



# Creativity Works - At Home

## Shadows & Patterns / Animals

*A creative photography prompt from Keynsham Snap & Stroll*

### Mindful Photography

Join us in trying some mindful photography and exploring the theme of Shadows & Patterns and/or animals.

This creative prompt comes from Adrian, a key member and volunteer of Keynsham Snap & Stroll, one of our peer-led groups. We hope that you enjoy trying this creative prompt for yourself.

### What you'll need:

- A camera - your phone, ipad or normal camera is fine
- A noticing eye!

Watch the short video here:  
[Keynsham Snap & Stroll - Shadows & Patterns / Animals](#)

Mindful photography involves taking your time, looking and noticing what's around you.

### Step 1

- Choose which theme you'll explore - Shadows & Patterns or Animals [or both!]

### Step 2

- Photograph what you see around your home, or when out on your daily walk that's inspired by this theme.

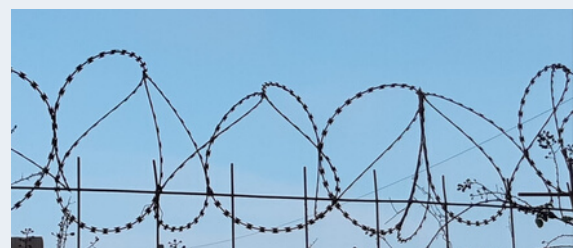
### Examples from Keynsham Snap & Stroll members



Taken by Heather



Taken by Phil



Taken by Denise

### Other Ideas

Other themes you could try are:

- Sunlight and distancing
- Yellow from a fresh perspective
- Close-up

### Keynsham Snap & Stroll

If you live in B&NES and would like to join the Keynsham Snap & Stroll [From Home] Facebook group please click here: [KSSFH](#)