

Hand Shadow Play

Resource developed by artist Marysa Dowling, past resident with GOSH Arts.

Marysa is a photographic artist, she is interested in how we can use our hand gestures to express different moods and feelings and create sequences of images to express ourselves.

Below are a series of shadow play photographs made with patients at GOSH. Use these photographs to inspire your own abstract colour shadow photographs.

Play with the gestures and movements you make with your hands in front of a light source to make shadows. Play with the light and colour to make your own series of abstract photographs. Maybe you could share your images with someone and encourage them to make their own series.

What you will need

- A camera
- A light
- A plain or coloured wall
- Your hands!
- If possible, a square or squares of coloured acetate or cellophane





Have a go at your own abstract shadow photographs

- Find a blank wall or piece of paper to shine your light on
- Use a torch from a mobile phone or a spotlight to make your shadow
- Play with your hand gestures and movements, look at the shapes you can create.
- Put the coloured square in front of your light source. Then put the coloured square of acetate over the lens of your camera. Which gives the most interesting effect?
- Move your camera to capture different angles
- What happens to the shadows when you move your hands closer to the light or further away?
- Take as many different photographs as you can, playing with the shadows, colour and hand gestures.

If you want to share your images with tag us @gosh_arts on Instagram or email GOSHarts@gosh.nhs.uk