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# MOMTOGRAPHY 101 WORKBOOK

HELPING MOMS RECLAIM JOY  
IN MOTHERHOOD THROUGH  
PHOTOGRAPHY

# MODULE 1: CAMERA'S AND LENSES

## LESSON 1

There are three main types of cameras, they are:

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

## LESSON 2

When selecting a camera, always keep

\_\_\_\_\_

in mind.



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# MODULE 1: CAMERA'S AND LENSES

## LESSON 2

1.) Physical size of the \_\_\_\_\_.

- Crop Sensor
- Full Frame Sensor

Full Frame sensors are better in

\_\_\_\_\_.

Full frame has more "\_\_\_\_\_" a.k.a. blur

2.) \_\_\_\_\_ Per Second

- For kids I recommend at least \_\_\_\_\_ frames per second.

3.) Megapixels or "\_\_\_\_\_"

4.) Physical Camera \_\_\_\_\_.

- Try before you buy at [www.lensrentals.com](http://www.lensrentals.com)

## PROFESSIONAL TIP:

DON'T BUY THE BUNDLE.



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# MODULE 1: CAMERA'S AND LENSES

## LESSON 3

There are two main types of lenses, they are:

1.) \_\_\_\_\_

2.) \_\_\_\_\_

Zoom Lenses:

- covers a range of \_\_\_\_\_ lengths.
- allows you to \_\_\_\_\_
- Usually have smaller \_\_\_\_\_

Prime Lenses:

- \_\_\_\_\_ focal lengths.
- Better performance in \_\_\_\_\_
- Usually have Larger \_\_\_\_\_
- Great for \_\_\_\_\_

Other Accessories You Need:

- SD CARD
- Camera Bag



# MODULE 1: CAMERA'S AND LENSES

## LESSON 4

When you get your camera... here is what you need to do:

1.) Get off \_\_\_\_\_

2.) Read your \_\_\_\_\_

3.) Practice, \_\_\_\_\_, \_\_\_\_\_.

# MODULE 2: LIGHT

## LESSON 1

The most important element of photography is \_\_\_\_\_.

The \_\_\_\_\_ and not the \_\_\_\_\_ is what makes good pictures.



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# MODULE 2: LIGHT

## LESSON 2

Light to Avoid:

1.) Harsh, \_\_\_\_\_ Light

- Casts Unflattering Shadows
- Exposes Imperfections

2.) \_\_\_\_\_ Light

- Split Light
- Overexposes backgrounds so they are white

3.) \_\_\_\_\_, \_\_\_\_\_ Light

- Splotches of light on the subject
- Distracts the Eye

4.) \_\_\_\_\_

- Creates Glare
- Blows out skin & Darkens Background



# MODULE 2: LIGHT

## LESSON 3

1.) Even light from \_\_\_\_\_ to \_\_\_\_\_.

2.) \_\_\_\_\_ light in the background.

3.) LEAST IMPORTANT: \_\_\_\_\_

Light to Look for:

- Soft, \_\_\_\_\_ Light
- Found:
  - Open Shade
  - Cloudy Days
  - On Sunday Days
    - \_\_\_\_\_ Hour
    - \_\_\_\_\_ and Architectural Structures
    - Trees & \_\_\_\_\_



# MODULE 2: LIGHT

## LESSON 4

Choosing Backgrounds:

- 1.) Choose backgrounds that are \_\_\_\_\_ in color.
- 2.) Choose backgrounds that are \_\_\_\_\_ and \_\_\_\_\_.

## LESSON 5

- 1.) Pay \_\_\_\_\_ to the \_\_\_\_\_ in your home.
- 2.) If you're going for something more \_\_\_\_\_ and \_\_\_\_\_ you might like \_\_\_\_\_ light.
- 3.) \_\_\_\_\_ off all \_\_\_\_\_.
- 4.) \_\_\_\_\_, non-distracting backgrounds.
- 5.) Keep kids \_\_\_\_\_.
- 6.) Change your \_\_\_\_\_ often





# MODULE 3: SHOOTING IN MANUAL

## LESSON 1

Exposure = how much light hits the camera's \_\_\_\_\_

- Overexposure = \_\_\_\_\_
- Underexposure = \_\_\_\_\_
- Highlights = \_\_\_\_\_
- Shadows = \_\_\_\_\_

There are \_\_\_\_\_ components of Exposure.:

- 1.) Aperture
- 2.) ISO
- 3.) Shutter speed

All three elements of Exposure affect two things:

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_ to each item

Priority Modes:

- 1.) Auto
- 2.) Shutter Priority (S, Tv)
- 3.) Aperture Priority (A, Av)
- 4.) Program (P)
- 5.) Manual



# MODULE 3: SHOOTING IN MANUAL

## LESSON 2

Aperture = how big or small the \_\_\_\_\_ in the lens is

Aperture =  $f$  stop

How Aperture affects light:

- The size of the \_\_\_\_\_ determines how much light hits the \_\_\_\_\_
- Wide open Aperture = \_\_\_\_\_ of light gets in
- Smaller Aperture = \_\_\_\_\_ light gets in

Aperture also affects \_\_\_\_\_ of \_\_\_\_\_.

Depth of Field = the amount of \_\_\_\_\_ in comparison to your subject.

Aperture determines:

- 1.) How much light hits the sensor
- 2.) How much of the image is in focus



# MODULE 3: SHOOTING IN MANUAL

## LESSON 3

ISO = the camera's \_\_\_\_\_ to light

Ideally, your ISO is as \_\_\_\_\_ as possible

The \_\_\_\_\_ the ISO the more \_\_\_\_\_.

The \_\_\_\_\_ the location, the less \_\_\_\_\_ you'll see

Find the lowest \_\_\_\_\_ to give you the \_\_\_\_\_ you need

## LESSON 4

Shutter speed = how fast the camera's \_\_\_\_\_ is open

The \_\_\_\_\_ the curtain is open, the more light hits the \_\_\_\_\_.

The \_\_\_\_\_ the curtain closes, the less light hits the sensor.

The longer the curtain is open, the more likely your photo will be out of \_\_\_\_\_. Especially if holding in your hands.



# MODULE 4: TROUBLESHOOTING

## LESSON 1

If image is too bright:

- 1.) Lower ISO (ex: lower from 400 to 100)
- 2.) Up Shutterspeed (ex: 1/1000 instead of 1/100)
- 3.) Up Aperture (ex: f7 instead of f4)

If Image is too dark:

- 1.) Move subject closer to light
- 2.) Lower aperture (f4 instead of f7)
- 3.) Lower shutterspeed (never under half of your focal length)
- 4.) up ISO (ex. 100 to 400)

## LESSON 2

Depth of Field is affected by:

- 1.) The Photographer's distance to the subject
- 2.) The Subjects Distance to the background

Want more blur?

- 1.) Get closer to your subject
- 2.) Move our subject farther away from background

Want less blur?

- 1.) Put subject closer to background
- 2.) Get farther away from subject

