



Mindful Photography

Nature photography is the practice of taking photos of nature. This can range from a tiny bug on a flower to a vast mountain landscape. Ultimately, it is about being in nature and capturing its beauty.

This activity is practicing nature photography but uses **mindfulness** in its practice (*mindful photography*). Being **mindful** means that one's attention is focused on the present moment. In mindful photography, this is about focusing on the simple reality that is in front of you and capturing it in a photo.

Using a digital camera or a smartphone camera, try to notice the very small details of nature around you. This could be the detailed patterns of flower petals and leaves in your home, or the details of little bugs like spiders and beetles.

This activity can be done indoors or outdoors, If you are able to leave your home for a walk or look around your garden. You can do this with your siblings or with your parents and share your pictures with each other at the end.





Mindful Photography



Look all around you: What do you see? Is there something that you didn't notice before? It's time to go explore!

Take a photo of something that catches your eye.

Some things to look out for are...

- **Lighting Glows** (Is the sun shining on something?)
- **Textures** (What are the different textures of moss?)
- **Colors** (What colors stand out to you?)
- **Shapes** (What are the different shapes of leaves?)
- **Patterns** (What recurring patterns can you see - on a flower? On a leaf?)
- **Sizes** (How small is the pollen in a flower?)
- **New perspectives** (What does the grass look like from the perspective of an ant?)
- **The different characteristics of nature** (Why do roses have thorns? Why might a bug have a long snout? Why does a snail have a shell? Why do flowers have pollen?)
- **Something that you are drawn to** (Is there something that is calling out to you?)



Mindful Photography



Once, you have finished taking your photos take some time to look through them and see the beauty you have captured.

You might choose to share your photos with friends and family, share them on social media, or keep them to yourself.

Everything in nature is designed with a purpose. Did you know that every shape, color, size, etc. has a function. Some functions are designed to provide protection, to be water repellent, to absorb water, to provide shade, to be adhesive, and to transport water.

Can you identify any of these functions in your pictures?

Some reflection questions

- How was this photography different from other photography you may have done?
- What are some questions that you'd like to ask nature that you didn't have before?
- What did you notice in nature that you didn't before?

Check out more of nature's designs and strategies with this useful website:

[Ask Nature.](#)