**Wednesdays in the Woods Activity: Picture Frame**

**Materials Needed:**
- An outside space
- A rectangular cut-out of any size, made from paper or cardboard

**Instructions:**
1. Take your rectangular cut-out outside and find something beautiful that you would like to frame and take a “picture” of.
2. Contain your observation in the frame by standing still, and spend some time reflecting on what about that observation drew your attention – was it the color, the shape, how it cast shadows on the forest floor?
3. Invite others who might be with you to enjoy your “pictures.”

**Reflective Questions:**
- Why do different people notice different things/find different things beautiful?
- How are images with and without people in them different?
- What is something you would like to take a picture of up close?

**Extensions of this activity:**
- Make cut-out frames of multiple sizes and shapes; how does this variation affect your perspective?
- Photograph the contents of your picture frame and create a digital or printed album of your observations. Return to the same spot a few weeks or even months later; how has your picture changed?
- Frame observations from different perspectives – up close, far away, at a medium distance. How does this affect which details you notice?
Picture frame

Photo by Hannah Raymond