

Nature at home

Experience the magic of
Forest School from home!

Mindful Photography

Take a closer look at the everyday things around you. This is all about taking it slow, being in the moment and not worrying about how the photos will look.

This can be done in your home, looking out your window, in a garden or on a walk in your local area.

Step One

First, look for different perspectives. Move your body around to take photos of the world in different or unusual ways:

What does your building look like upside down?

Lay on the floor under a tree and look up at the branches.

Carefully stand on top of something (a log, chair or low wall) and look down at the ground from high up.

Look very closely at something interesting – maybe a flower.

Look through a hole at the view the other side (you might find a hole in a fence or you could use a paper tube).

Step Two

Now look for different textures – can you find something rough, smooth or squishy? Pretend your eyeballs have fingertips - imagine they can feel the textures you are looking at. Do this for a few moments before you take the photo.

Step Three

Choose one (or more) photo which makes you feel calm and one which makes you feel excited. Do you remember where you took these? What sounds or smells were there? Keep these nearby, either printed or digitally, and look at them when you feel stressed or unhappy.

Kit List

- Something to take photos with – e.g. a camera, phone, tablet. (make sure you have permission to use it)

This is a lovely activity for adults and children to do together. Take turns so you each capture your own moments.

