

LENS INTO WELLBEING

INVITATION TO: SCRIBBLE | SHOOT | SKETCH



ABOUT US

LENS INTO WELLBEING

Canon



Canon are inspiring and empowering the next generation through creative education, teaching young people how to express themselves using the framework of the United Nations Sustainable Development Goals (SDGs). Through the Canon Young People Programme we give young people the knowledge, skills and confidence to tackle the sustainability issues that matter to them using creativity and critical thinking. The youth of today are the leaders of tomorrow.



Ideas Foundation nurtures creativity in and out of the classroom; co-creating, powerful award-winning educational programmes with schools, colleges and brands for young people who need it most.

NURTURING A NEW CREATIVE CLASS.

Help us with your time, treasure and talent to nurture a new creative class

ideasfoundation.org.uk



STAYING SAFE

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If you are feeling worried about your mental health, remember that you are not alone, and seeking help is a brave and important step. First and foremost, talk to someone you trust - a friend, family member, or teacher - about what you're going through.

You can also contact:

HOPELINEUK on **0800 068 4141**

Childline on **0800 1111** (number won't appear on phone bill)

Samaritans on **116 123**

Text SHOUT to Shout's textline on **85258**

Your Life Counts: **yourlifecounts.org**

Photo credit: George Pinder School, Scarborough, England- Ideas Foundation



APPRECIATE

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By appreciating the world around us we can become more mindful. Notice different colours, the light, the sounds near and far, textures and shapes that you are surrounded by.

Be curious, take a few minutes to look carefully and slowly before taking a photograph. Look for details that others might miss.

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Photo credit: Maswabi, Kruger National Park, South Africa - Wild Shots Outreach



EXPERIMENT

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Experimenting with light and shadow can be a wonderful way to express yourself. Think about the colours that relate to your emotions. Look out for different sorts of light – natural and artificial, cool and warm, and reflections.

Shoot photographs in different light settings.
See what happens when you take the same
photograph in natural and artificial light.

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Photo Credit: Sudent, Graeme School, Falkirk, Scotland - Ideas Foundation



CONNECT

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Connect through conversations with people you are photographing. Be curious about their story and background. Observe clues that tell you more about their feelings and interests.

Take time to listen to the stories of people you photograph. Ask questions that might help you to build a connection with them.

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Photo credit: Amos Bursary, London, England - Ideas Foundation



MOVE


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Being active is a key element of wellbeing. Move around and explore looking at different forms of action and movement around you. Look at the different speeds and types of the movement.

Take a photograph that captures movement. This could be someone walking, jumping or team sport.

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Photo credit: Richard & Dennis, Lokusero School, Kenya - Wild Shots Outreach

A young girl with dark hair tied back, wearing a dark blue sweater, is gently hugging a globe. She is looking down at the globe with a soft smile. The globe shows the Americas and the Atlantic Ocean. The background is dark, and the lighting is focused on the girl and the globe.

Love your world

CONTRIBUTE

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Photographs can help us to tell stories that can help create change and help others see the world in a different light. Photographs can draw attention to problems and solutions and invite us to be part of positive changes in society.

Shoot a photograph and add text that invites people to care about the environment around them.

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Photo credit: Solway Community School, Cumbria UK - Ideas Foundation



NOURISH

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Healthy eating and drinking plenty of water are key parts of wellbeing. Photographs can document the food around us, inviting us to look at our food and water in different ways.

Look at the colours and textures of food, shoot an image that makes it inviting.

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Photo credit: Alba Madrona, Madrid, Spain - Manos Unidas



PERSPECTIVE

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Seeing things from different perspectives can help us see the world and ourselves differently. Experiment with scale and different viewpoints, ideas and contrasts. Look at things from different angles – looking up, down, close up and from afar.

Create a miniature scene using toys and everyday objects that help us to see ourselves and the world in different ways.

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Photo credit: Vanessa, Amos Bursary, London, England - Ideas Foundation



REST

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Take time to rest and switch off your phone. Taking a short rest, closing your eyes and breathing mindfully can help you feel less stressed. Resting can bring us back to our creative work refreshed, helping us notice something that we might not otherwise have seen.

Why not close your eyes for a few moments and think of an image or photograph that would make you smile.

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Photo credit: Tshuxekani, Kruger National Park, South Africa - Wild Shots Outreach



LEARN

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Learning new skills can help boost your skills, confidence and can make you feel good about yourself. Trying things out, making mistakes and adapting our ideas are all part of the creative process.

Try out different techniques, settings
and ask questions to help you see
what works best.

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Photo credit: Richard Thomas, Maeglas School, Wales, UK - Ideas Foundation



EXPRESS

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Documenting meaningful experiences and emotions can be helpful to see how your moods can change over a period of time. Take time to write about what things have affected your mood – time of the day, being hungry, deadlines.

Look out for the opportunities to see art and emotions in ordinary things around you.

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Photo credit: Queen Elizabeth Grammar School, Ashbourne, UK - Canon YPP UK students



COLLABORATE

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Sometimes you want to keep things to yourself. Other times you might want to share your images with a small group of people whose opinion you trust. Thoughtful feedback can help you grow in knowledge and confidence.

Share a photograph that you are pleased with, with someone you trust and ask them what they think.

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Photo credit: Peter John Boois, Kwessi Dunes, Namibia - Wild Shots Outreach



INSPIRE

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“Photography can be a wonderful way to create a personal glimpse into your world that might otherwise remain locked away forever. Taking a photograph can help you process hard times and make them beautiful.”

Deirdre Robb, Belfast Exposed.

Turn ordinary moments into positive memories through photography.

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Photo credit: Fergus Kennedy