

Scrap Your Day

Photo Fact Sheet #10 :: January 2009

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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 Sunday.
- ★ Consistent shots for every month: clock when you wake, each meal, view from a window, self-portrait, clock when you go to sleep.

It's our tenth month of Scrap your Day -- so if you've been with us since the beginning, you're down to just a few pages left in your book. If you've joined us recently, that's fine too -- everyone is welcome! We've been snapping something slightly different every month and this month we're on the move!

*This month:
Catch what
moves*

This month's photo challenge is to capture movement on film.

There are several options for this month's challenge -- you can try all of them or just pick one for your focus. Different choices may be better suited to your camera and the actions of your day.

Freeze-frame the action. Use a fast setting by adjusting your shutter speed or look for a sports setting on your camera in order to get a clear picture when things are moving quickly. Do you remember in earlier months when we paid extra attention to where the best light was available? If you're going to grab pictures very quickly, having more light will help. You can also work on getting a good focus point so when your subject moves into the right place you can go straight to snapping the shutter since you'll already have the focus point ready.

Embrace the blur. Do you have photos in your collection that are blurry but you still love them because they capture the naturally feeling of movement in your life? If you'll have some sort of quick action about, use a setting that you would normally use for slow or no movement and it's likely to produce blur when you take the picture. Although these shots may not be the images you would have printed and framed in your home, you may capture a few insights into natural movement in your surroundings.

Create the movement. If you're not going to have much obvious active movement in your day, you can still capture movement by using a long exposure shot. You'll need a tripod or a surface to hold your camera still and you'll need to check in your camera manual so you find out how to adjust your shutter speed to stay open for a long time. Aim the camera at a place where you'll be moving around, press the shutter, then go about your merry business. As most of the items in the shot will not move, your movement will be highlighted in a scene where the other objects remain still.

Look for light. Where do you see moving lights in your day? Cars in traffic or children's toys perhaps? Again you'll need the tripod and the ability to open your shutter for quite some time, then focus on an area that will see movement of light against a dark background. This creates the kind of shot that lets brake lights streak across from one side of your shot to the other. You can even use this technique to capture the movement of the stars on a clear night - set the tripod to allow you to focus your camera on the heavens and use a long exposure of even an hour. The end result will show you the paths of the stars as they move across the sky overhead.

Get technical. [Digital Photography School](#) is a free website that offers great advice for learning about digital photography. It includes many tutorials and examples dealing with capturing movement, but I would start [here](#), [here](#) or [here](#).