

## Out and About Photography Challenge

Grab your camera (even your phone) and take CPAM's *Out and About* photography challenge! To start, watch this [short video with CPAM Photography Instructor, Mark Chen](#) to learn more about the challenge and how to use compositional elements of photography to give your photographs a star-factor!

**Your Challenge:** How do I make an image with “the George Clooney effect” or create a star of the image?

You will need an object from around your house for this challenge. Something that is interesting to you or represents you. Bring the object into the great outdoors, or just outside your door to create an image where the object is the George Clooney, or the star! You can use any camera, even your phone for this challenge.

Here are some examples to spark your creativity:



Keep in mind these compositional elements of photography. You may not need every element in your photograph, but one or two elements in a photograph help give the image interest and make it pop!

- **Framing** – Frame your photo by being aware of the environment. Is there a tree or a mailbox in your view? How can you frame your “George Clooney” with your environment?
- **Negative Space** – Leave some space around your photograph. Use the open sky or field of grass to create negative space and highlight your object.
- **Distance and Field of View** – Think about the background of your image. Where is it in relation to the object and how does this make the image look different if the image is closer or farther from the background?
- **Texture** – How can you show the texture of your object or background? Does the light help or hurt this?
- **Color** – What colors pop against your object? Contrasting colors like red and green actually compliment each other while red and pink may not create enough contrast. Which is best for your image?
- **Depth: Background/Foreground** – Create depth in your photo by placing your camera close to the object. This will make the object appear in the Foreground or the front of the image with the background being your natural environment.
- **Ratio and Size** – How big is your object? Place it next to a tree or flower to show scale. A tree will make you back up to capture the entire tree where as a flower you can get closer to the object.
- **Rule of the Thirds** – Divide your image into thirds vertically or horizontally. Place your object on one of the third lines or an intersection for a more interesting image!

Remember, photography is about slowing down and observing your environment. Take your time to consider these compositional elements in your image and focus on the act of creating an image. Share your images with us and we will create an online exhibition of images sent to [cpam2@houstonmethodist.org](mailto:cpam2@houstonmethodist.org).

