

52 IMAGES

You can use a camera or phone for this activity. Alternatively you could create pictures by sketching or cutting out images from magazines.

Elaine says:

'I did this with my daughter for a year but it can be however long you want it to be. It is not a photography competition, just a way of expressing something through an image.'

Choose a word - maybe count 3 lines down and 5 words across on a page of a book or newspaper, or decide on a word with a neighbour or someone you talk to on the phone.

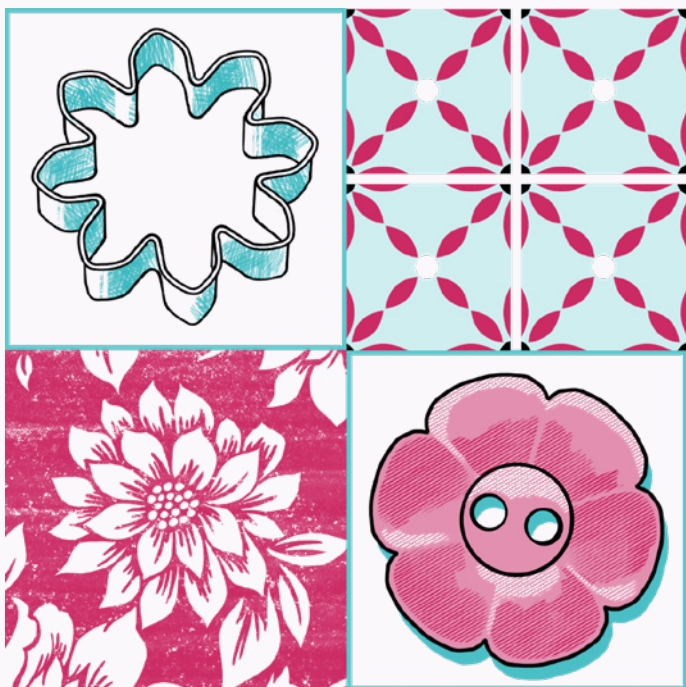
Create an image of what that word means to you.

Here are some suggestions for words to get you started: YOU, LINE, LIGHT, FLOWER.

If you are doing this activity with someone else, why not share your images with each other?

You could try doing this every week for a year, but don't worry if you can't. It's not a chore! So no worries if you are involved in other things or you aren't feeling able.

Try to stretch your imagination - so no selfies or family photos!



The Manchester Culture Champions project has been hosted by the Royal Exchange but is currently being redeveloped. If you would like to be involved in the future please contact Deborah Ward: deborah.ward-3@manchester.ac.uk

Creative Care Kit: a GMCA project in collaboration with Greater Manchester's cultural and voluntary sectors