

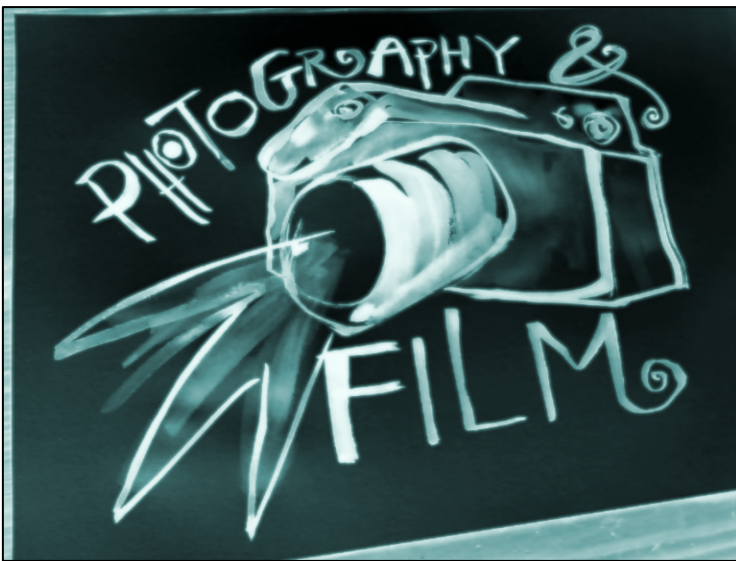


Your Story – Our Story

A Learning Resource for Teachers & Practitioners

The following activities have been put together to accompany the four videos made by Storyopolis as part of the creative journaling project, Your Story - Our Story.

This is Resource Sheet 4 accompanies the Your Story - Our Story 'Photography & Film' video.



Resources Sheet 4

Creative Journaling: Photography & Film

Exercise 1: Routine

Here are some synonyms for the word 'routine.' Ask students to decide which one best describes their daily routine:

Habit

Regime

Formula

Rut

Procedure

Pattern

Drill

Treadmill

Groove

Plan

Grind

Or something different?

Discuss:

The benefits of routines (they can make you feel more secure and able to cope with stressful events; they can help life run a little more smoothly; they help boost time management skills, self regulation, can help us with nutrition, hygiene, sleep & healthy lifestyle choices)

Are there downsides to having a routine? How does it feel when you don't stick to your routine?



Routines can indicate what is important to you / your family.

Discuss:

What is the most important part of your routine?

How is it linked with your identity?

Take a look at this photography exhibition of everyday things, called 'Magic in the Mundane' – which photos do you like and why?

<https://www.theguardian.com/artanddesign/gallery/2019/dec/18/magic-in-the-mundane-photographers-everyday-gems-in-pictures>

Creative Activity:

Each student to take a photo for a class exhibition called 'Magic in the Mundane' based on photographs taken during school time (using class i-pads if necessary).

Links for Practitioners:

Digital 'stitching' and mental health through fine art photography:

<https://www.walesartsreview.org/video-of-the-week-suzie-larke-unseen/?fbclid=IwAR3-qSDOzLvpsay1FFnHp3UTN2Sn5jLrraHfZLJ7VdlavEsFEp0Bxe79FE>

Show & Tell – An exhibition of mindful photography skills by children aged 10-18

<https://www.thephotographymovement.com/exhibition/>

Cool ideas for creative photography and filming:

<https://www.lucypurrington.com/tutorials>