

Gratitude Photography Assignment

Career Life Education 10

Before beginning this assignment, watch these three short videos...

First watch: Gratitude: The Short Film by Louie Schwartzberg

<https://www.youtube.com/watch?v=cpkEvBtyL7M>

Then watch: Soul Pancake – An Experiment in Happiness

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Finally, watch: Leading with Lollipops

<https://www.youtube.com/watch?v=hVCBrkrFrBE&t=311s>

For this assignment you are going to build your happiness, by exploring and discovering what you are grateful for.

What you'll need:

- Your phone
- A watchful eye
- The ability to reflect

What you will need to do:

Over the next week, I want you to keep an eye out for things that make you happy. Be aware of all the things, people, smells, sounds and sights around you and when you discover something, take a moment to appreciate it. **THEN** you take a photo of it on your phone. *(If it's a person ask their permission, and feel free to let them know why you are taking their photo.)*

At the end of a week, you will need to go back through each of the photos you took and choose between 5 – 10 of the ones that make you happiest.

Create your Power Point:

Using your Office 365 account, paste each your chosen photos into a **Power Point presentation** and write a few lines about why you are grateful, and how each of your photos makes you feel.

Create a title page slide and a separate slide for each of your photos.

To help guide you, please see the Sample Slides below...

