

Cultivating Wonder

PDF WORKSHEET FOR SESSION 1

WONDER



We really want you to look at the world differently and use some of your senses as you take photos - that's seeing, hearing, smelling and touching.

- Look around you now. What can you see in the room? Look carefully.
- What can you hear inside or outside the house? Listen carefully.
- What can you smell?
- What can you touch?

PHOTOGRAPHY TOP TIPS



- Make sure you are in a safe place
- Frame your photograph
- Try and always hold the camera very straight
- It's easier to take photos in the daylight
- Experiment with a few different angles such as sitting on your bottom (what do you see?) or standing up on a chair - we will be looking at this on the course



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A PHOTOGRAPHY ACTIVITY



Photographing your bedroom window

Can you think of four things that you might see out of your bedroom window?

We would love you to photograph the view from your bedroom window over the next seven days but at different times of the day and at different angles/from different perspectives.

A WONDER ACTIVITY



We are all going on a nature scavenger hunt! Do you like going on walks with your family? What is nice about going on a country walk?

We want you to find things by sight, sound, touch, smell and taste on our nature list, and photograph and tick them off as you go!

Try and spend a minute looking around before you start collecting things, looking up and down (what can you see?).

Also, spend another minute just smelling the air and listening to the sounds of nature? Can you smell anything unusual or hear anything you haven't heard before?

Use the below checklist to tick off the things we want you to find...

- **Sight:** Find something red, patterned, tiny, something beginning with a letter of the alphabet (it can be any letter) and find as many things as you can with that letter.
- **Touch:** Look for some different textures on the ground - water, pebbles, grass, sand, mud, anything and find something smooth, soft, prickly, wet.
- **Sound:** find something that crunches, something that has a soft sound, something that has a loud sound.
- **Smell:** find something that smells nice.
- **Taste:** find something that animals could eat (do not eat it yourself!).

We want you now to bring the things home you have collected and arrange them into a neat pile on a table (what we call a flatlay), and take some photos of them.

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A WONDER EXERCISE



One minute outside

Find a place outside – your garden, your balcony, a park, a safe spot in town, a forest, anywhere – and set a timer for one minute with your mum or dad.

- Close your eyes and pay attention to what you can hear. What can you hear close to you?
- Now listen really carefully – what can you hear far away?
- Take a picture of the environment you have chosen to listen in, and if you can, anything that made a sound that was close to you.

A WONDER EXERCISE



Set your alarm to get up in the night when you might normally be asleep (maybe 10pm). Go outside with a parent and spend a minute noting what is different to the day – what do you see and hear that is different?

Take a quick picture of something about your night scene that attracted your attention. Then hop back to bed!

We will see you again next week! Don't forget to start thinking of all the things we have asked you to photograph.

Keep looking out!

A reminder to keep engaging with the world and cultivating that sense of wonder...