

Appendix 4: Camera guidelines

How to use the camera:

- First of all take the camera out of the box and remove the silver foil wrapper - this is quite tricky so you may need a pair of scissors and someone to help you.
- The camera has its own green cardboard cover (you can see this in the picture above), but if you don't like this, you can remove it - it is only there to decorate the camera.
- When you want to take a photograph, look through the viewfinder, the little square window at the top and in the middle of the camera; just have a quick check that there is nothing blocking your view - for example, it can be very easy to have your fingers in the way.
- When you are ready, simply hold the disposable camera as still as you can and firmly press down the button on the top right side of the camera (the shutter release button); your picture will now be taken.
- Before you can take another photograph, you will need to wind the small dial, this on the top right side of the camera (it is at the back) - just keep winding until it stops; this moves the film forward and you are now ready to take another photograph. Sometimes, it is better not to use the winder until you are ready to take another picture, as the shutter release button can get accidentally knocked and the camera will take a picture without you knowing.
- The camera will take photographs both inside and out; however, if you want to take indoor pictures, you need to remember to



use the 'flash'; in fact it doesn't matter how bright the room is, always use the 'flash' when you're inside. This means that you need to:

- position the camera, ready to take a photograph
push your finger on the small button on the left hand side of the front of the camera, a small flashing light will then appear
 - Then, still holding in the 'flash' button and at the same time, you need to press the shutter release button on the top of the camera. You will know whether it has worked because there will be a little 'flash' of light. Using the flash is a little more difficult, so it would be best to have a practice.
- The camera can take about 27 photographs. You can take as many or as few as you would like to; it is your camera and no-one else will use up the rest of the film if there is still space left on it.

If you lose the camera, don't worry, just e-mail me or give me a ring and I will send you another one.

When you have taken your pictures, I will collect the camera from you, have the photographs printed and arrange to meet you so that we can talk about them.

Thank you for your help.

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What shall I take photographs of?

Please take photographs of any activities that you *enjoy* doing. You have your camera for about 3-4 weeks, so take photographs of activities that you enjoy during this time. This could include:



- Games you like playing, these can be outside games, (like football); electronic games; board games
 - Things that you like doing with your friends or family
- Indoor or outdoor activities - some of these may be physical activities (like going to the park), others may not be
- Groups that you belong to like brownies or cubs
 - Everyday activities like helping with the shopping

'Dos' and 'Don'ts'

- Don't try to take any photographs while you are also doing something else
- Don't take photographs of people if they don't want you to
- Do make sure that you're safe when you are taking photographs
- Do have fun!