

# 45 Days of Photos

This photography exercise is designed to improve students' photography skills and test their creativity. Each day, students will find a way to take a photo that in some way represents the topic provided.

- Students must use various types of composition. If they have used "worm's-eye view" already that week, they can't use it again until the following week.
- Students may take multiple photos, but should select the best one to submit.
- Teachers can place additional requirements on the assignment as needed for educational purposes.
- Adviser may choose to select one photo from each student and post it anonymously, then allow other students to guess who took the photo. It can be a fun get-to-know-you activity.

## 12 POSSIBLE COMPOSITION TECHNIQUES

- Bird's-Eye View
- Worm's-Eye View
- Using Negative Space for Emphasis
- Fill the Frame
- Framing
- Leading Lines
- Depth of Field/Background Emphasized
- Patterns and Textures
- Balance
- Rule of Thirds
- Centering and Symmetry
- Depth of Field/Foreground Emphasized

### WEEK ONE

1. Hat
2. Hair
3. Funny Face
4. Eye(s)
5. Knee(s)

### WEEK TWO

6. Breakfast
7. Lunch
8. Dinner
9. Snack
10. Worst thing you've eaten

### WEEK THREE

11. Pajamas
12. School uniform or outfit—  
with your twist
13. School spirit gear
14. Lazy day outfit
15. Patterns

### WEEK FOUR

16. Last thing you read
17. Favorite show on TV or  
streaming service
18. Last movie you watched
19. Music
20. Last social media you were on

### WEEK FIVE

21. Beloved sports equipment
22. Neglected sports equipment
23. Yoga
24. Last sport you did
25. Sport you used to play/do,  
but you don't anymore

### WEEK SIX

26. Pets
27. Siblings
28. Parents/Guardians
29. Other family
30. Friends who are like family

### WEEK SEVEN

31. A day in your life in 10 photos
32. An hour in your life in 20 photos
33. Mirror
34. So close you can feel it
35. Silhouette

### WEEK EIGHT

36. Beauty
37. Quiet
38. Brightness
39. Unexpected
40. Simplicity

### WEEK NINE

41. A, B, C, D, E
42. F, G, H, I, J
43. K, L, M, N, O
44. P, Q, R, S, T
45. U, V, W, X, Y, Z

