

# Monday Motivation

Date: 17/08/20

Theme of the week: World Photo Day

The YMCA logo is displayed in blue, blocky capital letters on a green triangular background that points towards the bottom right corner of the page.

COVID-19 pandemic has highlighted how essential creativity and the visual arts are for increasing our ability to learn, connect and improve our general wellbeing. While a lot of venues, cultural organisations and some school buildings may be closed, engaging in the visual arts is more important than ever

This Weeks theme is **'World Photo Day' - Photography** offers a range of exciting and valuable learning experiences, not to mention some great experiences. The benefits include: learning a new skill, which can boost self-esteem, encouraging planning and presentation skills.

## Action

### Exercise 1: Letter Hunt

Create your own photo art by taking a scavenger hunt for objects that look like letters in your house, garden, town or community. You could search for each letter of the alphabet or simply try to create a word of your choosing, such as your name or an inspirational message.



### Exercise 2: 50 STEPS

A quick and easy adventure for the entire family! Grab a camera or phone, pick a starting location. Together take 50 steps in any direction. When you get to 50 stops. You must compose and frame a photo from where you are standing. See where your steps take you and what you can create!

**Exercises 1 & 2 - Take pictures of your final creations.**

- Send to [sarah.daniels@ymcaessex.org.uk](mailto:sarah.daniels@ymcaessex.org.uk) and we will celebrate your efforts through our website and Instagram account - ALWAYS GET PERMISSION FROM YOUR PARENTS IF YOU'RE UNDER 18

\*Do not forget to keep your artwork safe and intact so we can display it at our YMCA Chelmsford Branch when our Youth Clubs reopen.

**#WorldPhotographyDay #ChildrensArtWeek #GetKidsCreating #ymcaessex**

### **Outcome / Mission Moments:**

- Did you discover any new skills this week?
- How has this exercise made you feel?
- Maybe encourage other members of your family to get involved!