



Themes & Resources for Image Expressions 1.0 and 2.0
 January 2020 to December 2020
 (Modified March 7, 2020)

Date	Event	Competition	Challenge
January 2020	Image Expressions	Black & White Minimalism	Food Photography
February 2020	Image Expressions	Geometric Shapes	Lyrics or Song Title
March 2020	Image Expressions	Your Best Image in the Last 12 Months	Open
April 2020	Image Expressions	Creative Portraiture	Chaos
May 2020*	Image Expressions 2.0	Creative Techniques	Open
June 2020	Image Expressions 1.0	Action: Sports, animals, jumping, blur	Wabi Sabi – The Beauty of a naturally imperfect world
September 2020	Image Expressions 1.0	Flat Lay, Go Away	Self Portrait
October 2020*	Image Expressions 2.0	Macro & Open	
November 2020	Image Expressions 1.0	Hi-Key, Lo-Key	Guess what it is?

JANUARY 2020

COMPETITION: Black and White Minimalism:

1. Understand tonal contrast.

<https://www.discoverdigitalphotography.com/2016/understanding-tonalcontrast-for-better-photos/>

Black and white for beginners. <https://digital-photographyschool.com/beginners-guide-black-white-photography/>

2. It is easy to blow out your highlights in black and white photography, so pay extra attention to the light and your histogram.

3. Mastering the art of black and white photography.

<https://photography.tutsplus.com/tutorials/mastering-the-art-of-black-andwhite-photography--photo-280>

4. Black and white photographers and their work.

<https://answersafrica.com/black-white-photographers.html>

5. Make sure that ALL of the attention is focused on the subject and no other elements are stealing its attention.

<https://photodoto.com/8-tips-to-become-excellent-at-minimalist-photography/>

<https://photodoto.com/when-less-really-more-minimalism-photography-70examples/>

6. Negative space is an important element of minimalism, so pay close attention to the space around your subject.

<https://digital-photographyschool.com/minimalism-using-negative-space-in-your-photographs/>

<https://thelenslounge.com/photography-composition-negative-space/>

7. Learn how to take awesome black and white photos

<https://improvephotography.com/832/black-and-white-photography-tips/>

<https://petapixel.com/2014/11/24/6-black-white-photography-tipsmonochrome-enthusiasts/> <https://www.techradar.com/how-to/how-to-master-black-and-whitephotography>

8. Check out: https://sliceofsilence.com/blog/artist-spotlight-hengkikoentjoro?fbclid=IwAR1WUR7dd2Y-Ny9n9_N22yjA8s5I2Zvc_huD8FqLecLmdVn_kmoFgKP9zqk

This is the art of Hengki Koentjoro, a spectacular black and white photographer.

CHALLENGE: Food Photography:

How do you convey taste and smell with a couple of flat 2-d pixels? Just the way that we shoot anything else – by concentrating on the lighting, the angles, textures, composition and depth of field. Your subject cannot merely be a plate of food, but instead a still-life or even a work of art.

The lighting (as always) is really important. Natural, indirect light that does not create harsh shadows is very suitable for food photography.

<https://foodess.com/article/food-photography-lighting/>

The best food photos tell a story and the styling (the use of tablecloths, the background, the plates, cutlery, steam, people laughing in the background) all help to tell this story.

<https://www.stylist.co.uk/life/recipes/food-beautiful-food-styling-tips-from-theexperts/37323>

<https://www.handletheheat.com/blogs/food-photography-styling/>

Other important elements of food photography are color, shooting from different angles and paying attention to your.

<https://nicolesyblog.com/2010/01/19/food-photography-white-balance/>.

More info: <https://www.shopify.com/blog/food-photography-tips> , and <https://twolovesstudio.com/blog/99-food-photography-tips/>

Pinterest and Instagram are stuffed with glorious food photography. Have a look at the food photographer [@davidloftus](#), the cook [@rachelhooks](#) and stylist [@local_milk](#)'s feeds.

And [here](#) New York Times photographer Andrew Scrivani gives an hour-long instructional talk on food photography.

February 2020

COMPETITION: Geometric Shapes:

Most composition principles rely heavily on shapes, both literal and conceptual.
Check out this:

http://www.prime-junta.net/pont/Photography_lessons/f_Lesson_5/Geometry.html

And it is not just about having a distinctive shape in your image. Think about how elements of a photograph interplay to create shapes. Here's some tips on the subject which will take you to the next step of designing with shapes.

https://www.ultimate-photo-tips.com/visual-design_elements.html

This video talks you through the concept of using shapes.

<https://theartofphotography.tv>

4. Google: famous geometric photographers

<https://www.google.ca/search?hs=ijr&q=famous+geometric+photographers&tbm=isch&source=univ&client=opera&sa=X&ved=2ahUKEwIU0NHgPflAhX3GjQIHUeoDb0QsAR6BAgJEAE&biw=616&bih=634>

CHALLENGE: Lyrics or Song title:

1. Please include the line of lyrics or song title that go with your photo.

<https://mashable.com/2013/04/09/photo-challenge-song-lyrics/>

2. A Year in Song Lyrics – from a photo project.

<http://thephotographerwithin.com/2015/01/project-52-week-52-highlights/>

3. How I use music to inspire my photography.

<http://bethadilly.com/how-i-use-music-to-inspire-my-photography/>

4. 21 inspirational song lyrics

<https://www.motivateamazebegreat.com/2016/08/most-inspirational-songlines-and-lyrics-ever.html>

The most viewed songs on Youtube

<https://www.youtube.com/watch?v=kJQP7kiw5Fk&list=PL15B1E77BB5708555>

MARCH 2020

COMPETITION: Your best shot in the last 12 months!

Strut your Stuff...show us your best work!

CHALLENGE: Open

APRIL 2020

COMPETITION: Creative Portraiture:

Google images “Creative Portrait photography ideas”.

<http://fixthephoto.com/portrait-photography-ideas.html>

<https://expertphotography.com/21-creative-self-portrait-photography-ideas/>

<https://www.pinterest.ca/topics/creative-portrait-photography/>

HALLENGE: Chaos

Have a look at the surreal photography of [Erik Johansson](https://www.erikjo.com) <https://www.erikjo.com>

and [Platon Yurich](https://mymodernmet.com/surrealism-conceptual-photography-platon-yurich/)

<https://mymodernmet.com/surrealism-conceptual-photography-platon-yurich/>

Composite photos are often used to showcase a chaotic situation. Here are some tips on [how to shoot a composite photo](https://digital-photography-school.com/how-to-shoot-a-composite-image/).

<https://digital-photography-school.com/how-to-shoot-a-composite-image/>

Here is an [online tool for creating composite photos](https://www.fotor.com/features/photo-stitch.html) and very useful advice on [how to make a composite with your cell phone](https://www.fotor.com/features/photo-stitch.html). <https://www.fotor.com/features/photo-stitch.html>

The amazing [wave photography](https://www.wired.com/story/wave-photography/) of [Rachael Talibart](https://www.wired.com/story/wave-photography/).

<https://www.wired.com/story/wave-photography/>

How to make [light painting abstracts](https://digital-photography-school.com/how-to-do-light-painting-photography-artwith-endless-possibilities/). <https://digital-photography-school.com/how-to-do-light-painting-photography-artwith-endless-possibilities/>

An introduction to [splash water photography](#).

<https://contrastly.com/an-introduction-to-splash-water-photography/>

How to photograph [paint in water](#). <https://www.digitalcameraworld.com/tutorials/how-to-photograph-paint-droplets-inwater>

Google images: chaos or beautiful chaos photographs.

MAY 2020 – Image Expressions 2.0 - Judged

COMPETITION: Creative Techniques:

Try some of these:

<https://www.slrlounge.com/creative-photography-ideas/>

Pinterest: <https://www.pinterest.ca/explore/creative-photography/>

<https://www.studentartguide.com/articles/creative-photography-ideas>

<https://ccp.arizona.edu>

Learn all your camera can do “in camera”. There are many creative settings in camera.

<https://www.youtube.com/watch?v=Ua1-qDtVM-0>

Remember to google images.

Challenge: Open

JUNE 2020

COMPETITION: ACTION: Sports, animals, jumping, blur

If you decide to use a slow shutter speed, take into account that all that extra open lens time can overexpose your photos. You can use an ND filter, adjust the aperture or shoot in lower light conditions, to help darken your exposure.

The [various types of intentional blur](#) to create amazing photos.

<https://digital-photography-school.com/intentional-blur-create-awesome/>

Using shutter drag to shoot [motion-blurred photos of dancers](#).

<https://petapixel.com/2012/11/21/bts-using-shutter-drag-to-shoot-motion-blurredphotos-of-dancers/>

How to take cool [zoom blur](#) photos.

<https://www.photographymad.com/pages/view/how-to-take-stunning-zoom-burstphotos>

A guide to [motion blur and panning](#). https://photographylife-com.cdn.ampproject.org/v/s/photographylife.com/motionblur-panning-photography/amp?usqp=mq331AQA&_js_v=0.1#referrer=https%3A%2F%2Fwww.g

Choose the action that you want to shoot and do some homework about it. Pay attention to the time of day (a.k.a the light) and also note where the [professional photographers](#) usually stand.

Freeze the action! Shoot in [shutter priority](#) and choose a quick shutter speed.

The [shutter speed](#) will depend on how fast your subject is moving. [This article](#) discuss the various approaches you can take with the shutter speed. To get you started, go to a place with moving things in the middle of the day and set your camera to “S” or “Tv” at 1/2000. Have fun. <https://digital-photography-school.com/a-beginners-to-capturing-motion-in-yourphotography/>

Blur the action! Read about panning photography [here](#)
<https://www.picturecorrect.com/tips/panning-photography-tips/>

and watch a tutorial [here](#).

<https://www.youtube.com/watch?v=lnpc6QsoKo4>

Don't chimp! Chimping is when you glance at your LCD after you have taken a photo. And it can be those exact moments when the real action happens!

Tips for [surf photography](#),

<https://improvephotography.com/37581/15-tips-incredible-surf-photography/>

taking [sports photos like a pro](#)

<https://photography.tutsplus.com/tutorials/8-tips-for-taking-sports-photos-like-a-pro-photo-296>

and even [more tips](#). <https://www.photographymad.com/pages/view/the-perfect-camera-settings-foraction-and-sports-photography>

Amazing examples of action photography [here](#)

<https://www.thephotoargus.com/40-awesome-examples-of-action-photography/>

here

<http://www.topdesignmag.com/awesome-examples-of-action-photography/>

and here...

<http://www.topdesignmag.com/17-exceptional-action-photos-that-you-must-see/>

CHALLENGE: WABI SABI:

The wabi sabi philosophy originated from Japan and in a nutshell (an old halfdecomposed nutshell of course) it means to celebrate the beauty of a naturally imperfect world. This philosophy is actually a combination of two words: 'Wabi' which means an understated elegance through rustic, simple and natural design. And 'Sabi' means seeing beauty in the flaws that come with age.

In a world filled with AI, blockchains and cell phones that get smarter every two months, it is essential to stop and appreciate the beauty of the old, the rusted and the cracked. The race after the latest shiny thing will never end and it is often the old stuff with a worn patina that gives us the most comfort. Wabi-sabi teaches us to be content with the chip in a beloved mug and to appreciate the wear and tear of a lived life. Show the beauty in imperfection. It would be the wrinkles in a smiling face, a decomposing flower, the cracked spine of a beloved book or an art table covered in used paint brushes and muddied paint.

Look for wabi-sabi textures such as peeling paint, rusted metal and cracked porcelain.

1. Go on a wabi-sabi photo walk and keep your eyes open for any beautiful 'imperfections'.
2. How can we [experience wabi-sabi through photography?](https://wearejustlooking.org/wabi-sabi-photography/)

<https://wearejustlooking.org/wabi-sabi-photography/>

Have a look at the work of photographer [Sonia Melnikova-Raich](http://art.soniamelnikova.com/wabisabi.htm?seq=3) who looks for grace, poetry, and mystique in the most common things.

<http://art.soniamelnikova.com/wabisabi.htm?seq=3>

More information on wabi-sabi and [gorgeous street photography examples.](https://erickimphotography.com/blog/2016/04/15/wabi-sabi-for-photographers/)

<https://erickimphotography.com/blog/2016/04/15/wabi-sabi-for-photographers/>
SEPTEMBER 2020

COMPETITION: SHOOT FROM ABOVE OR BELOW:

Flat Lay, Go Away: A love-hate relationship with flat lay designs... and some cool photos ideas.

Awesome [#fromwhereIstand](#) photos on Instagram.

<https://www.instagram.com/fromwhereistand/?hl=en>

How to take [overhead photos](#) of you and your family.

<http://sallyfazeli.com/2017/07/instagram-how-to-take-pictures-from-above.html>

10 tips for [creative overhead](#) shooting with awesome examples.

<https://www.clickinmoms.com/blog/creativity-exercise-10-tips-for-creative-overheadshooting/>

Rules, regulations and [tips](#) for taking photos with a drone. <https://digital-photography-school.com/how-to-use-drones-to-do-stunning-aerialphotography/>

28 dizzying photos from the top of the world's [tallest skyscrapers](#).

<https://matadornetwork.com/notebook/28-dizzying-photos-top-worlds-tallestskyscrapers/>

[Exploded Flowers](#) by Singapore-based photographer Qi Wei.

<https://petapixel.com/2011/10/14/flowers-exploded-and-neatly-arranged/>

If you are worried about dirtying your clothes, take an old sheet, blanket or couple of large garbage bags on your photo shoot

If you are worried that people may trip over you while you are lying down in a public place, have a friend watch your back.

How to photograph a person from below and [create a flattering image](#). <https://www-thephoblographer-com.cdn.ampproject.org/v/s/www.thephoblographer.com/2015/07/04/how-tophotograph-a-person-from-below-and-create-a-flattering->

Tips for taking incredible [low angle cellphone photos](#) – some good advice here, also for people shooting on regular cameras.

<https://iphonephotographyschool.com/low-angle/>

A photographer's meditation from his favorite place, [lying on the ground](#).

<https://www.aperturetours.com/blog/2017/down-in-the-ground>

Under-Dogs: I Photograph Dogs From Underneath.

https://www.boredpanda.com/under-dogs-i-photograph-dogs-from-underneath/?utm_source=google&utm_medium=organic&utm_campaign=organic

How **low angle photography** can make your photos three-dimensional (WATCH this!)

<https://www.youtube.com/watch?v=QS8QaCtGKKA>

CHALLENGE: SELF-PORTRAIT:

3 reasons why **every photographer** should take a self-portrait.

<https://www.creativelive.com/blog/3-reasons-every-photographer-should-take-selfportraits/>

How self-portraiture **makes you a better photographer**. <https://digital-photography-school.com/how-self-portraiture-makes-you-a-better-photographer>

Self -portrait with **dramatic lighting**.

<https://www.youtube.com/watch?v=It2Xud0t8Cg>

How to shoot epic **self-portraits outdoors**.

<https://www.youtube.com/watch?v=iitsHQ7Wz7g>

How to take **flattering** self-portraits.

<https://expertphotography.com/how-to-take-flattering-self-portraits/>

The Invisible Age: **Photographic Self-Portraits** by Women Aged 50-65

<https://www.lensculture.com/articles/invisible-the-invisible-age-photographic-selfportraits-by-women-aged-50-65>

OCTOBER 2020

COMPETITION: MACRO:

Check that you have lots of light because you are going to have an experiment a lot with the aperture and shutter speed to get the best focus.

Block off enough time because you are definitely going to have to shoot, shoot and shoot.

Macro photography **tips for beginners**.

<https://petapixel.com/2017/10/02/10-macro-photo-tips-beginners/>

Macro Photography: How To Get Amazing Results With Any Camera
<http://52frames.com/blog/tutorials/macro-photography-how-to-get-amazingresults-with-any-camera/>

Macro photography on a [mobile phone](#).

Close-up photography with a [reverse lens](#). <https://digital-photography-school.com/reverse-lens-macro-close-up-photographylesson-3/>

Top 10 macro [photography ideas in the kitchen](#).
<https://www.youtube.com/watch?v=3rww6xjSalc>

[35 stunning macro photography ideas](#).

<https://www.smashingmagazine.com/2009/06/35-examples-of-stunning-macrophotography/>

CHALLENGE: OPEN:

NOVEMBER 2020

COMPETITION: HIGH KEY/LOW KEY:

Think about your emotion. High Key will give you a certain type of look and emotion. What story would you want to craft from that? What are you trying to tell?

Overexpose! Go crazy! **Abstract** overexposed photos can have a great surrealist look. Once your shutter speed is a bit loopy, you may want to go for an [Eva Polakesque impressionist look](#), or a ghostly effect.

<https://www.facebook.com/evapolakimpressionist/photos/pb.262679318659.220752000.1462744727./10153399966198660/?type=3&theater>

Shooting in Auto? Use [Exposure Compensation](#) to amp up your exposure! You will keep your camera doing all the work, but you can easily raise your overall exposure.
<http://52frames.com/blog/beginners-photography-guide/control-exposure/>

Use a white background. If you are going for a portrait shot, a white backdrop will get you most of the way there. Amp up your lighting on your subject, and you'll be in high key territory in no-time. Check our Markus' [high key photo](#) from last year.

<https://www.facebook.com/52frames/photos/a.1159370150754770.1073742233.180889155269546/1159370157421436/?type=3&theater>

You can also use natural light., like in Julie's photo from 2015

<https://www.facebook.com/52frames/photos/a.948263245198796.1073742084.180889155269546/948263>

Check out [this great primer](#) on how to go about shooting a high-key photograph.

<https://photography.tutsplus.com/tutorials/the-complete-beginners-guide-to-shooting-high-key-photo-2949>

Low-key photography guide

<https://digital-photography-school.com/low-key-photography-highlighting-darkness/>

Low-key photography for beginners – enter the dark side

<https://www.lightstalking.com/low-key-photography/>

40+ Examples of Photos Purposely Underexposed

<https://www.viewbug.com/blog/experimental-underexposure-photo-contestfinalists>

5 tips for beautifully deliberate underexposure

<https://www.clickinmoms.com/blog/deliberate-underexposure-photographytutorial-by-sarah-wilkerson/>

High contrast photography

<https://streetbounty.com/high-contrast-photography/>

Beginners tips for night sky and star photography

<https://digital-photography-school.com/beginners-tips-for-night-sky-and-starphotography/>

Dark food photography: what it is and why you should try it too

<https://expertphotography.com/dark-photography-food-styling/>

CHALLENGE: GUESS WHAT IT IS:

Don't tell the viewers what your subject is in the caption.

Some examples of [weird and confusing](#) photographs.

<https://www.smashingmagazine.com/2009/03/weird-confusing-and-irritatingphotography/>

Macro photography for beginners.

<https://digital-photography-school.com/macro-photography-for-beginners-part-1/>

Abstract photography ideas.

<https://www.thephotographus.com/abstract-photography-ideas/>

Can you recognize these everyday objects? <https://brightside.me/wonder-quizzes/test-can-you-recognize-everyday-objectsclose-up-262360/>

The Amazing World of Paynek.

https://www.youtube.com/watch?time_continue=75&v=EGpLdMbW-WM

How to take macro photos with your cell phone

<https://www.mobilefun.co.uk/blog/2016/07/how-to-take-macro-photos-on-yoursmartphone/>

and a cool hack.

https://www.boredpanda.com/diy-smartphone-macro-photography-rizwanashraf/?utm_source=google&utm_medium=organic&utm_campaign=organic

Want to experiment with close-up photography and not yet ready for the expense of a macro lens? Consider these ideas. <https://www.youtube.com/watch?v=Is9WriR15VQ>

DECEMBER 2020

COMPETITION: NIGHT PHOTOGRAPHY:

Your biggest disadvantage during the night is the lack of light. So be prepared for it. Make use of a tripod or place your camera on a flat surface so that your shutter can stay open longer.

Take a flashlight with you, or use your cellphone's. It is difficult to adjust the settings on your camera if you cannot SEE them!

Tips for getting better exposure during the night

<https://digital-photography-school.com/tips-for-getting-proper-exposure-for-nightphotography/>

and the beginner's guide to photography,

<https://www.capturelandscapes.com/beginners-guide-to-night-photography/>

Thirteen cool subjects for night photography. <https://digital-photography-school.com/13-great-subjects-for-urban-nightphotography/>

100 examples of beautiful night photography
<https://photography.tutsplus.com/articles/into-the-dark-100-beautiful-examples-ofnight-photography--photo-4164>

and another 60 stunning photos. <https://www.smashingmagazine.com/2008/11/60-beautiful-examples-of-nightphotography/>

Night photography tips for shooting with your cell phone
<https://www.eyeem.com/blog/10-tips-to-shooting-photos-at-night-with-your-phone>

and seven more.
<http://www.photofoxapp.com>

How to take portrait photos at night. <https://photography.tutsplus.com/tutorials/quick-tip-how-to-take-great-portraitphotos-at-night--photo-16680>

CHALLENGE: OPEN: