

Activity Ideas in and around the home

for your Family Documentary Session



When some people first hear about the documentary approach to family photography, they may think, why would we want someone following us around taking photos while we do boring stuff. Firstly, it isn't boring – these are the details that you will want to remember because before you know it, they will change or be gone altogether. There is such beauty in the simplicity of everyday moments and I can prove it! Secondly, having someone come into your home means that everyone can be included in the photos and you can enjoy activities with your family. No posing, nobody hiding behind the camera.

Sometimes people get stuck for ideas on activities – what should we do? I'm here to help, below are some activities for inside and outside the home. The idea is to interact as a family so that I can capture those connections. The following ideas make excellent material for documentary family photography – and often, you can include several into one session.

IN AND AROUND THE HOME

The heart of the home: the kitchen is a gathering places for meals, meal preparation, baking, eating and sometimes plenty of other non-food related activities. This is such a perfect setting for a photo session.



Breakfast time: is a favourite of mine – bed head, still in pjs kind of lazy mornings.

Bath time: splashing around, bubbles, kids being silly, toys lined up along the side of the tub, the after bath routine of hair brushing and getting those pjs on.

Bed time: Is your bedtime routine as elaborate as ours? Either way, bed time stories, cuddles, teeth brushing are what memories are made of.



Reading: a great way to get everyone close and engaged in an activity together.

Fort building: who doesn't have great childhood memories of building forts with blankets and pillows and anything else you can find?

Crafts: Kids can easily get lost in doing something creative like working with play dough, drawing, shapes, colouring or finger painting. Let them get messy!

Dancing: If your kids like to bust a move – get everyone in on the action.



Imaginary play: tea parties, superheroes and villains, dress up – whatever ideas the kids come up with. Seeing children lost in their imaginations is a wonderful thing to capture.

Family board games: does your family have a favourite board game? Why not document those special moments as a family. They may not want to play Monopoly forever.

Bed jumping: this never gets old and creates some great action shots.



Housework: young kids often love to help with the chores from cleaning floors, setting the table, making beds, to tidying up and folding laundry.

Documenting the home: maybe you've lived in the same home for years and are moving soon and want to document spaces in your home. Maybe you've just moved in and want to capture the decorating of new spaces. Maybe you are decorating a new space for a baby on the way. Kids love to show off their rooms and all the little details within.



SPRING/SUMMER

Wash the car: This is a fun activity for everyone to get involved. Reflections in windows and shiny car doors often creates some interesting perspectives. Capture the kids being kids and playing chalk, bubbles, balls – whatever they like.

Bubbles: blowing bubbles and trying to catch them. Who can blow the biggest one? Endless fun.

Drawing with chalk: a nice way to get everyone focused on doing one thing.

Kicking the ball around: good for all ages.

Swimming: enjoying time in the pool, big jumps and little swimmers.

Playing in the sandbox: finding buried treasure, making sandcastles and muddies, sand trapped between toes.

Yard work: gardening, collecting flowers, rocks, acorns and other treasures, watering flowers, jumping in puddles, making mud pies, playing in the sprinkler or hose.

FALL

Collecting leaves: enjoy the beautiful colours. Who can find the brightest leaf?

Walks around the block: that cool, crisp fall air is perfect for those after supper walks.

Jumping in piles of leaves: raking leaves can be a pain but when you see kids having fun in those big piles, how can you not smile?

WINTER

Build a snow fort or snowman: a classic family activity that you have to do at least once each winter.

Snowball fight: action shots and flying snow always makes for interesting shots and lots of laughter.

Sliding or skating: if your kids are lucky enough to have a rink or sliding hill in their backyard, how can you not want to capture that.

What would your list look like? All of these activities are very simple and yet they will look very different from one family to another. That is the beauty of documentary photography – it tells a new story each time.

COMING SOON: ACTIVITY IDEAS OUTSIDE THE HOME

