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Photography as a way to develop self awareness

Aims:

- To work creatively to raise awareness about my self
- To use photography as a way to capture an image that represents me
- To use images as a way to create connection

Instructions:

- Explore the immediate environment with the camera on your phone – don't take images of people.
- In 15 mins create an image that represents an image you admire about yourself. Think about colours, textures, shapes and light.
- Share the image with a partner. Listen carefully as your partner shares theirs. What do you notice?

For further information about this and other bespoke training, please contact trupti@deepblack.org.uk