



LIGHT
painting

with glow sticks!

What you need:

1. camera
2. tripod
3. glow sticks
4. people

Basic steps:

1. set camera to manual
2. set F-stop to 8 (or 10)
3. set ISO to 100

Using glow sticks, you can create all kinds of fun light "paintings". The key is looonngggg exposure. When you have the room dark, focus on the image, and have the person and light stick ready to go once you snap the shot and begin the exposure.

This might take a bit of practice to get right with your specific camera, but don't give up! It is a fun activity to do for adults AND children!

Check out all the fun things we were able to create! If you get stuck, search for "light painting directions" on the internet. And the best part, glow sticks are available online and easy to order for cheap fun!

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