THE PROOF SERIES

A SENIOR'S SIMPLE GUIDE TO DIGITAL PHOTOS

Photo Proof

Keep the moment. Lose the clutter.



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PROUDLY CANADIAN



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FREE SAMPLE CHAPTER

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MEET YOUR CAMERA

CHAPTER 1 Meet Your Camera

The five controls that matter

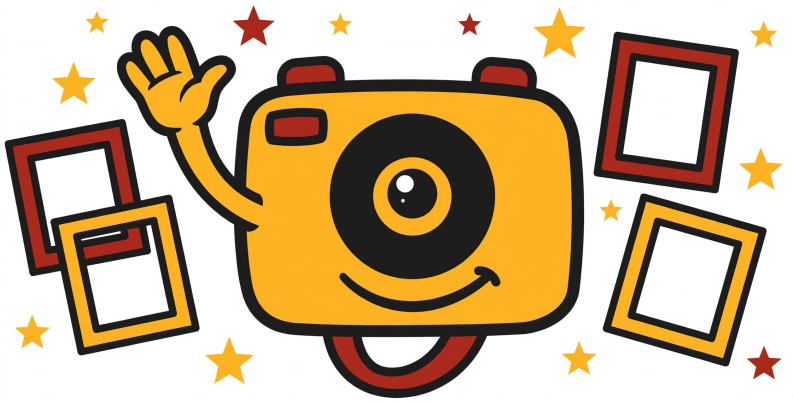
TALE

PHOTO STORY

Martha missed the first candle on her grandson's cake because she was hunting through menus. The next birthday was different: she opened the camera, tapped the face, and pressed the shutter. The photo was not perfect. It was real, sharp, and hers.

By The End Of This Chapter

- [ ] Open the camera quickly
- [ ] Recognize the shutter, flash, and camera switch
- [ ] Take one photo and check it



CHAPTER 1 · DO IT

The five controls that matter

1. Open the Camera app. On many phones, you can also swipe from the lock screen or press a camera shortcut.

2. Hold the phone so the screen faces you. The live picture is your viewfinder.

3. Tap the main subject on the screen. A square or circle may appear to show focus.

4. Press the large round shutter button once. Keep holding still for one extra heartbeat.

5. Tap the small preview image near a corner to inspect the result.

Slow is smooth. Smooth becomes quick.

MEET YOUR CAMERA

Try it with nothing at stake

10 minutes is enough. Practice is not a test. It is how your hands learn where the controls live.

> **!** Your Small Assignment: Photograph one mug from three positions: standing, seated, and slightly above. Open each photo. Choose the one that best shows the shape of the mug, then mark it as a favorite.

Notice, Do Not Judge

- [ ] What felt easy?
- [ ] Where did you pause?
- [ ] Which icon or word will you remember?
- [ ] What would you do differently next time?

A useful photo beats a perfect photo. Keep the useful one.

MEET YOUR CAMERA

Three common fixes

The screen is black
Check whether a finger or case covers the lens. Close and reopen the camera.

You see yourself
Tap the camera-switch icon, usually two curved arrows around a camera.

Nothing happens
Unlock the phone, then try again. If needed, restart it.

Remember

- [ ] You do not need every icon.
- [ ] Tap the subject before the shutter.
- [ ] Check the result while you can retake it.

! Still stuck? Read the exact message on the screen. Write it down. A precise message is far more helpful than “it does not work.”

STEADY, SHARP, AND IN FOCUS

CHAPTER 2 Steady, Sharp, and in Focus

Blur is usually a movement problem

TALE

PHOTO STORY

Frank blamed his phone for fuzzy family pictures. The phone was fine; his hand was moving the instant he tapped. He tucked his elbows in, breathed out, and pressed gently. Suddenly the faces looked like faces again.

By The End Of This Chapter

- [ ] Build a steadier hold
- [ ] Tell the camera where to focus
- [ ] Know whether blur came from you or the subject

CHAPTER 2 · DO IT

Blur is usually a movement problem

1. Clean the lens with a soft, dry microfiber cloth.
2. Use two hands. Tuck your elbows lightly against your body.
3. Plant your feet and lean against a wall, chair, or table if one is nearby.
4. Tap the most important face or object on the screen.
5. Press the shutter gently. Do not jab. Stay still until the photo appears.

Slow is smooth. Smooth becomes quick.

STEADY, SHARP, AND IN FOCUS

Try it with nothing at stake

10 minutes is enough. Practice is not a test. It is how your hands learn where the controls live.

Your Small Assignment

Place a book on a table. Take one photo with one hand, one with two hands, and one with the phone resting against a mug. Zoom in when reviewing. Compare the letters on the book cover.

Notice, Do Not Judge

- [ ] What felt easy?
- [ ] Where did you pause?
- [ ] Which icon or word will you remember?
- [ ] What would you do differently next time?

A useful photo beats a perfect photo. Keep the useful one.

STEADY, SHARP, AND IN FOCUS

Three common fixes

Everything is soft
Clean the lens and remove any cloudy lens protector.

Background is sharp, face is not
Tap the face before taking the photo.

A moving child is streaky
Use brighter light, take several photos, or use burst mode if available.

Remember

- [ ] Two hands beat one.
- [ ] Focus on the important part.
- [ ] Take two photos when the moment matters.

! Still stuck? Read the exact message on the screen. Write it down. A precise message is far more helpful than “it does not work.”

LIGHT IS YOUR BEST HELPER

CHAPTER 3 Light Is Your Best Helper

Move before you reach for settings

TALE

PHOTO STORY

June's kitchen portrait looked gloomy even at noon. She moved her friend two steps toward the window and turned off the harsh ceiling light. The second photo looked warmer, clearer, and ten years kinder.

By The End Of This Chapter

- [ ] Find soft, useful light
- [ ] Avoid silhouettes
- [ ] Brighten or darken before taking the shot

LIGHT IS YOUR BEST HELPER

Move before you reach for settings

1. Look at the subject, not just the screen. Is the face in shade while a bright window sits behind it?

2. Move so light falls onto the subject from the front or side.

3. Tap the subject on the screen. A small sun or brightness slider may appear.

4. Slide gently up or down until details return. Avoid making skin or clouds pure white.

5. Take the photo, then check dark and bright areas.

Slow is smooth. Smooth becomes quick.

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