

SIGHTFUL
Sanctuary Workshop 5

SIGHTFUL	<p>Theme: The search for reflection</p> <p>Key words: frame, zoom</p> <p>Habits of Mind: Respond with wonder and awe</p>
Inspiration	<p>Be inspired by the beautiful moment captured by Frans Lanting, a wildlife photographer. Google search https://www.google.com/search?q=elephants+at+twilight+by+frans+lanting 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>
1. Mindfulness	<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>
2. Photography Challenge 1 (Home studio)	<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 frame. Explore how moving the camera around changes things. Zoom in. Try looking away in at least one of the images you create.</p>
3. Photography Challenge 2 (Outdoors)	<p>Move outside and look for reflections. Can you use this reflection to capture an interesting scene in your frame? Move around, try using your zoom 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>
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>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!



Photos sourced online using Google image search