

Scouting at Home



Suitable for: All Sections

Time needed: 60-90 minutes



Creative & Personal Growth
Challenge Area

Take a picture

Give your young people a good reason to take selfies – invite them to start a self-portrait project.

What you need:

- Tablet or laptop
- Smartphone or digital camera

Instructions

1 Talk to the section at your next meeting 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?

2 Have a look at 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 The challenge is to take interesting and original self-portraits of yourself using a smartphone or camera. None of the images should be digitally retouched or have filters applied, but you can play around with lighting, backdrops, angles, motion and props to create something truly unique. Your self-portrait can include other people (or pets!) if you wish.

4 At your next meeting share your selfies with the rest of the Section. What did you learn during this project and how do you 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).

Remember to be aware of emotional wellbeing, some youth members might not be comfortable participating in this sort of activity. Always get permission before sharing any photos of youth members.