



## **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