

## Mindful Photography Activity – Exploring Multiple Exposure

This is a practice for you to develop your understanding of how Multiple Exposure photos are created. The activity is designed for you to explore the 4 Modes: Additive, Average, Bright and Dark. If you only have Average Mode you will still be able to follow this activity.

1. Allow between 1 – 3 hours for this activity.
2. Consider keeping notes about your settings used for each of the final ME photos.
3. Choose a location with many visual opportunities. Varied landscapes including trees, land, buildings, water are ideal. Your goal is to create ME photos that remind you of how you feel about your location.
4. Choose a familiar set up for your camera. This should be one that you are comfortable with, one that will not require you to think about technical choices. Auto, P mode and Aperture Priority are ideal.
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 space where this variety is offered and consider framing your potential exposures.
6. The aim is to create photos using each of the 4 Modes in turn, using the same individual framed exposures.
7. It may be wise to start with a set number of exposures – e.g. 3 and use the same three compositions for each frame and each ME Mode in turn. Just like I did in the video.
8. Each exposure should be created considering the compositional themes (Balance, Point of View, Subject/Background and Simplicity) and the elements of visual design.
9. Consider using the exposure compensation tips I shared (in the video and Cheat Sheet) for the Additive, Bright and Dark Modes.

10. After each exposure review what you have done and consider whether to accept or re-compose it. Complete each ME Mode in turn and then review each ME photo. Notice the liking and disliking.
11. Be compassionate with your creations. Each one is a signpost on your path forwards. Do not delete any of the final ME photos.
12. Repeat the process 3 – 7 using different scenes at the same location.
13. Repeat the process 3 – 7 at different locations.
14. 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.
15. If you review your photos at the location, do not delete anything.
16. Review all of your ME photos on your computer, noting which is created using each mode.
17. Consider which photos you like and which you don't. Identify the modes used for each and consider what it was about your photos that worked and why.
18. Choose between 2 and 4 photos (demonstrating the different modes if relevant) to share with the Community Group. Explain how each one was created and why you like them.
19. Repeat the activity regularly!