

Photography and Lighting with Katie Lupton

Create a series of studio photos; experimenting with different lighting. Learn about natural and artificial lighting to create a studio photograph (with and without equipment)

Suitable for 10+, children and adults will need to work together.

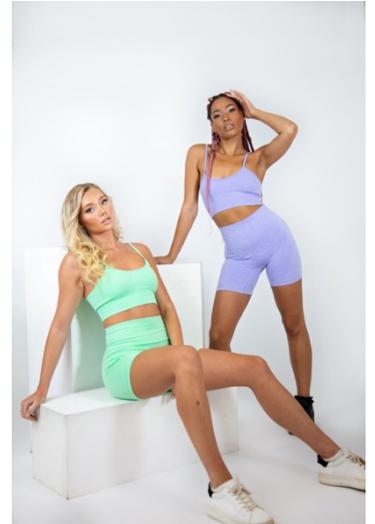
You will need:

- A space to work (or studio). This can be a plain wall, backdrop, dust sheets or similar
 - A camera (mobile phone cameras can be used)
 - A model or a friend who is happy to be in front of the camera. (If no one is available, you can use an object to experiment with – a vase of flowers usually works well)
1. **Plan** how to experiment with both soft and harsh lighting and what you will start with – this will influence your location choice (this can be done with natural light: sun = hard light, overcast = soft light). (It may help to watch Katie's video on the web page first)

Natural light: create with a window or moving your backdrop outdoors, this can be beneficial if you do not have access to lighting equipment. **Hard lighting** can be achieved on a sunny day, whilst **soft light** on an overcast day. Shooting using natural light can also allow interesting shadows from trees, branches and even blinds to fall onto your subject and backdrop.

Soft light: for soft shadows and overall softer looking images, use a larger light source such as softboxes and umbrellas, these help to diffuse the harshness of the light helping to create the desired 'softer' look. Artificial light can be bounced off walls, ceiling and reflectors – so the light source is not hitting the subject directly.

Hard light: this comes from a direct light source onto the model, creating harsher shadows. This can be created with a smaller light source, similar to that create by the sun. Hard light can be used to make parts of the image dark, apply focus to certain areas and to create sharper highlights and shadows. A direct light source onto the model will create a harsher shadow.



2. **Set up** the backdrop in desired location. Gather different lighting (if possible); look at the shadows and highlights at the location. If there is no access to studio lighting, use house lights such as lamps and see what the outcome is or experiment with moving the model to different naturally lit areas.
3. **Pose** your model/object and get ready to experiment.
4. **Photograph** your subject with at least three different lighting set ups. This will allow you to experiment and find your favourite lighting technique. You can:
 - a. Move the model
 - b. Move the lighting
 - c. Change the focus of the camera in relation to the light and shadow
 - d. Vary the amount of lights – if using artificial sources
5. Once you feel comfortable shooting and posing the model, begin to think about **composition** with the camera. Different compositions add depth and variety to an overall set of images. You can:
 - a. Try a range of angles
 - b. Vary the distance and do some close-up shots
 - c. Look at Katie's other activity on portrait photography for ideas (see link below)

Take it further:

- Produce a studio based series of photos (6+ images) focusing on one colour, for example *RED* with different lighting
- Style your overall shoot surrounding the idea of chosen colour – this could explore backdrops, clothing, makeup, props and more
- There are a variety of lighting diagrams or lighting guides that you may find helpful if you want to learn more (look on google or Pinterest. Here is a link to Katie's Pinterest www.pinterest.co.uk/katielupton77/studio-photography-ideas/lighting-diagrams/).

Share It!

Don't forget to tag your creations with @UniHertsArts on all socials. Using #CreateItShareIt #UHArtsatHome We will aim to share what you send us!

If you are interested in photography why not try Katie's other activity [Fashion/Portrait Photography on Location - University of Hertfordshire Arts \(uharts.co.uk\)](#)

Katie Lupton

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