo</b>	<p>Upload your personal project image to your art file. Your work may be printed and exhibited in your community or published online.</p>
<b>Inspiring quote and Discussion</b>	<p><b>"To the world you may be one person, but to one person you may be the world." Dr. Seuss</b></p> <p>Ask an adult in your home to discuss what this means. What are some of the things kids can do at home and in the community to spread kindness during a difficult time?</p>

**Materials needed...** Mobile phone or iPad camera, clean jar to collect your gratitude reflections in, paper, pencil, your thoughtful ideas!