

## Arts Festival Week - Challenge 1

### Documentary Photography

#### Taking part in the Arts has a powerful impact on our mental and physical well-being

Expressive Arts can help to boost our confidence and make us feel more engaged and resilient. Besides these benefits, arts engagement also alleviates anxiety, depression and stress. You can have a go at the challenges either on your own, with your family or through online platforms with friends.

This week is the first Expressive Arts Festival at Wootton Park School. The Arts are really important in supporting our well-being and allowing us to express our emotions through being creative.

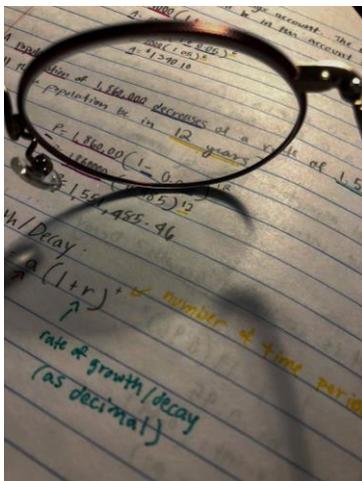
#### Arts Festival Challenge 1 (Documentary Photography)

Photography has always been a great way of documenting the world around us. This is even more important as we are living through a period, the likes of which has never been seen, and will probably never be seen again. This could be the perfect time to practice your photography skills. Documentary photography aims to capture a moment of history and convey a message about the time in an accurate yet artistic representation.

We are living through history.

#### TASK

Create a series of photographs inspired by your experience in lockdown. Look at these examples for ideas



You could consider these starting points to help inspire you:

**Black and white:** A black and white photograph is an image where all colour has been removed (either in the digital process or through the choice of film). It consists of shades of grey tone that generally go from dark (black) to light (white)



**Portraiture:** Portrait photography is a photograph of a person or group of people that captures the personality of the subject. Try to capture your family during their day to day life. We have lived through a unique period in history, and shared moments of isolation as well as togetherness within our homes. Try to capture an image of your family when they are not looking at the camera, are you able to capture this moment?



**Worm's eye view:** A worm's-eye view is a view of an object from below, as though the observer were a worm; the opposite of a bird's-eye view. Here you can lay on the floor and capture a point of view that many of us tend to miss.



**Bird's eye view:** A bird's-eye view is an elevated view of an object from above, with a perspective as though the observer were a bird. Stand on your bed, or take a photo from your bedroom window. Look for views that many of us miss.

**Reflections:** Reflection photography, is when you use reflective surfaces to create an artistic echo of a scene. This can easily be achieved with a mirror, or the reflective surface of your phone. See what surreal images you can produce.

