



DIDACTIC UNIT – VISUAL



ARTS



Philautia

### Lesson plan 1

Type of love : Philautia

Topic: Dream self

Duration: 90 mins (2\*45)

#### Motivation and introduction (15 minutes)

- motivational discussion about the importance of self-esteem and knowing yourself.
- Play calming music of your choice (instrumental) and give few minutes for the students to write down thoughts about:
- What is your happiest memory? The first thing that comes to mind.
- Think of the time that you were sad the last time and think of an encouraging thing to say to your self.
- If you would be a superhero, what would your superpower be?
- What kind of a costume would you wear as a superhero?
- Where would be the best place to be in 5 years?
- What makes that place good/safe/happy?
- ...
- Divide the class to groups of three
- Let the students share their thoughts quickly

#### Watching portraits together (15 minutes)

- Introduce the media of photographing.
- Show photographed portraits and explain how different attributes in a portrait tells a certain story about the portrayed person.
- Tell about cropping the image, different angles, lighting, taking the environment in consideration etc.
- For example show the empowering photography of Miina Savolainen
- <http://www.voimauttavavalokuva.net/english/etusivu.htm>
- You can also show some fashion photographs and discuss about the messages and the way human body is shown in photos we see everyday. Often they are pure fiction. With photography we can tell stories and emphasize certain aspects of the truth.



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Planning and designing a  
self” for a portrait (60 mins)



“dream



Philautia

- Every student creates a character, “a dream self” for him/herself and decide how they want to be portrayed in a photo.
- It can be a realistic vision of your future self or a fictional character, a hero or a prince, a princess
- Let the students see the props you have gathered for them to use. (masks, hats, clothes, fabrics etc.)
- If the actual photographing takes place the next day, they can bring their own props and make-up to the course to create the dream self with

Project continues in Lesson 2...



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*Didactic Units: “Europe in Love”*