

# Presence & Light

## GOAL:

Participants learn the importance of being present and increase their ability to perceive and speak about light.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## ACTIVITY TIME:

30 mins to 1 hour + Group Discussion

## WHAT YOU WILL NEED:

- Something to take photos with (i.e. digital camera, or phone camera)
- Writing instruments to write down some notes

## INSTRUCTIONS:

### *BEING PRESENT*

1. Pick a place for your first photo activity. This can be anywhere that interests you - at your school or in your home. If possible, go outdoors.
2. Close your eyes and take six deep breaths. Be aware of your breath as you breathe in and out completely. This process will slow down your mind and make you more open to what is around you in the world.
3. Take a few minutes to observe your surroundings. Turn in different directions or physically move around the space you are in and look closely and calmly. The more you look, the more you will see.
4. Pick one thing that you see that is interesting. Share what it is with others and tell them why it interests you.

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## *LIGHT*

1. Now look at the light in front of, and around you. Ask yourself:
2. Where is the light coming from? (i.e. sun, a light bulb, car headlight)
3. What is the quality of light? Use words to describe light such as hard, soft, direct, reflected, bright, or dim.
4. As a group, discuss the different types of light you see and its qualities.
5. Spend about 15 minutes taking photos while keeping in mind the exercises you have just done. You can take photos of a person, an object, or anything that captures your interest. Take many photos and choose your best one.
6. Group discussion.
7. Share your best photo with the group. This can be done by uploading it to a shared site and viewing them as a group, or simply by showing your photo to others.
8. Each person will describe why they took that photo, and what was interesting to them about the subject of that photo.
9. Each person will talk about the light in their photo. Where is it coming from? And what words would they use to describe it?

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