

Photography Walks



Outdoor Activities

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Photography walks encourage participants to explore their environment and notice details they might normally overlook. By taking pictures, individuals express their perspective and creativity, building confidence and self-expression. This activity supports cognitive skills like observation, focus, and decision-making, while also promoting physical movement and relaxation in nature or the community. Sharing photos afterwards fosters social interaction and pride in their work, and printed photos can be turned into lasting keepsakes or group displays.

TIME

- 45–90 minutes (including walking, taking photos, and sharing)

MATERIALS

- Cameras, tablets, or smartphones (one per participant or to share in pairs)
- Simple checklist or theme prompt (e.g., “things that are red,” “shapes in nature,” “happy moments”)
- Photo printer and paper (optional, for displaying later)
- Albums, bulletin board, or poster board for group display (optional)



Activity Title

INSTRUCTIONS

1. Explain the purpose: going on a walk to capture interesting, meaningful, or themed photos.
2. Provide safety reminders and set walking boundaries.
3. Encourage participants to:
 - Look closely at surroundings and choose what inspires them
 - Take photos based on a theme or personal interest
 - Try different angles (up close, far away, different perspectives)
4. After the walk, gather participants to share their favourite photo(s).
5. Optional: Print photos and create a display, scrapbook, or slideshow.

RESOURCES

- <https://torontophotowalks.ca/>

SUPPORTS NEEDED

- Assistance with operating the camera/tablet if needed
- Prompts or guiding questions to spark ideas (e.g., “Can you find something round?”)
- Visual checklist or picture-based scavenger hunt for structure

Activity Title

- Physical support or adapted walking routes for mobility needs
- Encouragement and reassurance, especially if participants feel unsure about their photo choices

OTHER THINGS TO NOTE

- Can be themed by season, holiday, or colour to give more direction.
- Works indoors (around a school, center, or building) if outdoor weather is poor.
- Photos can be turned into calendars, cards, or gifts for family and support workers.
- Builds meaningful conversation—participants can explain why they chose their photos.
- Flexibility is key: some may prefer to focus on one perfect photo, others may take many.