

# MAGIC MODE

How might we use photography to celebrate the magic that reveals itself when we step away from our screens?

This ain't your typical "phones-are-bad" detox – it's all about rediscovering the awesome moments that happen when you look up and out! Grab a camera and capture moments of wonder, curiosity, and delight.

Term 4

Theme: Healthy Futures



## What You'll Be Doing:

- **Film Photography Journey:** Capture your personal 'glimmers' – those sparks you see in the everyday – with photography and photo voice techniques.
- **Digital Detox & Reflection:** Analyse your screen habits and channel that awareness into creative, meaningful imagery that reflect real-life wonder.

## What You'll Gain:

- **Photography & Visual Storytelling:** Learn to transform everyday moments into powerful images while understanding the true impact of digital distractions.
- **Digital Wellbeing Strategies:** Gain insights into the neuroscience behind digital distractions, empowering you to build a more mindful, balanced relationship with technology.
- **Creative Habit Transformation:** Learn how to convert unhealthy digital habits into inspirational creative practices, enabling a focus on what's positive and engaging.

## What We'll Create:

- **Exhibition of Glimmers:** A photography exhibition showcasing a curated collection of your film captures and reflections on digital detox, celebrating a mindful, creative lifestyle.

