

ENDINGS

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Lost and Found



ENDINGS

Mind

Body

Heart

Soul

“It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters, it doesn’t matter what we call it; what matters is to leave in the past those moments in life that are over.”

Paulo Coelho

Reflection

How do you know when something has reached its end? Do you think endings are clear?

Action

Capture a moment that is over.

ENDINGS

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Lost and Found



ENDINGS

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“Man cannot discover new oceans unless he has the courage to lose sight of the shore.”

André Gide

Reflection

Can you think of a “shore” you’ve left? What did you discover? What did you leave behind?

Action

With words or pictures, create an image of a shore, and of someone leaving it. How would the picture be different if the movement were toward the shore?

ENDINGS

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Lost and Found



ENDINGS

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“I’m against endings. I’m against things being over. Being finished should be stopped! I am Comrade-in-Chief of going on. I support furthermore and etcetera!”

Saša Staniši

Reflection

While the common wisdom is that endings are inevitable and we should make peace with them, it can be hard to accept that something is over. Are there some endings that you resist?

Action

Think of a moment that you do not want to see end. Can you preserve it in an image or words?

ENDINGS

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Lost and Found



ENDINGS

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“Some things are better lost than found.”

Stephen King

Reflection

Have you “lost” something that you were glad to lose? Is there anything that you would like to leave behind now?

Action

Create a story or take a picture of something that looks happily left behind. If you gave it back to the person who left it, how might he or she react?

UNCERTAINTY

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Lost and Found



UNCERTAINTY

Mind

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Heart

Soul

“When you don’t know what you’re searching for, you have to look absolutely everywhere.”

Holly Black

Reflection

Do you remember a time when you knew you needed something but did not know what it was? Did you find what you needed or did you stop looking?

Action

Find or take a picture that might leave the viewer uncertain about what is important.

UNCERTAINTY

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Lost and Found



UNCERTAINTY

Mind

Body

Heart

Soul

“Getting lost is just another way of saying ‘going exploring.’”

Justina Chen

Reflection

Is getting lost always the same as going exploring?
Is there a difference? Can you take the experience of getting lost and turn it into an experience of exploring?

Action

Write three words or create three images for getting lost. Write three words or create three images for exploring. Are any of the words or images the same?

UNCERTAINTY

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Lost and Found



UNCERTAINTY

Mind

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Heart

Soul

“And now I can’t be sure of anything/Black is white, and cold is heat/For what I worshipped stole my love away/It was the ground beneath her feet/It was the ground beneath her feet. “

Salman Rushdie

Reflection

Have you ever thought you knew something or someone and discovered that the thing or person was not what you thought? How can you find your bearings when faced with that kind of uncertainty?

Action

Create an image of uncertainty with words or pictures.

UNCERTAINTY

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Lost and Found



UNCERTAINTY

Mind

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Heart

Soul

“The truth is what you live through while you’re looking for the truth.”

Marty Rubin

Reflection

What is truth? How do you recognize it when you find it? Do you think that different truths can be equally valid?

Action

Find a partner and each take a picture of the same subject from different angles. Or each write a short story about the same topic. Compare the similarities and differences in the images and/or pictures.

BEGINNINGS

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Lost and Found



BEGINNINGS

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“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

Marcel Proust

Reflection

Have you ever looked at something familiar and noticed something new? What do you think allowed you to see it through new eyes?

Action

Take a picture of an everyday object from an unexpected angle, or tell a story about a familiar situation. Try to show a detail that the audience would not notice otherwise.

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Lost and Found



BEGINNINGS

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“The way to find a needle in a haystack is to sit down.”

Beryl Markham

Reflection

Ouch! Does searching for something important ever involve pain?

Action

Find or create an image of something you would not want to have to look through to find something important.

BEGINNINGS

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Lost and Found



BEGINNINGS

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Soul

“Life is pure adventure, and the sooner we realize that, the quicker we will be able to treat life as art.”

Maya Angelou

Reflection

What does the phrase “treat life as art” mean to you? Do you think all of life should be treated as art?

Action

Create a picture (with words or images) of a commonplace object or mundane activity. Now recreate the same object or activity as a piece of art. What did you do differently?

BEGINNINGS 12



Lost and Found



BEGINNINGS

Mind

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Soul

“There is nothing like looking, if you want to find something. You certainly usually find something, if you look, but it is not always quite the something you were after.”

J.R.R. Tolkien

Reflection

Have you ever found something unexpected when you were looking for something else? Was it interesting enough that you stopped your original search?

Action

Choose a subject, and stand about 10 feet away from it. Make a list or take pictures of any interesting things are between you and the subject.

RENEWAL

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Lost and Found



RENEWAL

Mind

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“I think you travel to search and you come back home to find yourself there.”

Chimamanda Ngozi Adichie

Reflection

What does it mean to come back home? Are you the same person when you return as you were when you left? If not, do you think you changed or the place changed?

Action

Take a picture or write a description of a place that means home to you. Is it a place you live or a place that you would like to live?

RENEWAL

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Lost and Found



RENEWAL

Mind

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Soul

“You’re never too old, never too bad, never too late, never too sick, to start from scratch once again.”

Bikram Choudhury

Reflection

Have you ever wished you could start completely over? Do you think that’s possible? Why or why not?

Action

Describe or take a picture of something that has been transformed into something other than its original form.

RENEWAL

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Lost and Found



RENEWAL

Mind

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“Searching is half the fun: life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party.”

Jimmy Buffet

Reflection

What's the difference between a scavenger hunt and a surprise party? Most people enjoy scavenger hunts. Many people hate surprise parties. How do you understand the difference?

Action

Create a surprise in a picture or words.

RENEWAL

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Lost and Found



RENEWAL

Mind

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“What we find changes who we become.”

Peter Morville

Reflection

Are there experiences that have changed you? Do you think they have changed you for the better? Are there experiences you would look for to create positive change?

Action

Take two photographs, or write two stories. One of what seems like a positive interaction between two or more people, and another of what appears to be a negative interaction. Do you think this changed any of the people involved?