

Simple Time-Lapse Photography

Time-lapse photography lets us see the beauty in things that change slowly. It lets us speed up time, allowing us to look at things happening around us that we seldom see, such as a flower opening or the moon travelling across the sky for example. Time-lapse videos are created from a series of still images, usually taken over time - a few seconds, hours, days or even years.

Stop motion animation is a simple way to create time-lapse videos. In stop motion animation, a series of photographs are taken of an object in slightly different positions or of a scene that changes, or a combination of both. Viewing the photographs in quick sequence creates the appearance of motion, like a flip book. This is so much fun! The possibilities are endless!



Supplies:

- ◆ Smart phone, iPad, or camera. Ensure there is memory space for lots of photos.
- ◆ Tripod or stand will help as you need to keep the camera from jiggling.
- ◆ Stop motion app - the free version of Stop Motion Studio is very easy to use and edit. (See an overview at cateater.com). Using a smartphone, consider downloading a time-lapse app e.g. Lapse It Pro, PicPac Stop Motion & TimeLapse or Lapse It. **OR** Download your photographs to a slideshow program - [Adobe Spark Slideshow Maker](#) (free) or Microsoft PowerPoint. This method is slower but works well. Place one photo per slide in the order in which you took them. Under “transition” set the time between slides to .25 or .5 seconds for all the slides. Now you are ready to watch time fly by.
- ◆ Try making a collage out of the photos like in the image of the flower on the left.

Take this project outside. Record the first blossom opening, a puddle filling with rain, the growth of a plant. Track the sun by recording the movement of a shadow over a day. Repeat this one a few weeks later to see the earth’s seasonal tilt. Make a trail of footprints appear one at a time. Capture the changes in your garden, neighbourhood or your favourite green space in a season or over a year. Take pictures of your subject at regular intervals. You could take a picture every minute for an hour, every day for a month, or biweekly for a few months. (or even once a month for a year) There is a lot happening out there just waiting for you to record it.

TIP: It is important that every photo is taken from exactly the same place and angle to make movement from photo to photo smooth. Use something permanent like a log, porch railing, or windowsill to help keep your device in exactly the same place for projects shot over many sessions.

