

Scrap Your Day

Photo Fact Sheet #08 :: November 2008

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Each month as we near the 25th, there will be a new photo fact sheet to download. Although we all have different levels of experience and different styles, I hope you will find some photographic inspiration whether you're sharpening existing skills or trying something new for the very first time.

Things to remember...

- ★ Charge. Your. Camera.
- ★ The 25th is this Tuesday.
- ★ Consistent shots for every month: clock when you wake, each meal, view from a window, self-portrait, clock when you go to sleep.

Seven months down and we've covered the basics, still life lighting, looking up and down, colour versus monochrome, detailed shots, reflections and composition that leaves space for embellishment on top of the photo. And since this month has a 25th on a Tuesday, it seems only appropriate that we have a day to focus on ourselves.

*This month:
Totally you*

This month's photo challenge is to participate in Self Portrait Tuesday by snapping photos of yourself as you go through the day.

Self Portrait Tuesday started on a blog, moved to a bigger website and now lives [here](#) on Flickr. Check out the group here -- you can join and post your pictures even if you're only going to participate just this once. Or don't join and look through the extensive pool of portraits to find inspiration for self-portrait shots that go beyond holding your camera at arm's length and hoping the angle is flattering.

Ideas to get you started...

Put on something fabulous, make silly faces and snap a crazy number of pictures. You think I'm kidding? It looks great in [this red hatted photo collage!](#)

Hold the camera up but don't aim at your face. I love how [this self-portrait](#) seems graceful and peaceful from the vantage point of the camera overhead.

Grab an old picture of yourself and hold it in the frame to show the contrast of past and present you, like [this great shot](#).

Try repeated imagery or pairing up photos, like [this combination](#). Something in common, but different pictures. If you've been taking a coffee cup shot every month, try taking two - one on the desk and one in your hand.

Get your hand and your work in the shot at the same time, like [this](#).

Take pictures of your head, body, legs and feet and piece them back together for [this funky collaged look](#).

Keep it simple but very sweet with a shot [like this](#) before you fall asleep.

Suffering from a lack of light due to the short days in this hemisphere? Try a shot [right at the window](#) and see if that improves things!

Take your camera far away from you too -- set the camera on a surface on the other side of the room, set the timer and jump back into the shot to catch as close to a [natural action shot](#) as you can get on your own.

Things to keep in mind...

As a general rule, the camera held up and looking down toward you is more flattering than the camera held down and looking up at you -- but try both so you get the illustration, then delete the pictures you don't like!

We're still documenting our day -- it's just that this time we want to put ourselves into the evidence of the day. So think of ways to include both your surroundings and yourself in the shot.

Even if you hate the idea of a self-portrait, the idea of scrapbooking means we should probably have some pictures of ourselves. I love how Nancy put it into words [here](#).