

One place. Three ways to see it.

A ready-to-run 30-minute session for a small photography group.

Before the group arrives

Choose an accessible, permitted area with a few ordinary subjects: a chair, wall, plant, doorway or still-life table. Print page 2 for each participant, or let people make notes on their phones. No accounts or specialist equipment are required.

SESSION PLAN

0-3 MIN

Set one intention

Ask each person to choose one word: calm, contrast or curiosity. They will photograph the same small area with that word in mind.

3-6 MIN

Look without taking a photo

Notice light, edges and a possible subject. Ask: what should someone notice first? Choose one safe place to work.

6-16 MIN

Make three deliberate versions

Keep the subject or idea consistent. Change one thing in each version: position, distance or the amount of background. Note what changed. More shots are fine; select three to discuss.

16-24 MIN

Share in pairs

Each person shows one preferred image and explains their intention. The partner gives one concrete observation and asks one curious question. Allow about four minutes each.

24-28 MIN

Choose a next experiment

Select one image to keep, or name one thing to try again. Invite two volunteers to describe a decision; nobody has to share publicly.

28-30 MIN

Invite a next step

Offer the free notebook for more private exercises, or show how to read the current Beat AI challenge. Joining, entering and voting are optional.

Three versions, one intention.

Any phone or camera. Choose ordinary subjects and work somewhere safe.

My intention: CALM / CONTRAST / CURIOSITY / MY OWN WORD

The subject or idea I am exploring:

1 START WITH YOUR FIRST IDEA

Take a first version. What draws your eye?

One choice I made:

2 CHANGE ONE CHOICE

Move a little, alter distance or simplify the background. What changed?

One choice I made:

3 TRY ANOTHER DIRECTION

Make a third version. What does this image communicate differently?

One choice I made:

The version I prefer, and why:

What I will try next:

Make the conversation useful.

Observation first. Intention next. A small experiment to finish.

Two questions that help

What do you notice first in this image? What changes when you compare it with the other two versions? Use visible details rather than guessing what the photographer should have done.

A simple feedback script

I notice [a specific feature]. It makes my eye move toward [a detail]. What were you hoping to show? If you try one more version, what would you change?

Keep participation comfortable

People can describe a photo without showing it. Agree before photographing identifiable people or sharing their work. Use subjects you have permission to photograph, keep access routes clear and follow the venue rules. Staying seated or using a still-life table is a valid way to take part.

Continue privately

The Beat AI Photography Notebook has short written exercises and printable resources. Pick one small skill for your next session, such as noticing frame edges or comparing window light. These practice exercises do not require a Beat AI account.

Free notebook and downloads

[Open the Beat AI Photography Notebook](#)

Try the live daily challenge, if you want

Visit beatai.co.uk and read the current brief and deadline. Beat AI is a public beta for original photos, AI artwork and blind voting. Sign-in is required to enter or vote. Use the rules shown on the site; this local group session does not enter photos automatically.

Reuse this kit

You may print and share this original Beat AI kit with your group. Keep the source credit and links. It contains teaching prompts, not sample competition entries or promises of results.