

Mindful Photography Activity – Exploring ICM

The purpose of this activity is to get you thinking and experimenting with Intentional Camera Movement. Your aim is to understand how your camera can be used to create great ICM photos. You only have to please yourself!

1. Allow between 1 – 2 hours for this activity.
2. Use either Shutter Speed Priority or Manual mode for this activity. Your aim is to experiment with shutter speeds between ½ second and multiple seconds.
3. To achieve this, you will need to limit the light received by your camera in at least one of these ways:
 - a) Low ISO
 - b) Narrow Aperture
 - c) Neutral Density Filter
4. Choose a location with many visual opportunities. Varied landscapes including trees, land, buildings, water are a great starting point. **Your goal is to create ICM photos that remind you of how you feel about your location and that you like.**
5. Once you are at your location scout for a space that offers different elements of visual design – colour, line, shape, form, pattern, texture and space. Find one location where this variety is offered.
6. Consider what compositional guidelines you will follow or break, with a clear intention as to why you are doing this.
7. Using a combination of ISO, aperture choice and ND filter start to experiment with differing shutter speeds and a simple movement. Your aim is to establish a baseline shutter speed that create photos that you like. 1 or 2 seconds is a good starting shutter speed.
8. After each exposure review what you have done and consider whether to accept or re-compose it. Notice the liking and disliking.
9. Create many photos for each framed scene. Try differing movements like horizontal, vertical, twists, swoops and so on. After each photo review your

creation. Do not delete, but consider what is working for you and what you need to change.

10. Repeat the process 7 – 9 using different scenes at the same location.
11. Repeat the process 7 – 9 at different locations.
12. At some point you may become overwhelmed with the variety of photos created. This is a good time to take a break or stop completely.
13. If you review your photos at the location, do not delete anything.
14. Review all of your ICM photos on your computer, consider which photos you like and which you don't. Consider what it was about your photos that worked and why.
15. Choose up to 3 photos to share with the Community Group. Explain how each one was created and why you like them.
16. Repeat the activity regularly!