# Zoom in/zoom out - Changing perspective

**Lugar Específico - entre Arte e Educação**




## Purpose

PUT THINGS IN PERSPECTIVE

- self & group connection
- mental/physical wellbeing

## Materials

- smartphone or digital photo camera
- 2 A4 paper/ participant
- 1 pen/participant

## Preparation

- Choose an outdoor place from your local area: a monument, a public artwork, a garden, a street artwork, an interesting facade or another stimulating outdoor space that is full of details and that is pleasant enough to spend some time in/nearby.

## Intro

What if what worries us the most suddenly becomes less relevant? What if, on the other hand, a good feeling could be amplified? Can it all be a matter of perspective? Can we change the perspective of things? Does it really help to see the big picture? Might connecting with others help us see things in another way? In this activity you can become aware that in your life you can be a director of a film by playing with the zoom of your inner camera and giving it healthy perspectives.

## STEPS

**1. "Awakening a state of Awareness:**
- In a circle, the facilitator asks the participants to observe the others as if they were a camera making zoom in and zoom out, looking for details of their body posture, expressions, traits, without judging, just contemplating, like if it was a landscape, dedicating around 1 min per person. The facilitator asks *"how did you feel while observing? How did you feel while being observed?"* and the participants share their impressions. **2. Collecting tiny treasures** - The facilitator asks the participants to contemplate without judgment the space/artwork they are at, to look at shapes, colors, textures, etc. Then, he/she asks them to choose **1 part to photograph as the zoom-out photo.** At this point the facilitator asks them to collect **5 details of that part using the zoom-in** of the camera - to a point that you could never understand where it comes from. - Afterwards the facilitator asks the participants to observe the 5 *zoom-in photos* and to reflect: *"Where does my look tend to go? Are the details related between them? Do they have something in common?"* With this in mind and the 5 zoom-in photos, the participants are invited to write 1 A4 paper the narrative of the beauty of the little things. **3. Changing Perspective -** In pairs each participant exchanges their 5 *zoom-in tiny-treasures photos*, being careful not to show the zoom out photo. From the tiny treasures of the other, they have to write a story about that on an A4 paper. Then, they share the stories they just made. - Afterwards each one shows the other the zoom out photo with the context of the 5 tiny treasure zoom-in photos and share what they wrote on step 2 - the narrative of the beauty of little things. - Now they guide their partner to visit the spot with the part and details they photograph and have a small dialogue about it. **4. In the end the facilitator gathers the group and opens a conversation about:** - What is the role of the context (zoom out) and how can it change our perspective? -How can the other perspective make us see new ones and even change our first perspective? -The facilitator closes by asking the participants to show their zoom out photos, and pointing out how although they were at the same place everyone chose different parts (zoom out), which they can choose to visit together.

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## REFLECTION

- How did you feel during each part of the activity?
- What did you learn about yourself, others, perspective and the outdoor place?
- How do you think this activity can contribute to individual/group resilience building?

## COMMENTS

- Conscious observation is becoming aware of how you observe and how observing interferes with the observed. The physics already explained it with the observed effect and the changing behavior of the quantum particles changing when observed.
- We are social beings and inter-are, so our perspectives of reality together can help us see the big picture.
- We cannot change what happens to us but we can choose the way we want to perceive it. *The perspective of the imagination can help us deal with reality - "Without art, the crudeness of reality would make the world unbearable." George Bernard Shaw.*