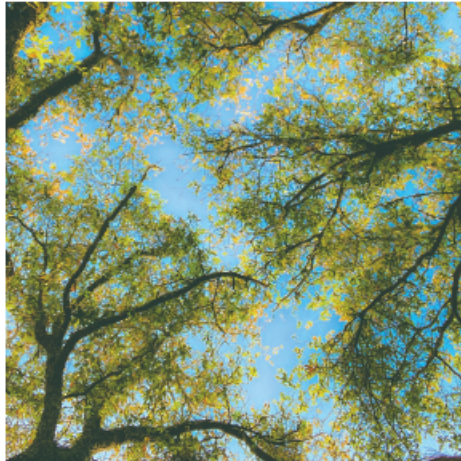


APRIL 2022



365 Picture Today

WELCOME APRIL

What are we if not storytellers?

What's amazing about our 365 daily journey is that along with our photos, we are also telling stories with the words we use when we share our photos. Sometimes, our photos require a lot of descriptive words and sometimes, the photos speak so clearly on their own. I can say that in my own 365 photos, I usually have to add the descriptive words because sometimes I manipulate the prompt words to work for my photos, instead of taking my photos to work for the prompts. (Boy, do I hope that makes sense)!

When telling stories verbally, it's important to have an emotional connection/response. A good verbal storyteller includes enough information to keep their listener engaged without bogging them down with unnecessary information.

When we use our camera to tell our stories, we composers need to make the decisions of what to include in those photos to create an emotional connection/response. What do we need to include to define the moment we are capturing? What do we need to REMOVE to strengthen the moment we are capturing?

By the end of this year, you'll have 365 photos of the most amazing visual story of your life. This month we will be telling stories by focusing on still life, the color green, point of view, and what I love

Amy, Danette, Diane, Joy, Kris, Lee and Lysle

EXPLAINING THE PROMPTS

Each month is broken into 4 weekly themes: Picture You, Picture More, 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 YOU - Possibly the biggest challenge, but it allows you to chronicle your life and to be included in photos for loved ones who want to have photos of you, even if you don't like how you look that day. You don't HAVE to be in the picture every day, but we would love to see you.

During Picture You week you will notice some sub-challenges:

Sunday Selfie - Sunday of Picture You week you're encouraged to take a selfie, nothing fancy, just your wonderful face.

Picture My Hands - What are you doing today? Show us what you're doing or holding from your point of view and be sure to include your hands.

Picture the Alphabet - Have you seen the letter "E" in a fence or "O" in a ferris wheel? Find letters in your world, or, if you can't find them, make them even with just a piece of paper and a marker. Let the letter stand out! You will see two letters for the prompt. We want two photos in a collage for your daily photo. By the end of the year you will have 26 letter photos to make words.

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.

PICTURE MORE - Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at repetition, triangles, diagonals, textures, centred photos (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. 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 - Landscape, food, golden hour, still life, street, minimalist 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 9. Take the 9 photos and make a collage. If a scavenger hunt is a bit beyond you that day, see if you can challenge yourself to fit 3 prompts in three different photos, or all nine in one. Make it work for you and your day.

Picture Recreate - In this challenge, all we want you to do is recreate an existing photo, whether that's a Pinterest photo you've been wanting to try, a photo from a fellow 365er you loved, or a photo of you and your siblings in the bathtub when you were 5. As always, you can be as creative or literal as you want.



APRIL 1

OPTIMISTIC

Picture **YOU**

Low Key - Picture My Hands

Is there anything more optimistic than greeting the day with a hot cup of coffee (or tea!) and looking out at the world, imagining all the possibilities? Anne of Green Gables says, "tomorrow (or today) is always fresh, with no mistakes in it." It's great to start each day with this level of optimism.

Maybe you're also contemplating your April Fool's prank. Whatever you're optimistic about today, try to show us with your hands. And remember we're trying low-key photos. If you're using your camera, lower the exposure and play with shadows. If you're using your phone, play around with the editing by lowering exposure and increasing shadows. I'm optimistic you will come up with something awesome!

Joy

APRIL 2
CAPTIVATING
Low Key

Picture **YOU**

As we round out our week of low key photography, think about the ways you photographed with the barest amount of light! What did you learn?

That there is potential in the dark corners of your home? Artificial light is not all bad? Shadows can add intrigue? Today we ask you to captivate us with your lack of light!

I found by cracking my pantry door just a little it allowed a long sliver of light to fall across the counter.

Amy



APRIL 3
POLISHED
Still Life in a Box

Picture **STYLE**

Still life photography is a form of photography that depicts inanimate objects or subject matters. Sounds simple, right? The trick is to take these simple objects and turn them into an interesting photo! And, to kick it up a notch, this week we're focusing on creating still life photos in a box. It doesn't necessarily have to be a box though. You can interpret box in any way you see fit.

I picked up this old suitcase about a year ago and have been waiting for the right opportunity to feature it. This week I'm going to use it as my box. This week is going to be my chance to polish my still life photography skills. How can you take inanimate objects and turn them into a polished still life photo? What type of box will you use? I can't wait to see what you come up with.

Diane

APRIL 4
BRILLIANT
Still Life in a Box

Picture **STYLE**

A flatlay is a type of still life photography. The primary objective is to collect items that together tell a story, lay them flat, and shoot looking down. Sounds easy, right? Collecting and arranging items sometimes can be more challenging than you might think. Here are some quick tips to help you create a meaningful flatlay.

- Think about the story you wish to tell
- Choose a "main character" and a supporting cast
- Keep in mind colors and shapes that are harmonious
- Use a simple background, a solid color that is not distracting usually works best
- Shoot straight down making sure all items, from front to back, are in focus
- Even light that avoids shadows will yield the best results
- Keep in mind the Rule of Thirds as you lay out your items

Try several different arrangements

In my image, my guitar is the main character. Everything else helps me to be a better player. My "box" is simply the frame.

Tell us a story by creating a "brilliant" flatlay today.

Kris





APRIL 6
TERRIFIC
 Still Life in a Box
 You are terrific!

*Picture*STYLE

You have been posting for almost 100 days and that is fantastic. For that reason I decided to put two cameras in a box. One is old and one is new. The old one represents your start and the new one represents where you are today. Can you see a difference in your photography after 96 days? Does daily practice make you better? I sure think so!

Photographing items in a box is a lot of fun. There are so many different boxes to play with and items to arrange within.

What can you find in your world that is TERRIFIC? Photograph it in a box!

Lysle



APRIL 7
OPEN
 Still Life in a Box

*Picture*STYLE

Sometimes in order to create inside a box you need to open your mind and think outside the box.

What can you open today to get a closer look at and see what's inside? Maybe you open a book you've read and find something you had forgotten about. I love re-reading books and finding treasures that become new each time, or a special bookmark I thought I had lost.

These are two favourites for rereading: *Wuthering Heights* by Emily Bronte and *The Clay Girl* by Heather Tucker (with a special connection to someone in our group!). See if you can frame it in a box, or simply work on your framing through your viewfinder.

Joy



APRIL 5
UNFORGETTABLE
 Still Life in a Box

*Picture*STYLE

We are a few days into Still Life in a Box. Are you using the same box or are you changing it up?

I did a photoshoot for a friend who owns a food business, and this is one of the photos. Putting the raw ingredients into the box helps to show what goes into the granola. This was an unforgettable experience as it was my first food photoshoot.

I used my dining room table which is oak and therefore a great colour for all the components. Do make sure that you think about all the colours and make sure that nothing clashes.

What will you find that is unforgettable in your still life box?

Lee

APRIL 8
SIGNIFICANT

*Picture*STYLE

Still Life in a Box

Today we are going to mix it up and let the box do the storytelling!

As with the prompt photo, the jewelry box with its yellowing fabric and worn edges is a significant detail as it gives the viewer a clue that the pearls inside must be very old.

What will your box tell us about its contents?

Amy



APRIL 9
COMMAND

*Picture*STYLE

Still Life in a Box

I think at the end of this "Still Life in a Box" week, we can be a bit more creative and find something that is framed within a box. I found these exclamation points (talk about COMMAND!) at a super cool restaurant in Vegas. I loved how the light gave the artwork a moody look and yet, it took command of the entire main wall of the establishment. Maybe your boxed (framed) command has words today - or maybe it's just a powerful art piece that commands your attention.

Danette



APRIL 10
PERSUADE
Green

*Picture*COLOR

Right now, we are in the midst of yearly spring planting, doing what we can to persuade our plants to produce a healthy harvest of vegetables and herbs as well as colorful flowers. It is easy to get caught up in the immediacy of the present moment, but we all need to think to the future, to future generations and the environment that we will leave to them. Planting trees and conserving natural resources are ways to help ensure sustainability.

What are you doing today to persuade those around you to "go green" and help protect the world around us?

Kris





APRIL 11
SUNNY

*Picture***COLOR**

Green - Macro Monday

The colour green always makes me think of the sun.
The sun makes everything turn green.

You can see by the bokeh in the background that it was a reasonably sunny day when I composed this shot. I was trying to get the unfurling of the fern, but I had to be careful not to overexpose the background where the sun was shining brightly.

Even though it is macro day, don't forget to try to draw the eye by putting your subject on a third.

There is a lot of green about at this time of year in the Northern Hemisphere, so show us what you can find.

Lee

APRIL 12

TASTE

Green

Taste: to ascertain the flavour by taking a little into the mouth.

Good Taste: the ability to recognize beauty in something.

Whether we taste something and deem it good, or decide we have "good taste" is very subjective. For instance, I thought my banana, kale and matcha smoothie was the epitome of good taste and that it tasted good too. My husband on the other hand turned his nose up at it and declared it to be not only disgusting but inedible!

Find something tasteful to photograph today. Remember it is green week so look for tasty green items or something tasteful....in your opinion!

Lysle



*Picture***COLOR**



APRIL 13

THRILLING

Green

Seeing green is always thrilling, especially if you've just lived through a snowy winter. I find it thrilling when my nieces and nephews are willing to pose for me, as my niece did for this photo.

There's also a lot of thrill in trying a new editing technique. Colour weeks are a great time to get the thrill of Select Colour. This can be done in Photoshop and on free apps like Snapseed. There are great tutorials for each of these on YouTube. Try it out and show us the thrilling results!

Joy

*Picture***COLOR**

APRIL 14
INTENSE
Green

Picture**COLOR**

The greens of spring always seem to be overachievers; brighter and more vibrant than the rest of spring's colors! Like the new growth of these trees - the green was practically neon in the sunshine!

Show us the green that is a little more intense than the rest.

Amy



APRIL 15
GOOD
Green

Picture**COLOR**

What comes to mind when you think of good? Quite a few things come to my mind - such as good food, feeling good, having a good day, and for my example photo today, having a good beverage with a good friend. Many things can be counted as good - and using the color green (which can symbolize harmony and health) - it's a great color to use for a GOOD picture today!

Danette



website: 365picturetoday.com

APRIL 16
GIVING
Green

Picture**COLOR**

This little guy is a gift in and of himself and I feel privileged every time I get to see him and spend time with him. He's a bundle of energy. He's forever finding things and giving them to me. Usually it's weeds or bugs. On this occasion he found one of my fake cactus plants and decided I needed to have it. I made him stand still so I could take a photo of it as I thought it was so cute. And, it's green!

Have you received something green lately that you might want to photograph? Or, are you planning on giving something green to someone you're fond of today?

Diane



instagram: 365picturetoday

instagram: 365picturetoday



APRIL 17
STAGGERING
Point of View

What position do you need to be in to get a photo that makes it memorable?

This photograph was taken in Lacock Abbey, where Henry Fox Talbot once lived. He was a scientist, an early photographer and inventor. It is well worth your time reading up on him. It is interesting to note that parts of the Abbey were used in many films; most notably the Harry Potter films.

For this photograph, I positioned myself in the corner and instead of using the rule of thirds, I put the corner on the centre to get a mirror image.

What staggering thing are you going to see today, and what rules are you going to break?

Lee

*Picture***MORE**

APRIL 18
YUMMY

Point of View

Yummy - This expression can be used to describe something that is pleasing to the senses. It can also be used to describe anything that you find extremely attractive or appealing.

In my sample I chose yummy to mean good food! I chose my point of view to be 'from above' as I thought it best showed off the yummy ingredients. I also thought it made it look like the view one would typically get when food is delivered to the table and we look down at it and say 'yum'

If food isn't your thing, find something you consider to be yummy today! Remember to try using a different point of view!

Lysle



*Picture***MORE**



APRIL 19
ACCLAIMED
Point of View

Something acclaimed is something that is praised enthusiastically and publicly. When you think about praising enthusiastically, you likely don't think of pigeons, but it all depends on your point of view. I think they're actually quite beautiful, and all are so unique (although that doesn't stop them from leaving traces on my balcony).

Point of view can be where you're standing or pointing your camera, but it can also be in your mind. What can you find today that isn't beautiful, but that you can make beautiful through your viewfinder? Give a little praise or love to something that isn't often acclaimed, and make today different.

Joy

APRIL 20
PROMPT FREE
Point of View

*Picture***MORE**

Prompt Free Days often bring to mind the saying, "The grass is always greener on the other side." Some days, we feel restricted by the prompt, but on other days, no specific prompt makes us feel lost by having no point of departure.

Think about these prompt free days as a check-in as to how this project is changing you. What do you notice that you would have overlooked previously? What small moments in your day now feel bigger and call to be documented?

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

Keep our eyes open and have fun!

Prompt Free

365
*Picture
Today*



APRIL 21
CLASSY

*Picture***MORE**

Point of View

I'm not sure how classy it may appear to be playing poker with my young teenagers while drinking a glass of wine (which comes from a super classy box in my fridge), so I am taking a bit of a comical stand on the prompt word of classy today. The definition of classy is "stylish and sophisticated" so I am hopeful that you may have a better example of what classy looks like today. I did like the point of view I took this photo in and challenge you to try a photo at table/hip height today.

Danette

APRIL 22
ZEAL

*Picture***MORE**

Point of View

Zeal is described as "with great energy or enthusiasm in pursuit of a cause or an objective". It takes a lot of zeal to get up the energy to jump in puddles repeatedly so that I could capture the splash. Thank goodness I had a willing participant. I wanted to really capture the splash at ground level. To do so I lay down on the road to capture that low point of view. I think it captures the splash perfectly.

What do you feel a zeal for today? What point of view can you use to capture that zeal? I hope you've eaten your wheaties today!

Diane



365 Picture Today FROM ABOVE	THE TOP	LOOKING RIGHT
INSIDE LOOKING OUT	AT EYE LEVEL	OUTSIDE LOOKING IN
LOOKING LEFT	THE BOTTOM	FROM BELOW

APRIL 23
MEANINGFUL

Picture **MORE**

Point of View - Scavenger Hunt

- From Above
- The Top
- Looking Right
- Inside Looking Out
- At Eye Level
- Outside Looking In
- Looking Left
- The Bottom
- Looking Right

Instead of looking for specific things in this month's scavenger hunt, we are going to look at things from different points of view. The angle or position from which you choose to shoot can dramatically change the story that you wish to tell. Have fun! You may need to call on a few of those yoga positions!

Kris

website: 365picturetoday.com

APRIL 24
ESTEEMED

Picture **YOU**

What I Love - Sunday Selfie

It is Picture You Week and the theme is What I Love! What a beautiful week it is going to be with pictures from all of us representing what we love. It is a chance to let people know a bit more about who you are and at the same time, learn a bit more about our 365 community members.

Esteemed is kind of a weird word to use for a selfie! However, I did some thinking and research and figured we all need a little bit of self esteem and self love! I know for a fact that I don't give myself enough credit for some of the things I am and some of the things I do! Sometimes we need to pat ourselves on the back and let ourselves know we are great!

Take a picture of yourself today that makes you feel good about who you are and what you do.

Lysle



instagram: 365picturetoday



APRIL 25
TRANQUIL

Picture **YOU**

What I Love

There is nothing I love more, or find more tranquil, than putting on my comfiest clothes, curling up in the softest, sunniest spot, grabbing a book and getting lost in another world.

What do you find the most tranquil? If you're like me, I give you full permission to find that cozy spot with your favourite book. Otherwise, show us a tranquil moment in your day. We all need to make time for tranquility!

Joy

instagram: 365picturetoday

APRIL 26

I J

Picture **YOU**

What I Love - Picture the Alphabet

It is Picture the Alphabet Day and this month's letters are I and J.

Remember there is no wrong approach!

You can hunt for the letters throughout your day, get creative and make your own, or use objects to represent? Just make sure to store your letters in a safe place for later!

Amy



APRIL 27

NOW

Picture **YOU**

What I Love

Living in the world we currently live in; I think doing the things that we love is especially important. **ESPECIALLY NOW!** We can all share that easily by taking a photo a day like we do in this project. Tomorrow is never a guarantee so spend time with your friends and family, take out that 'special' perfume that you save for a special occasion, wear the expensive jewelry, and show it off rather than letting it sit in a box. I am loving the moments I can share with my best friend who has moved close to me now. Too many years apart has made us both aware of how important the **NOW** is. Show us what you love **NOW**.

Danette



website: 365picturetoday.com

instagram: 365picturetoday

APRIL 28

FLOURISH

Guest **PROMPT**

What I Love

flour-ish

/ˈfləriSH/

To flourish is to grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

I love being out in nature! It helps me to slow down and be grateful which helps me to flourish both mentally and physically.

What helps you to flourish? Show us that today!

Shelle Wood



instagram: 365picturetoday



APRIL 30
QUALITY

Picture YOU

What I Love

I love flowers. I have sooo many pictures of flowers in my photo library from this time of year. It was difficult to pick just one as an example!

At this time of year in Belgium, the azaleas and rhododendrons are out in force. The quality of the flowers are beautiful for such a short time.

Take your time to find some thing of quality that you love today.

Lee

APRIL 29
PLENTIFUL

Picture YOU

What I Love - Picture My Hands

There is a lot packed into today's prompt-what I love, picture your hands, and plentiful. I spend plenty of time playing my guitar and love (almost) every minute of it. In addition to taking a photo a day, practicing is the one other thing that I do every day. I am grateful for the hands that allow me to make music this way.

Show us your hands today. What gift do they give you, or others? A handmade quilt or afghan? A warm meal? A hug?

Kris



APRIL 2022

Picture YOU

Low Key

- 1 Optimistic
- 2 Captivating

Picture STYLE

Still Life in a Box

- 3 Polished
- 4 Brilliant
- 5 Unforgettable
- 6 Terrific
- 7 Open
- 8 Significant
- 9 Command

Picture COLOR

Green

- 10 Persuade
- 11 Sunny
- 12 Taste
- 13 Thrilling
- 14 Intense
- 15 Good
- 16 Giving

Picture MORE

Point of View

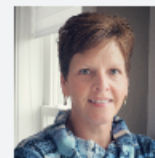
- 17 Staggering
- 18 Yummy
- 19 Acclaimed
- 20 Prompt Free
- 21 Classy
- 22 Zeal
- 23 Meaningful

Picture YOU

What I Love

- 24 Esteemed
- 25 Tranquil
- 26 I J
- 27 Now
- 28 Flourish
- 29 Plentiful
- 30 Quality

365 *Picture Today* CREATIVE TEAM



Amy

amy@365picturetoday.com



Danette

danette@365picturetoday.com



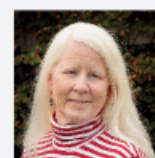
Diane

diane@365picturetoday.com



Joy

joy@365picturetoday.com



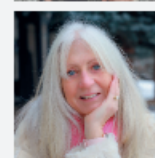
Kris

kris@365picturetoday.com



Lee

lee@365picturetoday.com



Lysle

lysle@365picturetoday.com