

Empowering Mental Health in Education



YoungMinds

Module 2: *Lights, Camera, Mental Health*

National session



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What we'll explore today

- ❏ To clarify teachers' roles in applying the *YoungMinds* approach and resources in class.
- ❏ To introduce filmmaking concepts that teachers can later explore with students.
- ❏ To simulate classroom activities teachers will facilitate during student sessions.
- ❏ To strengthen teachers' understanding of visual language — shot sizes, composition, lighting, point of view, and film crew roles.

You will learn about...

- ❏ The language of images
- ❏ Shot sizes and their meaning
- ❏ Characteristic features in photography and filmmaking: point of view; composition; lighting
- ❏ Film crew roles



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Sharing the outcomes of the autonomous work





Autonomous work

Let's make a round table...

-  Identify the 2 films (1 educational & 1 artistic) you have selected
-  Present the 3 questions for each film you have defined

Are there common questions?

Is there a question you liked the most?



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What do teachers need to do with their students?



Teachers' role in pilot implementation

Preparing teachers to apply the *YoungMinds* approach and guide students in film-based mental health activities during the pilot implementation, which will consist of:





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Basic principles of photography & the grounds of filmmaking



Basic principles of photography

Photography starts with **framing** and there is a **multitude** of choices.



MEDIUM LONG SHOT MLS



MID SHOT MS



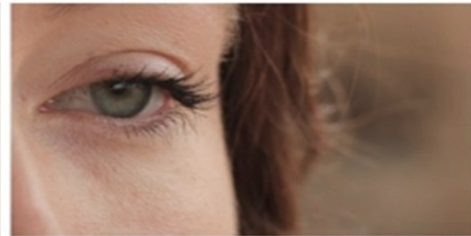
MEDIUM CLOSEUP MCU



CLOSEUP CU



BIG CLOSEUP BCU



EXTREME CLOSEUP ECU

Basic principles of photography

Notice **how** the **long** and **very long shot** includes **more information**.



VERY LONG SHOT VLS






LONG SHOT LS



Shot sizes and their meaning

Shot size means

How much of the scene is included in the picture, and whether it mainly shows:

-  the setting
-  people in the setting
-  details of faces and things

It's important to **use different shot sizes in your movie.**

It's a way of spelling things out, to **make sure that people see exactly the things you want them to see.**

Shooting everything in long shot (head to foot) people will miss details & expressions which would help them understand the story.

Basic principles of photography

Very wide outdoor shot

The scenery



Medium shot of a figure

Reveals pose, age, clothing, important objects



Basic principles of photography

Close up

Reveals face details and feelings



Background...

- 📺 Is what's behind something
- 📺 May reveal intensity, compliment, give information about our subject or distract our attention

What happens here?



Background...

Same subject, different possibilities...

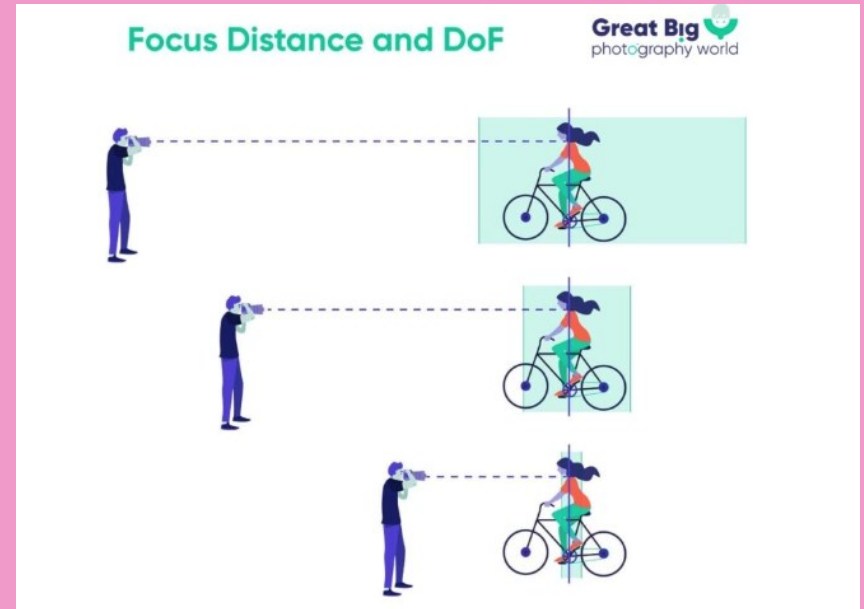
Which one do you prefer and why?



Point of view

Two main decisions to make, choose the...

- 📷 distance from your subject
- 📷 point of view



Point of view

Eye level



High Angle



Point of view

Worm's view & Frog's View



Point of view

Bird's view





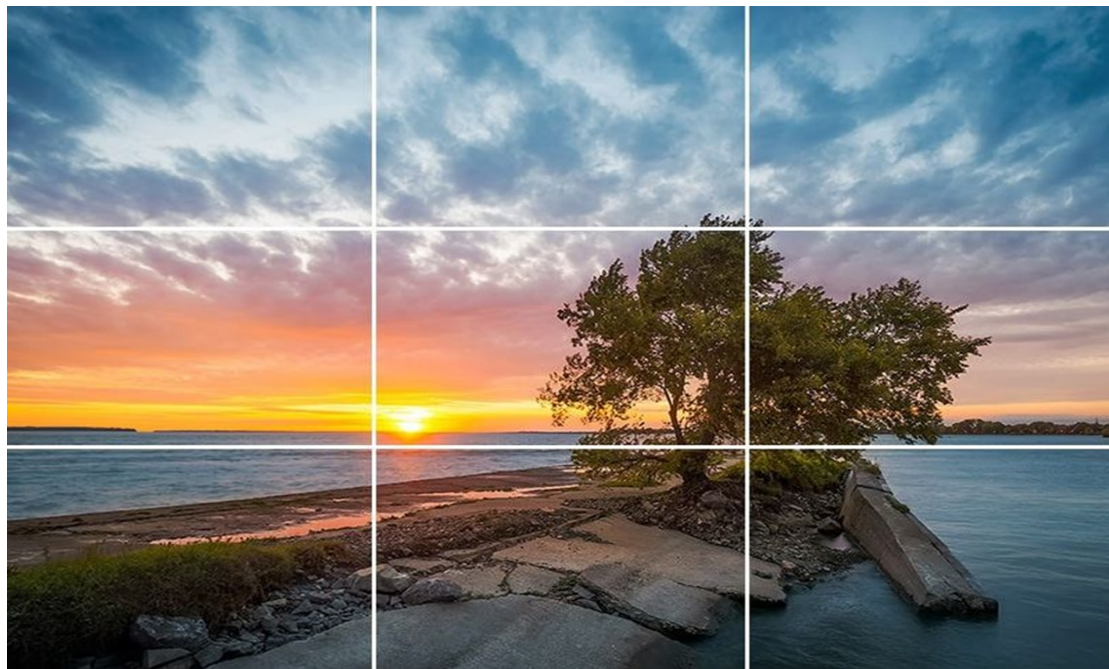
Learning shot sizes

Can you describe what you see?



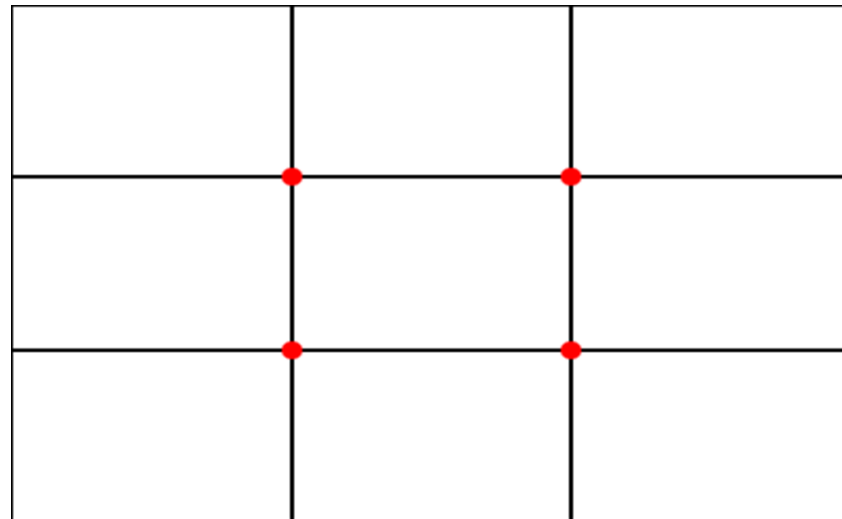
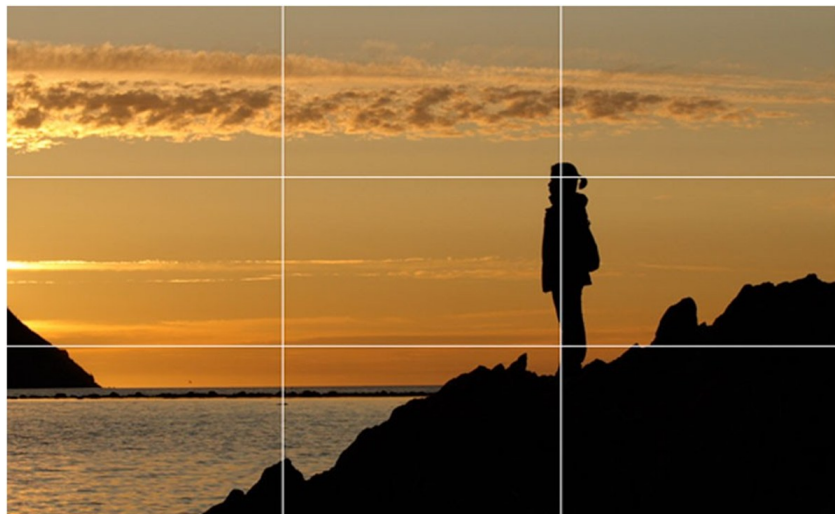
Composition

Space, colour, and aesthetics



Composition

Rule of thirds



The **rule of thirds** is a **composition guideline** that places your subject in the **left or right third of an image**, leaving the other two thirds more open.





Most smartphones and cameras, have the possibility to show you this grid!

Symmetry and harmony

Shapes and colors



Perspective in photography

-  Perspective is the spatial connection between objects in a photo.
-  We challenge you to explore your landscape depth — paying particular attention to the **foreground, middle ground, and background.**
-  The perspective changes depending on **the position of the camera.**
-  Try some variations!



Perspective in photography

Examples



Textures

Textures are revealed with the help of **light**.

Could you imagine what this is?

Where does the light come from?



Lighting possibilities and different positions

Possibilities



Natural light | From the sun or a window

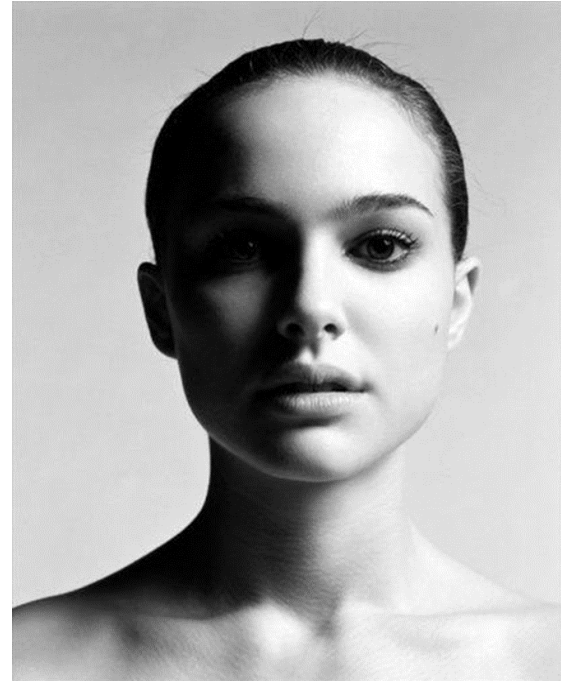
Changes quickly but offers a big variety of possibilities in a wide scale.



Artificial light | Office lamps, indoor lighting or scenes

It is in our control, and it is important to think of the quantity and direction.

Positions | Side Lighting

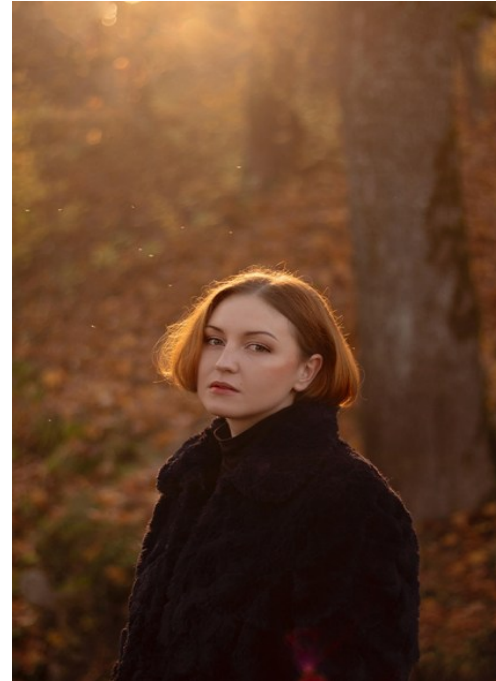


Lighting possibilities and different positions

Positions | Front lighting



Positions | Back lighting



Lighting possibilities and different positions

Positions | Silhouette



Positions | Dramatic lighting



Where is the lighting source here?

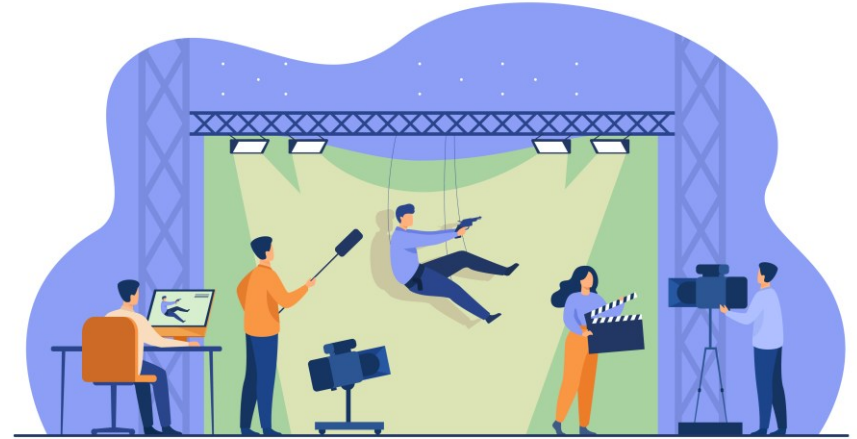


Exploring shot types

In pairs or small groups, participants use a tablet, smartphone, or camera to capture:

- 📷 1 wide shot – exterior location
- 📷 1 wide shot – interior space
- 📷 1 close-up – person with dramatic lighting
- 📷 1 medium shot – person showing positive feelings
- 📷 1 medium shot – object from a tilted angle

The film crew



Are they all necessary?

What is their role?

How many people are needed for a film crew?

WHAT IS THEIR ROLE?

Director

Responsible for the artistic interpretation of the main idea or script. The director prepares well before filming and guides the entire production from start to finish.

Director of Photography

One of the most important contributors. Responsible for the visual look of the film and the lighting techniques used.

Make-up Artist

Takes care of the makeup for anyone appearing on camera.

Assistant Director

Acts as a coordinator. Keeps the crew on schedule, organizes the order of shots, manages time.

Sound Recordist

In charge of recording sound during filming. Uses various types of microphones. Sound is important, always check!

Costume/ Set Designer

Chooses the clothing for each character on screen as well as the style, colors, objects and furniture for the set.

Script Supervisor

Ensures that the script is followed and checks for continuity errors or mistakes. They take notes and records.

Lead Actor

The central character in a film. In documentary we choose our characters as protagonists too.

Types of films...

FICTION

a motion picture that tells a fictional story, event or narrative. Most often a script is written beforehand, and actors impersonate the characters.

ANIMATION

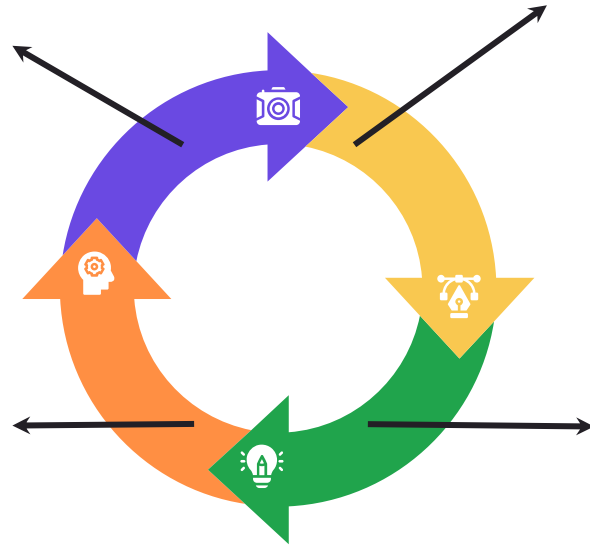
still images are manipulated to create moving images. In traditional animation, images are drawn or painted by hand or produced by paper cut out or even objects.

DOCUMENTARY

It documents an aspect of life. Documentaries are a way to explore factual experiences and events through visually artistic storytelling and narrative techniques

MIXED GENRES

We can combine aspects of all the classical types of film in a new style, as long as the story is conveyed!



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Mental Health***



Final thoughts...



What's next?

National session
Mid February

THANKS!



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