

**SIGHTFUL**  
Sanctuary Workshop 6

<b>SIGHTFUL</b>	<p><b>Theme:</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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