

# #PhotoForager18

Use this photography exercise to help you connect to your surroundings, stimulate your curiosity and see with a creative eye by taking a series of photographs in response to the following themes:

- your favourite colour
- soft and comfortable
- multiples
- just a shadow
- frames
- reflections
- something that makes you smile
- an ant's eye view
- repeat patterns

You might notice your feet on the floor, or the feel of the camera in your hand. You may also notice what rules and regulations you're setting up for yourself as you start. You may feel a 'need to get through them all' or do them in the 'right order' or not bother with the list and do your own thing. Of course any of the above are fine.

We'd love to see your images on Twitter or Instagram, please share with the hashtag **#PhotoForager18**

