



## CAPTURE YOUR CUBS

BECOME YOUR OWN FAMILY PHOTOGRAPHER

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chapter one: fresh eyes

# Worksheet

## TAKE NOTES

What are the things you do with your kids every day? Pick a day where your routine is somewhat normal and takes note of which activities you could see in a new way.

### MORNING

### AFTERNOON

### EVENING

## 2. BREAK IT DOWN

Pick one of the activities you noticed in step one and notice every step as a potential photo op. What are some things that stood out to you? Note them below.

### 3. GET ON THEIR LEVEL

During the next play session, let your cub lead you into their world. Here are some ideas for places to interact with your little ones in a new way. Feel free to circle the ones that make sense for you.

INSIDE A FORT      ON THE TOP BUNK      IN A PLAYHOUSE      IN THE SANDBOX      BEDROOM FLOOR  
KID'S TABLE      UNDER THE TABLE      ON A BLANKET OUTSIDE      IN THE BACKSEAT

### 4. TRY A NEW OUTFIT

Here are some of my favorite places to shop for new kid clothes that won't break the bank.



### 5. DO SOMETHING NEW

What are some locations or activities that you've never done, or haven't done in awhile?



#### REMEMBER:

##### Keep your expectations LOW

We are talking about children, after all. The truth is that sometimes kids just don't feel like cooperating. Somebody trips, breaks a mug, spills water, etc. etc. etc. and THEN come the tears. That's just life with youngin's. The great part is, some of my favorite photos of all times are the outtakes and the moment I did not mean to capture at all.

##### Keep it fun

Trust me, I have been that mom who put a lot of time and effort into the "perfect" photoshoot, only to have the pressure I was feeling transfer to my kiddos who did NOT appreciate the great lengths I went to to make it perfect. These days, I have exchanged perfect poses for silly faces, games and activities that simply bring my kids joy.