

## Activity: Everyday Actions and Interactions

This activity, created by artist Marysa Dowling, invites you to take a series of photographs exploring everyday actions and interactions with hands. It will encourage you to think about how hands play a role in how we communicate. What do you use your hands for? What everyday tasks and actions do you do using your hands? How do you communicate and express yourself with your hands? How do you learn or work with your hands? What things do you make?

The key aim of the activity is to create a series of photographs reenacting everyday movements that we do with our hands. They could relate to play, to socialising or relationships, to making, learning or how you express yourself. After you've made your photos, you will be invited to experiment with sequencing them.

### Example 1: Making a Sandwich



### Example 2: Washing Hands



### Example 3: Hand Waving



## You will need a:

- camera, smart phone or iPad with a self-timer setting
- sequencing app like Pic Stitch or Layout for Instagram or Photoshop
- a person or model to photograph their hands (optional)
- printer (optional)

Share your photographs #TPGActivity

# Instructions

## Step 1.

Look in the mirror and observe your hands carefully as they move. If you are photographing someone else, ask them to play around with gestures and explain what they are doing. Examine the skin, feel the movement, the sensation of touch. Do you notice how often you use your hands or how they move?

Now think about what sequence or order you will photograph in. You could write down which gestures of movements you'd like to capture and a list of specific photographs that would illustrate them.

## Step 2.

Choose a background for your hand sequence. It could be outside in nature or indoors using a wall. Or perhaps a busier background, against different textures or colours. Your location might even inspire your gestures.

How can your sequence of photographs bring an inanimate object or a space to life? How does the background affect the meaning of your pictures?

Example 1: Inside background



Example 2: Outside background



Example 3: Busy background



## Step 3.

Thinking back to your ideas in Step 1, set your camera on self-timer mode and photograph your hands performing the gesture or movement, in front of your chosen backdrop. If you are capturing someone else's hands, ask them to slowly go through each pose.

Feel free to repeat the movements more than once, as you will be able to go back and select the most successful pictures during the editing process.

Pose 1

Pose 2

Pose 3

Pose 4



## Step 4.

Choose 6 to 8 of your most successful photographs that illustrate collectively the gesture you are capturing. Now play around with the order they are presented in using a computer programme like Photoshop, an app such as Pic Stich or the Layout tool on Instagram. If you have a printer, print them so you can play with the order.

What happens when you see them together? Mix up the sequence and look again, does this change the mood, feel or narrative of your photographs? Ask someone else to reorder your sequence to create a different narrative.

Sequence 1



Sequence 2

