



Over the period of a week Shimelle took one photo every day while out on a walk. She scrapped the resulting images all together on this gorgeous digital page, using a template and digital paper from Two Peas in a Bucket.

A photo a day...

...might not keep the doctor away, but it'll definitely make you feel good by helping you get even more out of your photography and your scrapbooking, as enthusiast **Shimelle Laine** explains...

Digital photography is such a boon, isn't it? Without the worry of the cost of film developing we're free to snap away, to experiment and to have fun. It's definitely a good time to have a camera! But are you making the most of it? If you're a scrapbooker it's likely that 'improve my photography' is on your resolution list for 2009. Well, practice makes perfect, so why not commit now to getting that practice by taking a daily photo – for a week, a month, or even a year!

Does that idea make you gasp? Well, think what you'll get out of it. Firstly, you'll record real evidence of what your daily life is all about, the ordinary things you see and experiences you have. As a scrapbooker you'll find those photos will inspire you to create new kinds of pages and projects. In addition, by using your camera so frequently you'll learn the ins and outs of it

as you play with settings and buttons you've ignored up till now – and you'll improve your composition skills too. It's just too good a chance to pass up!

How to scrap daily photos

Don't panic – of course you don't have to make a full 12x12in page of one photo from every single day, that would be just too much! So on the following pages you'll find a variety of ways to scrap your daily photos. Meanwhile, a cool idea while you're in the process of taking them is to set up a blog and post a photo each day, or to use the free photo-sharing site Flickr.com and join one of the many groups devoted to daily photography. You'll see the pictures taken by other people in the group, giving you inspiration and ideas for new photos of your own, and the other people will cheer you – your very own support team! >>



monday



tuesday



wednesday



thursday



friday

■ These glorious food images were the result of Shimelle's week-long experiment with making the most of the light and space conditions in her own tiny kitchen.

DATE: 22 May 2008

DATE: 23 May 2008

A week of themed photos

■ If you decide to opt for just a week's worth of photos, you could have fun by focussing your work and taking a themed set of images. For one week last May I snapped kitchen pictures, and trust me when I tell you our kitchen is tiny, so I worried that this didn't allow many options! But by placing myself in such confined space I was forced to think a bit more creatively.

Limiting myself to one room also made me discover the light in a space that I otherwise would have ignored – the only window in the kitchen is directly over the sink, so it doesn't seem like a good candidate to set up a shot, but it turns out that in the morning and afternoon, the counter surface to either side of the sink gets a lovely angled light with a warm tone that was great for highlighting the depth of the colour in things like strawberries. Without this experiment, I never would have discovered that little bit of magic.

To enhance these photos I used a digital brush with the date and day of the week. American scrapper Ali Edwards has created several digital embellishments to help document life through photos – you can find this one and others at www.designerdigitals.com. This set includes days of the week and months of the year and you can use the Adobe Photoshop brush in any colour you fancy, then add the date in a font of your choice. It's super quick and very easy, even if you're new to Adobe Photoshop, so have a go.

A whole year of images

■ If you've resolved to take a photo every day for a whole year, well done! You've got a great adventure ahead of you. To scrap my year of photos I used a series of mini albums with 4x6in sleeves for photos, occasionally adding a 4x6in block of cardstock with embellishments and journaling to gain a happy medium between a fancy scrapbook and a plain photo album.

Another option is to glue the photos back to back, backing some

shots with cardstock instead of another photo. Punch holes and hold everything together with binder rings and you'll have months of photos organised in one place in a flash.

A different option altogether is to get a photobook printed via a service such as Photobox.com or Blurb.com. They let you create your own book online, dropping your photos into stylish templates, and order a copy to be sent straight to your home in hardback and full colour.



■ Shimelle took a photo every day for a year, and organised the results into simple mini albums with a hand-written record at the front of all the images.



A year in review

■ **A photo a month is something that even the most time-pressured of us can achieve – in fact, I'd bet it's something that every scrapbooker already does.** So this option of creating a 'year in review' scrapbook page should fit right in with what you're already doing, and it makes a nice way of highlighting either the photos you're most proud of in terms of composition, or of highlighting special events from your year.

You don't have to stick to my idea of a range of subjects, though. You could theme your page, choosing photos of just family members, for example, or of the monthly progress of something such as a building or decorating project, or a self-portrait on the day of your birthday each month – great fun for showing off

hairstyles and seasonal fashions! The choice of subject matter is yours, and it's completely wide open!

I created my year in review layout as a digital page. Digi scrapping isn't something I've done a lot of yet, but it seemed like a good option here as I was working with 12 digital images. The template and embellishments came from Two Peas in a Bucket and the font 'Adler' from Dafont. I had fun choosing which pictures to use to give a flavour of my overall year.

This kind of year in review page could happily sit as a kind of summary at the back of a scrapbook album, but it's also something that would look great displayed on your wall. A 2D digi page printed out would be easier to frame in this case than a chunky 3D paper page with embellishments.

■ **Would you like more resources for different ways to improve your photography in 2009?** Here are two ideas for getting help at home. Photojojo will send you two free emails every week with details on all sorts of interesting photography bits – see www.photojojo.com for more details. For those with more time (around ten hours a week) to devote to their hobby, the Open University offers a stand-alone course in digital photography called 'Creating & Sharing Better Images'. Go to www.open.ac.uk then search for 'digital photography'.



■ Throughout 2008, on the 25th day of each month, Shimelle took a small set of photos. At the end of the year she scrapped all the images together in a delightful mini book.

Set a certain day aside each week or month

■ **A different take on the idea of one photo from each month is to actually plan to take a photo, or set of photos, on a certain day every month for a year.** That's what I did here with my Scrap Your Day project, which I worked on with the UKScrapppers online forum (ukscrapppers.co.uk). I took a few photos on the 25th day of each month in 2008, and put the resulting images all together in a mini book.

This was such a fun project, and the excitement mounted each month as the 25th approached! Have a look at www.shimelle.com/scrapyourday for more images and ideas about this kind of project. If you love this idea you could even make it a weekly thing rather than a monthly one. An example is A Flickr challenge group called 'Corners of my Home Thursdays' whose members took photos each Thursday – see the results at <http://tinyurl.com/2963yh>