

SIGHTFUL
Sanctuary Workshop 4

SIGHTFUL	<p>Theme: The search for light</p> <p>Key words: light (shadow and highlight), Contrast</p> <p>Habits of Mind: Persist</p>
Inspiration	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 light source/shadow/ highlight/contrast .
1. Mindfulness	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.
2. Photography Challenge 1 (Home studio)	<p>Look for different types of light sources in your home. Use the light to help you make a personal shadow. Which work best?</p> <p>Find a dark 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 light to see the subject well. Move them closer to a light source. Take their photo again to see if there is enough light. If you have time, take a third photo using both light and shadow (contrast) in an interesting way.</p>
3. Photography Challenge 2 (Outdoors)	Explore outside and search for a setting where you can see how the sun is working to create shadows . 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?
4. Submit photo	Select one photo you would like to share with the class and upload to your art file.
5. Gratitude writing	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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