

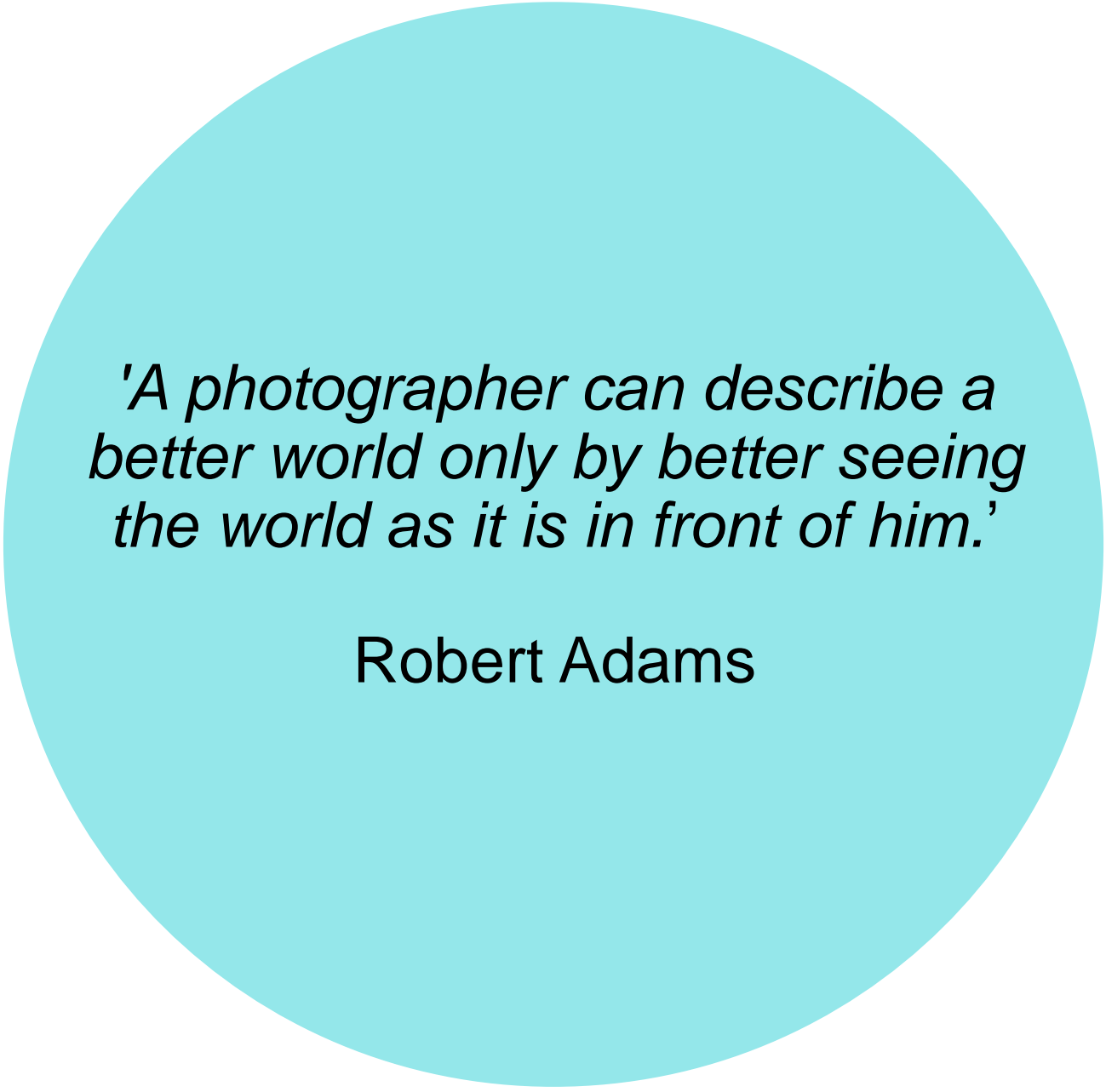
# Art and Design Network Event

## Mindful Photography

**Billie Lynch**

Credible Specialist in Photography





*'A photographer can describe a better world only by better seeing the world as it is in front of him.'*

Robert Adams

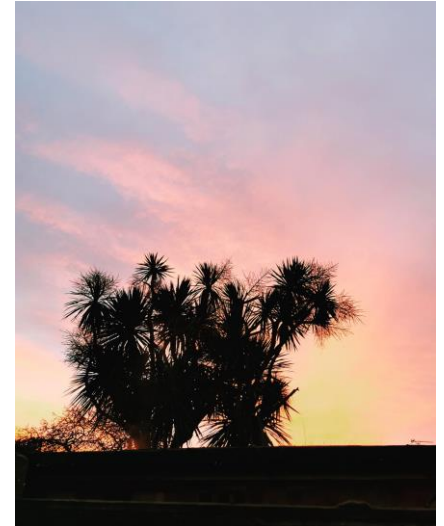
# Agenda

- Welcome and introductions

**Billie Lynch**

Credible Specialist in Photography

- Experiencing mindfulness in photography
- Playfulness and creative risk taking
- Activity: Mindful breathing and seeing
- Q&A and open discussion





# Disclaimer

*Mindfulness is an evidence-based practice that can help improve mental health as part of a professionally delivered course. This presentation uses the notion of mindfulness to engage creativity and not as a mental health intervention.*



# Experiencing mindfulness in photography

- What is mindfulness in photography?
- Why is it important?
- How does it benefit photographers and learners?

# Student examples of mindful practice







**11 to 16 year olds with a probable mental disorder were less likely to feel safe at school (61.2%) than those unlikely to have a mental disorder (89.2%). They were also less likely to report enjoyment of learning or having a friend they could turn to for support.**



**In young people aged 17 to 19 years, rates of a probable mental disorder rose from 1 in 10 (10.1%) in 2017 to 1 in 6 (17.7%) in 2020. Rates were stable between 2020 and 2021, but then increased from 1 in 6 (17.4%) in 2021 to 1 in 4 (25.7%) in 2022.**



**In 2022, 18.0% of children aged 7 to 16 years and 22.0% of young people aged 17 to 24 years had a probable mental disorder.**



**In children aged 7 to 16 years, rates rose from 1 in 9 (12.1%) in 2017 to 1 in 6 (16.7%) in 2020. Rates of probable mental disorder then remained stable between 2020, 2021 and 2022.**

'People often say that I have a child's eye. For example, I stare at ants gathering around sugar, or when I seek shelter from the rain, I gaze upon snails. These are things which you often do when you are a child aren't they? I have a very similar sensibility to that.'

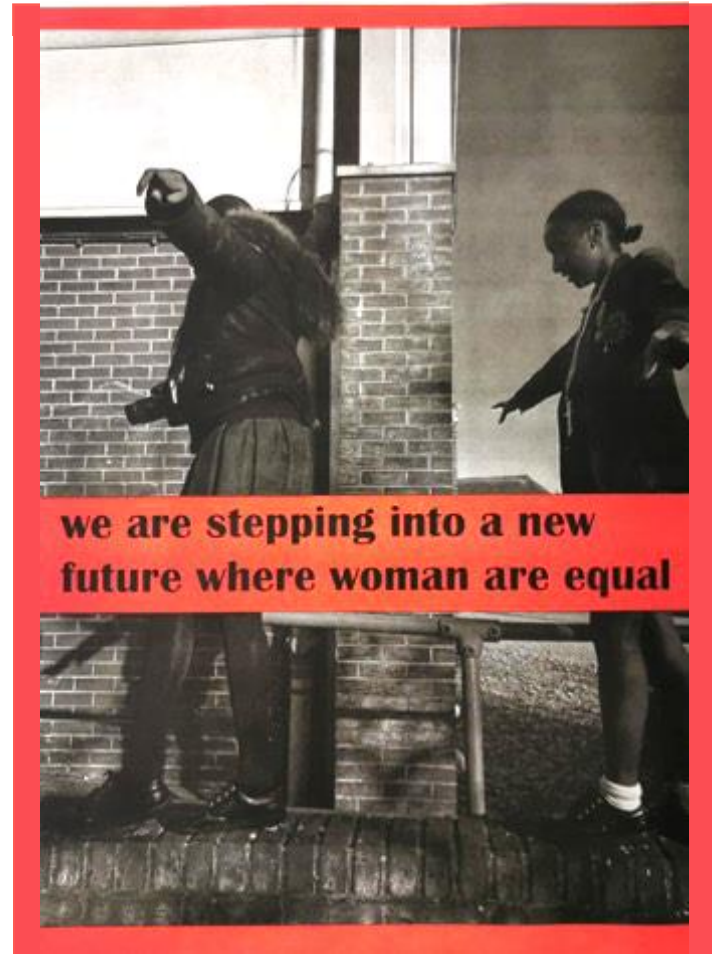
Rinko Kawauchi



# Playfulness and creative risk taking

How does playfulness increase knowledge and contribute to mindfulness?

- Connected to freedom
- Support flexibility
- Embedding knowledge subconsciously
- Willingness to unlearn
- Endless experimentation
- Keeping the imagination alive



# Playfulness and creative risk taking

Creative risk taking provides students with an opportunity to;

- Build confidence
- Embrace new skills
- Be adaptive learners
- Learn independently

How does creative risk taking improve mindfulness?

- Acceptance
- Acknowledgment
- Understanding
- Independence



*'When you learn to trust yourself implicitly, you no longer need to prove something through your art. You simply allow it to come out, to be as it is. This is when creating art becomes effortless. It happens just as you grow your hair. It grows.'*

John Daido Looi

# Activity: Mindful Breathing

Mindfulness is about being present in the moment. Mindful breathing is a basic yet powerful technique of meditation to bring your awareness to the space, thoughts, body sensations and then move forward with a task.

- Establishes a **connection** to the space you are in and **reconnect** with it in a different way.
- Encourages an **awareness** to how you truly feel **in the moment** to embrace the experience.
- Consider **new ideas** and even adapt independently through **problem solving**.



# Activity: Mindful Seeing

Mindfulness allows students to turn their attention **inwards** and observe thoughts and body. Mindful seeing embraces retuning their attentions **outwards** to observe and engage with the world around them.





# Other ideas, examples

Check out our new bitesize videos focused on evidencing and assessing the Assessment Objectives in **GCSE Art and Design (2016)** and **A Level Art and Design (2015)**.

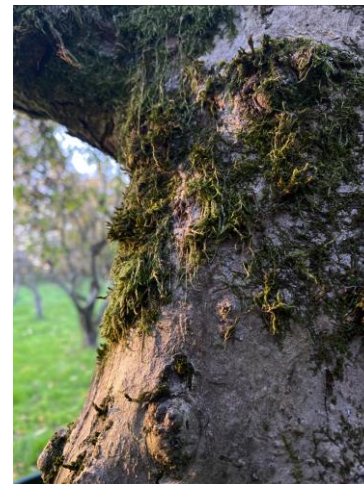
## A Level Art and Design

Mindful journaling, extra materials



## GCSE Art and Design

Light, beauty everywhere, feeling  
space colour



# Further support: photographers

For further support and guidance delivering mindful photography, please see some suggested photographer to explore in connection to mindfulness:

*Mirage*, (2023), Marguerite Bornhauser

*AILA*, (2015), Rinko Kawauchi

*Untitled (98.2)*, (1998), Uta Barth

*Cabbage Leaf*, (1931), Edward Weston

*My Dakota*, (2005), Rebecca Norris Webb

*Cowspines*, (2022), Kate Kirkwood.

*Bubble Gum*, (1975), Mark Cohen



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# Q&A and discussion

- Questions?
- Thoughts?
- Feedback?
- Future network events?



Pearson