

This activity contributes to the following badges:



Digital Citizen
Staged Activity
Badge



Beaver
Photographer
Activity Badge



Cub Photographer
Activity Badge



Scout
Photographer
Activity Badge

The activity could also help towards:



Community
Impact Staged
Activity Badge



Scout Creative
Challenge Award



Explorer
Creative Arts
Activity Badge

Cubs | Scouts | Explorers | Network

Take a picture

World Photo Day, 19 August Give your young people a good reason to take selfies – invite them to start a self-portrait project

Time 60-90 minutes
(over a number of weeks)

Equipment

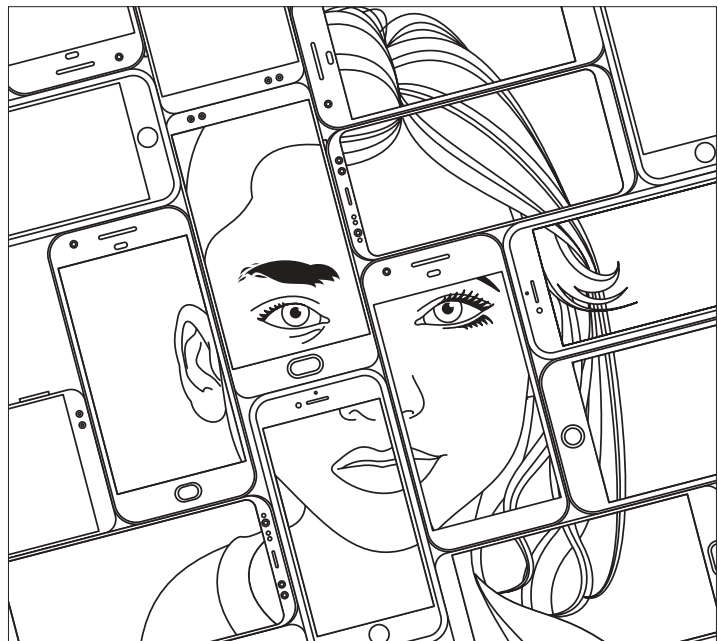
- tablet or laptop
- smartphone or digital camera

Instructions

1 Firstly, talk to your young people about selfies. What are they, why do people take them and how do they make people feel about themselves? Are they positive and empowering or can they have a negative impact? How can we make sure that selfies aren't affecting our mental health? For support and guidance around emotional wellbeing, head to scouts.org.uk/emotionalwellbeing and remember to follow the Yellow Card at all times. For guidance around photography and sharing images, head to scouts.org.uk/recordingatevents.

2 Next, show them some examples of self-portraits throughout the ages – the original selfies! Examples could include Van Gogh's Self Portrait, Salvador Dali's Soft Self-Portrait with Grilled Bacon, or any one of Frieda Kahlo's 55 self-portraits.

3 Challenge your young people to take interesting



and original self-portraits of themselves using a smartphone or camera. None of the images should be digitally retouched or have filters applied, but the young people can play around with lighting, backdrops, angles, motion and props to create something truly unique. Their self-portrait can include other people if they wish and could even tie into Scout Scarf Day on 1 August.

4 Encourage everyone to share their selfies with the rest of the section. What did they learn during this project and how do they feel about the outcome? How would they feel about creating an exhibition of

their portraits to showcase the project to parents and carers?

Take it further

Older sections could post images of their exhibition or the selfies themselves to their Group's social media site (with the permission of all the participants – for further information about online safety, head to scouts.org.uk/digitalskills). If you've chosen mental health and wellbeing as your A Million Hands issue, there's still time to use this activity as a part of your project. There are resources to support you, created by our charity partner Mind, available online at amillionhands.org.uk.