

Creativity in the shadows

Gain new perspectives from the darkness

Explore shadows and observe the forms, textures, movements, and stories that rise from the darkness. Find new perspectives as you learn how the light works to cast different shadows.

Exercise these creative muscles:

Curiosity

The practice of asking questions about the nature of your shadows trains you to question your surroundings so you can investigate and learn.

Body engagement

Engaging your body in the creative process helps open up creative channels that assist with making.

How to...

1. **Prepare for your shadow journey.** Grab a camera and prepare to look for shadows. Choose any type of camera. You can begin by using a digital camera or your mobile camera. You can also try using other types of devices—such as a disposable or Polaroid camera—to enhance your creative experience.
2. **Find shadows.** Shadows form when opaque objects disrupt the pathway of light. Let your curiosity lead you to discover shadows that exist in nature, in your home, or in the streets... anywhere! Pay attention. Be an observer. Play. Take your curiosity with you. Snap a photo of each unique shadow you encounter. What stories do the different shadows tell? What new patterns and textures do they create?
3. **Ask questions.** How was each shadow created? What objects does each represent? How is the shadow of an opaque object different from the object itself? How does an object's interaction with light and various surfaces create movement and form?
4. **Make and play.** Create your own shadows. Find a dark room or space and use a lamp, a candle, or a flashlight to cast shadows using different objects. Find interesting ways to make the shadows move. Practice using your body as a creative tool. Dance with your shadow or create unique poses and forms.
5. **Reflect.** Review your series of shadow photos. What new perspectives have you gained? How has shadow play inspired you?