

Express Yourself – Photography

SAY CHEESE



Expressing yourself is all about being yourself and using your imagination.

Tom likes to take photos to record the details of everyday things around him. It helps him to tell stories about people and places. Photography helps him to express himself and appreciate the small details of life.

1 Circle the hobbies and activities that you enjoy to be creative and to express yourself.

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|--|--------------------|------------------------------|---------------|
| writing songs | singing | playing a musical instrument | |
| creating a playlist of favourite music | painting | drawing | |
| scrapbooking | cooking | baking | using make-up |
| spending time in nature | going for a walk | sitting on the beach | |
| going fishing | appreciate the now | dancing | yoga |
| hiking | writing poems | creating short stories | |
| keeping a journal | telling jokes | designing clothes | taking photos |

- 2** Tom says that taking photos helps him to see things differently.
Think of a situation when you changed your mind about something.

I used to think...	Now I think...

What helped you to change your mind?

How difficult was it to change your thinking?

What are the benefits of your way of thinking now?

3 Tom is described as an inspiration to others.
What are some of his qualities that make him an inspiration?

4 Tom says that photography has allowed him to “follow his dreams.”
What are your dreams for your future?

What can help you to achieve these dreams?

5 Grab a camera or your phone and take some photos that take an unusual look at ordinary things around you. Choose your favourite images and print them out. Arrange them as a collage of your ideas.

