

# JUNE 2023

365  
*Picture  
Today*



365 *Picture Today*

## June Poem

*Far up in the deep blue sky, Great white clouds are floating by;  
All the world is dressed in green; Many happy birds are seen,  
Roses bright and sunshine clear, Show that lovely June is here!*

~ by F.G. Sanders

Yes, June is here and it is so lovely that we get to spend it together!

We hope this 6th month finds your 365 Picture Today project in full swing with no signs of slowing up!

June will have you searching for lavender, taking a “less is more” approach with minimalist photography, sharing aspects of your space with us, and practicing composition with leading lines. This month also includes our quarterly challenge, Picture My World, you can return to the same spot from March to document the changes or show us what’s currently happening in your world.

A must-see this month is the Strawberry Full Moon on June 3rd. It's named in part for its namesake the strawberry as well as its reddish/pink hue. Mark your calendar again, June Solstice is on the 21st the official transition into summer! For the Northern Hemisphere, this brings with it the promise of extra hours of daylight on the longest day, and for the Southern Hemisphere, they will transition from autumn into winter with the shortest day of the year.

As you look through the 365 Picture Today Facebook page and Instagram feed take note of these changes in each other's photos; green grass where there was once snow, selfies have moved either indoors or out, flowers blooming here while leaves are falling there, flipflops make an appearance for some and the return of sweater weather for others.

June is a month of transition and we hope you find this month's prompts make those transitions a little more fun!

Happy Clicking Everyone!

*Amy, Diane, Garnett, Kris, Lee Leslie and Lysle*

# EXPLAINING THE PROMPTS

JUNE 1  
**ELATED**  
Flat Lay

*Picture***BASIC**

Each month is broken into 4 weekly themes: Picture Life, Picture Basic, Picture Color and Picture Style. These are meant to fuel your imagination, keep you engaged, and challenge your creativity. They give you the opportunity to see the same things in different ways.

## PICTURE LIFE

Picture Life is where you will be challenged to chronicle your life. Each Picture Life week will have a theme which will give us a glimpse into your day to day life. This is where we all will have the opportunity to get to know one another a little more. We encourage you to show us all aspects of your life, including your beautiful self! In Picture Life week there will be a Where I Stand prompt coupled with a time of day prompt. Here we encourage you once a month to show us what you are doing at a certain time of the day by showing us where you are standing.

## PICTURE BASIC

Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at leading lines, flat lays, lights and shadows, (to name a few!). Don't be shy to ask for clarification, camera settings or any tips and tricks. We aren't magicians here, we share our secrets!

## PICTURE COLOR

We will focus on a specific color chosen by the Creative Team for these weeks. This year our colour choices will be a little beyond just the basics. You can include a little of the color, go completely monochrome or anything in between. You will likely find that this is one of your favourite weeks.

## PICTURE STYLE

Lifestyle, architecture, landscape, sports, golden hour, are just some of the styles you will be encouraged to play around with to try out something new. Some of these might be a little out of your comfort zone. Our hope is that by the end of the week you may have discovered something you love. You might find style in your original photo or add some style in post-processing.

## EXTRA CHALLENGES

Along the way you'll notice a few added monthly challenges sprinkled in to give you extra inspiration.

**Macro Monday** - For this prompt we encourage you to get in close. Grab your macro lens, macro filters or just crop your photo in post-processing. This is where we can focus on the little details.

**Scavenger Hunt** - A quarterly challenge where instead of one prompt, you have 4 . Take the 4 photos and make a collage. Make it work for you and your day.

**Picture My World** - This is a quarterly challenge. We are hoping you can return to the same spot 4 times on these days to document the changing seasons in your world or in your life.

## Extra Seasonal Challenge

We are introducing something new this year... Seasonal challenges. Seasonal challenges are extra technical challenges to help you learn or practice technical skills. The challenge is separate from daily prompts and is there to give you that extra boost if you want to take it on. The extra challenge will occur 4 times a year and will come with technical instruction. Once the challenge is offered, you will have a week to think about it, practice, and then take and post your image.



I don't usually like to over crowd my flat lays so I keep it simple.

Someone gave me some roses, and by taking a few of them out of the vase and laying them down on a surface, spraying them with water, putting a bit of brown paper and string around them, I have one of my favourite things!

What makes you elated? Use those things to make a flat lay today.

Lee



JUNE 2  
**FLOURISHING**  
Flat Lay

## PictureBASIC



Have you been enjoying creating flatlays this week? I have an increased appreciation for those cooking magazine layouts that feature them! They inspired me to try one by taking a single item and dissecting it into its composite parts. My background is the operating table--I mean, cutting board! To fit the prompt, I curled my peels into little flourishes.

If you're looking for some inspiration, why not find a simple item and make a flatlay out of its components? It could be a flower, vegetable, or maybe something on your desk. Or just hunt down some things that flourish near you to display pleasingly. At this time of year, I'll bet there's plenty!

Leslie

JUNE 3  
**BLESSED**  
Flat Lay

## PictureBASIC



If you say you have been blessed, you feel lucky to have something; health, love, fame, fortune, talent etc. To be blessed is a special favour, mercy or benefit!

I feel blessed to be part of the 365 Picture Today community! I start and end every day with you! Thinking about, setting up and taking my daily pictures are the most creative parts of my day and for that I am truly blessed.

During Flat Lay week, I am inviting you for tea! Make a flat lay today that tells a story of how you feel blessed. You might want to have a tea party with me!

Lysle

JUNE 4  
**FETCHING**  
Lavender

## PictureCOLOR



It's colour week again and this week we are celebrating the colour lavender. Lavender is such a fetching colour don't you think?

Ottawa has a tulip festival every year. There are tulip beds all throughout the city and you can pretty well find any colour tulip you want. It's such a lovely time in this city and it's a great time to take photos. I captured these lavender coloured tulips at last year's festival. I think they're quite fetching.

What will you find today that's fetching? If it's lavender, all the better.

Diane



JUNE 5  
**HALE**  
Lavender

## PictureCOLOR



Lavender is such a beautiful color. This week is going to be lovely.

What in the world does "hale" mean? Hale usually refers to an elderly person who is strong and healthy.

My example photo has my 70-year old hubby amongst the mountain lupine! Yes, my hubby is strong and healthy; but just look at that beautiful lupine.

Look for something or someone today that exemplifies strong and healthy. Remember to include something lavender for color week!

Garnett

JUNE 6  
**ENLIGHTENING**  
Lavender

## PictureCOLOR



Enlightening - providing or tending to provide knowledge, understanding, or insight

I have loved watching these lavender clematis bloom through the spring. I find their form beautiful from the point that their closed buds form on the vine until the last bit of color is spent. I am struck by the fact that this one flower can look so different, yet is one in the same. That same insight about humankind would go a long way to making this world a peaceful place.

As you go about your day, look for something that comes in many forms or stages. Hopefully something will be lavender! What knowledge, understanding, or insight do you gain by studying, and photographing, these relationships?

Kris

JUNE 7  
**BECOMING**  
Lavender

## PictureCOLOR



Lavender is a fabulous smell as well as a very pretty plant.

I got in close with my macro lens to see the bees working hard.

It is becoming to see the bees in the flowers.

What is appropriate for you to photograph today?

Lee

JUNE 8  
**MIRACULOUS**  
Lavender

*Picture***COLOR**



Meeting a dog named Lavender wearing a lavender "Service Dog" halter on D.o.G. Street during Lavender Week? I'd call that miraculous!

Any miraculous lavender finds in your neighborhood this week? All it takes is keeping your eyes open!

Leslie

JUNE 9  
**AUTHENTIC**  
Lavender

*Picture***COLOR**



People tend to associate lavender with its fragrance and its colour. But it also has a very long history in herbal medicine. Lavender helps with anxiety, headaches, acne, burns, dry skin, mood issues, wound healing and insomnia! It is an authentic healing remedy.

Lavender soaps and lotions, lavender essential oils and lavender teas have all been used through out time to not only heal our bodies but to sooth our minds. Do you have any lavender products in your home to photograph?

Lysle

JUNE 10  
**BOUNTIFUL**  
Lavender - Picture My World

*Picture***COLOR**



It's the 2nd photo of our quarterly challenge.

Do you remember your spot from March? You can return back to document the changing seasons or share where in the world you are today. Remember to tag your photo accordingly so you can find it next quarter!

With it being color week consider adding some lavender. In my corner of the world, I spotted a bounty of lavender in my neighbor's yard on my walk!

Amy



JUNE 11  
**FANTASTIC**  
Minimalist

*Picture* **STYLE**



Today starts Picture Style week with our theme being "minimalist"

Like other forms of minimalism, minimalist photography is about taking a subject down to the basics. Photos with clean lines, empty spaces and only the essential elements that aren't cluttered.

I used a lot of negative space in the example photo to make the subject pop. I took a simple subject and made it fantastic. What can you pare down to a simple form in a fantastic way?

Garnett

JUNE 12  
**DILIGENT**  
Minimalist - Macro Monday

*Picture* **STYLE**



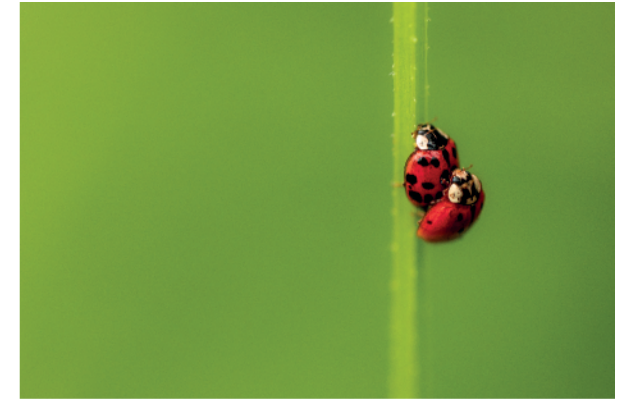
I try to be diligent in my efforts to eat healthily. That has its advantages when it comes to photography, especially macro photography. Fruits and vegetables and beans make for some interesting images. We are diligent about having good coffee at our house, buying our coffee from a local roaster.

On this macro Monday, be diligent in getting close up to something edible...or drinkable. :-)

Kris

JUNE 13  
**EXCELLENT**  
Minimalist

*Picture* **STYLE**



Minimalist photos are usually stunning. By using the colours, and not much in the frame, your eye is straightaway drawn to the subject.

What will you see today that uses colour to make an excellent photo?

Lee

JUNE 14  
**PROUD**  
Minimalist

*Picture*STYLE



I love decluttering, so minimalist images appeal to my tidy-loving nature. The original picture was bigger with more branches, so I cropped out the unnecessary and used a healing tool to clean up some extra bits. It's just like decluttering a home! I'm feelin' pretty proud of the result.

How do you shoot minimalism? Don't be afraid to tidy up your photo if necessary. You'll feel proud in the end!

Leslie

JUNE 15  
**PROMPT FREE**  
Minimalist

*Picture*STYLE

365  
*Picture*  
*Today*

Today is a blank canvas for which all of the other prompts have prepared you.

Keep your eyes open and have fun!

Prompt Free

JUNE 16  
**IMPECCABLE**  
Minimalist

*Picture*STYLE



Impeccable means perfect with no bad parts. And we certainly hope your day ahead is just that!

So keep your photo perfectly simple while focusing on a single subject. Try using a shallow depth of field, f2 - f5, to help provide some separation with your background - adding bokeh with its soft tones can make the negative space more soothing.

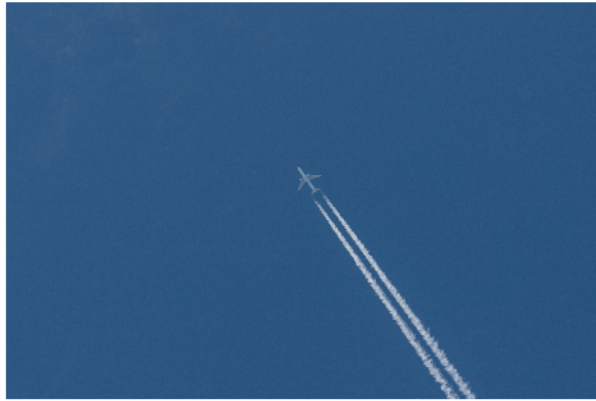
Can't wait to see your perfect find of the day!

Amy



JUNE 17  
**EFFORTLESS**  
Minimalist

*Picture*STYLE



Using minimalism in your photography helps you to create photos that emphasize the essentials. Keeping it simple and using negative space helps your subject stand out as the focus of the photos.

Every time I hear a plane in the sky I always look up. The plane looks effortless as it glides across the sky. I like to imagine where the plane may be going. When I took this photo the sky was clear, not a cloud to be seen. The only thing I could see was the airplane and its contrails. The minimal details make the plane the sole focus of the photo. I like the contrast of the plane against the clear blue sky.

How can you emphasize effortless by using minimalism in your photo today?

Diane

JUNE 18  
**INSPIRING**  
Your Space - Picture Me

*Picture*STYLE



Where do you go to find inspiration? Out into nature? To the library? To a coffee shop? To the craft store? We all find inspiration in different ways, places, and spaces.

This space holds many things that inspire me and all I need to express my creativity once that spark of inspiration has taken hold. Art supplies, yarn, Lego, places for all of my furry family members to hang out with me, and many special things made by me and people who are important to me.

Give us a peek into your place of inspiration.

Kris

JUNE 19  
**SUPER**  
Your Space

*Guest*PROMPT



It's a Bird! It's a Plane! It's Super-you!

Today in Your Space week, we are looking for Super! What makes your space feel super special? What about your space makes YOU feel super?

This room in my house is my favorite - it has super views and so much sunlight, and I feel like super-mom when my kids race all around me on their bouncing ponies.

When photographing an interior space, I look for a wide angle to capture as much of the structure of the room as possible. Look for interesting windows, and choose a time of day when the light accents the room best.

Consider setting up a tripod so we can see YOU in your space!

Michelle Smarr

JUNE 20  
**ZANY**

PictureLIFE

Your Space - Where I Stand - 6 O'Clock



It's 6 o'clock and you'll never find me up that early for a photo. Instead, I'm getting ready to step out for the evening--on my porch! Doesn't mean I can't indulge in these zany Bruno Magli flats that I inherited from my mom. She's gone, but her style lives on!

Do you have something zany in your closet? Whether it's bunny slippers at dawn or spikes at dusk, now's your opportunity to show them off!

Leslie

JUNE 21  
**COMFY**

PictureLIFE

Your Space



The mountains are calling and I must go

This week we are photographing our space! Dorothy in The Wizard of Oz got it right: there is no place like home! A home is the physical embodiment of the people who inhabit it. It is where we can best be ourselves, and express ourselves through our belongings and decor. But what about the space around your home? Where do you go to find your peace, your inspiration and your exercise joy! For me, it is always the mountains and I am blessed to live amongst them. Here I am enjoying a lunch break on a rock....perhaps not the most comfy of perches but definitely within my comfort zone.

Today go outside and show us your home away from home. It might be your backyard, your local park, the ocean, lake, mountains, forest or meadow! Take a picture of a place you go to and feel comfortable in outside. You might even go outside your comfort zone....you won't regret it!

Lysle

JUNE 22  
**CHUCKLESOME**

PictureLIFE

Your Space



Make us chuckle!

Share something amusing from your day!

I found mine in the pantry...these fun chip bags crack me up every time :)

Is there something or someone that never fails to make you laugh? that pesky squirrel outside your window, your pet's antics for a treat, a funny sign or tshirt that always gets a laugh, you get the idea!

Amy



JUNE 23  
**KIND**  
Your Space

*Picture***LIFE**



Brian is one of the kindest people I know. He pitches in a lot around the house despite still having to work full time. He's a gem! We have created a wonderful life together and we love the space we share.

Here he is in the kitchen helping me unload the groceries. I think maybe he was more interested in what I bought. I'm ok with that, he is helping afterall!

What kind person do you welcome into your space?

Diane

JUNE 24  
**METHODICAL**  
Your Space

*Picture***LIFE**



We are picturing life and highlighting our spaces this week.

I have a collection of Barbie dolls. They are methodically organized on shelves by their date. You can see 2 shelves here and there are 2 more shelves below. I always played with Barbie's as a young girl and I still enjoy looking at them.

My grandkids like to come over and play "I spy" with them. We take turns spying a unique feature on one of the dolls and having someone else guess which doll.

What methodical items do you have in your space?  
How are they organized or not organized?

Garnett

JUNE 25  
**NEAT**  
Leading Lines

*Picture***BASIC**



When you are walking in the countryside and down the path comes the cavalry from the 19th century, that is pretty neat.

I live very close to where the battle of Waterloo took place. Often during the summer months (especially in June) people re-enact the battle.

Don't forget to use the leading lines to show your subjects.

What is neat in your life today?

Lee

JUNE 26

**LOYAL**

Leading Lines

*Picture***BASIC**



He could be a Revolutionary. Or he could be a Loyalist. But what's for sure is that he's surrounded by leading lines! All those vertical fences and shutters point to him from above and below. Clapboards draw the eye in from the front and back. And his black silhouette stands in high contrast to the structures' white surfaces.

Pledge to be loyal to leading lines in your composition today. See how dynamically they can draw the eye to your subject.

Leslie

JUNE 27

**PERFECT**

Leading Lines

*Picture***BASIC**



Lanes and alleys are perfect subjects in which to find leading lines! The alley does all the work, you just have to take the picture! I have a great love of alleyways and consider myself to be somewhat of an alley cat.

Position yourself in the alley so that you are looking all the way down its length. This can be done from the end of the alley where you can photograph both sides, or you can highlight one side by taking the photography on an angle. Be an alley cat in your photography today.

Don't hesitate to try different points of view and different angles. No alleys? No problem! Try a street, sidewalk or bridge.

Lysle

JUNE 28

**ULTIMATE**

Leading Lines

*Picture***BASIC**



Did you know... not all leading lines need to be straight!

They can zigzag, be diagonal, curved, or just elements that are positioned throughout your the image. The placement of the "lines" within your composition can add impact and visual interest. This simple technique helps to control the way your photo is viewed.

What ultimate lines will you find?

Amy



JUNE 29  
**PROFICIENT**  
Leading Lines

*Picture***BASIC**



Bridges are great for leading lines. They lead somewhere and they take you, the viewer with them through the photo.

In this photo these proficient bike riders are finding their way over the bridge. You don't know exactly where they are going but you definitely know they are going over that bridge.

Use leading lines today to emphasize something you feel is proficient.

Diane

JUNE 30  
**SENSIBLE**  
Leading Lines

*Picture***BASIC**



I am so thankful for footbridges that cross rivers and canyons. If not for these sensible short cuts, we would either take the long way around or not cross at all!

What sensible leading lines can you find as you go through your day today?

Garnett

# JUNE 2023

## *Picture* BASIC

Flat Lay

- 1 Elated
- 2 Flourishing
- 3 Blessed

## *Picture* COLOR

Lavender

- 4 Fetching
- 5 Hale
- 6 Enlightening
- 7 Becoming
- 8 Miraculous
- 9 Authentic
- 10 Bountiful

## *Picture* STYLE

Minimalist

- 11 Fantastic
- 12 Diligent
- 13 Excellent
- 14 Proud
- 15 Prompt Free

## *Picture* STYLE

Minimalist

- 16 Impeccable
- 17 Effortless

## *Picture* LIFE

Your Space

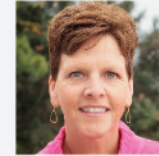
- 18 Inspiring
- 19 Super
- 20 Zany
- 21 Comfy
- 22 Chucklesome
- 23 Kind
- 24 Methodical

## *Picture* BASIC

Leading Lines

- 25 Neat
- 26 Loyal
- 27 Perfect
- 28 Ultimate
- 29 Proficient
- 30 Sensible

## 365 *Picture Today* CREATIVE TEAM



*Amy*

amy@365picturetoday.com



*Diane*

diane@365picturetoday.com



*Garnett*

garnett@365picturetoday.com



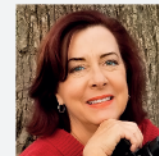
*Kris*

kris@365picturetoday.com



*Lee*

lee@365picturetoday.com



*Leslie*

leslie@365picturetoday.com



*Lysle*

lysle@365picturetoday.com