



Notice the Light

THERAPEUTIC PHOTOGRAPHY

by Dre Erwin

A moment to notice

A free five-minute therapeutic photography invitation for personal reflection or a supervised group.

1 minute - Arrive and choose

Stay in a comfortable, approved space. Look for a colour, texture, shape, or ordinary object that draws your attention. You can work from a seat.

2 minutes - Explore

Photograph it, sketch it, imagine a frame around it, or simply look. Try a different angle if you want. There is no right image.

1 minute - Choose and reflect

Ask yourself: What caught my attention? What choice did I make? You may leave the questions unanswered.

1 minute - Finish your way

Give your image a title if you wish. Keep it private, share by choice, or set it aside. In a group, follow the host's permissions and storage arrangements.

There is no requirement to feel calm, positive, or better afterward. Drawing, observing, a different prompt, and passing are welcome. This is a creative wellbeing activity, not clinical treatment.

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