

“The Ten Commandments of Smartphone Photography...”

For a three-hour on-location smartphone photography workshop for seniors, structure the session to be engaging, practical, and easy to follow. Prioritize hands-on learning, clear demonstrations, and personal guidance.

Workshop Structure (3 Hours)

1. Introduction & Warm-Up (30 minutes)

📌 Objective: Set expectations, build confidence, and establish a comfortable learning environment.

Welcome & Brief Overview (5-10 min)

Introduce yourself and the session’s objectives.

Encourage seniors to share their experience level and goals.

Briefly outline what they will learn.

Phone Camera Basics Refresher (10 min)

Quick check: Ensure everyone knows how to access their camera, adjust brightness, and focus.

Go over essential settings like gridlines, HDR, and zoom.

Warm-Up Exercise (10 min)

Have participants take a few quick shots of their surroundings.

Discuss basic composition techniques: rule of thirds, leading lines, and framing.

2. Guided Photo Walk & Shooting Exercises (90 minutes)

📌 Objective: Hands-on practice with key photography techniques in a real-world setting.

Segment 1: Light & Exposure (30 min)

Teach them to find and use natural light effectively.

Practice adjusting exposure by tapping on the screen.

Exercise: Take three shots of the same subject in different lighting conditions (full sun, shade, backlight).

Segment 2: Composition & Perspective (30 min)

Introduce angles, leading lines, and depth in photos.

Exercise: Capture a scene from three different perspectives (eye level, low angle, and overhead).

Segment 3: Storytelling & Emotion (30 min)

Discuss how to capture mood and tell a story in a single frame.

Exercise: Take a series of three images that convey a small narrative (e.g., a bench with no one, a person sitting, a person leaving).

3. Review & Wrap-Up (30 minutes)

📌 Objective: Reinforce learning, give constructive feedback, and encourage continued practice.

Mini-Review Session (15 min)

Gather and discuss participant photos.

Provide gentle feedback and praise strong compositions.

Answer any final questions.

Quick Editing Demo (10 min)

Show a simple editing technique using the Photos app or Snapseed.

Teach basic adjustments like cropping, brightness, and contrast.

Closing & Next Steps (5 min)

Recap key takeaways.

Encourage daily photo practice.

Offer resources or a follow-up session.

Additional Tips for Seniors

- ✅ Keep instructions simple and repeat key points.
- ✅ Provide hands-on assistance when needed.
- ✅ Allow time for questions and conversation.
- ✅ Encourage creativity over technical perfection.