

SIGHTFUL
Sanctuary Workshop 7

SIGHTFUL	<p>Theme: The search for peace</p> <p>Key words: light, shadow, lines, colour, point of view, balance, symmetry/asymmetry</p> <p>Habits of Mind: Be curious</p>
Inspiration	<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>
1. Mindfulness	<p>Sit in a sunny place away from the road or any other danger. Close your eyes and listen for three interesting sounds.</p>
2. Photography Challenge 1 (Neighbourhood park)	<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>
3. Photography Challenge 2 (Neighbourhood park)	<p>Use all of your learning from previous workshops to create images of peace. The park will have many examples of light, shadow, lines, colour, balance, symmetry and asymmetry. Be sure to use an interesting point of view!</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>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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