

Photowalk for Wellbeing

by Salford Youth Council
in collaboration with
Gwen Riley Jones

Use the cards as inspiration to connect, be active, take notice, learn and share. Take a photograph in response to each card.

Keep the images for yourself, or share online and tag: @uos_artcollection
@gwenrileyjones @salfordyc





Go cloud watching.

**Your own happiness
can reach the sky.**

**Look up and take a
photo of the sky.**



2



**Look at how an animal
interacts with the world
around it.**

Photograph an animal.

A close-up photograph of a pink peony flower. The petals are densely packed and have a soft, ruffled texture. A bright green square with rounded corners is overlaid on the center of the flower, containing a black number '3'. The background is a blurred green, suggesting foliage.

3



Pink is the colour of love.

**Photograph something
that you love.**



4



**Grow in your own
happiness.**

**Take a picture in nature
that makes you feel
happy.**





**Branch out of your
comfort zone.**

**Take a photo from an
unusual angle.**



6



**Look at this tree.
What do you see?**

**Take a photo of something
that will change.**

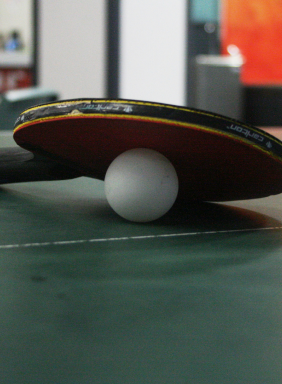




Shoot your shot.

**Take a picture of
something you've tried.**





Challenge yourself.

**Photograph something
that you have not done
before.**

9



**Don't let anything get in
your way.**

**Take a photo to represent
overcoming challenges.**

10





Aim high!

**Take a photo of
something looking up.**





Work as a team.

**Trust someone to take a
photo of you.**

**Pose however you feel
confident.**

A wooden tray filled with various hand-drawn Easter eggs and paper hats. The items are arranged on a green paper liner. The eggs are decorated with different colors and patterns, including solid colors like blue, red, and purple, as well as intricate designs like floral patterns and polka dots. Some eggs are placed inside small, matching-colored paper hats. The background is a plain, light-colored wall.

12



Everyone is different.

**Take a photo that
shows this.**

A black leather shoe with two straps is positioned on a grassy field. A bright green rounded square is overlaid on the shoe, containing the number 13 in a black serif font.

13



**You are firmly on the
ground.**

**Take a photo that
represents stability.**



14



Go on a forest walk.

Watch leaves fall.



15



Aim high.

**Take a photo to celebrate
your success.**