



Join in with the #BWDAL tag on Instagram Challenge

During these unusual times it can be difficult to see the positives and we can easily feel isolated from each other. But perhaps we can also spread some positivity and maintain connection through social media. Photographs are a great way to do this.

The Challenge

Upload at least one picture a week to Instagram and include the #BWDAL tag in the description so we can see each other's pictures

What can I photograph?

- The aim is to post photos that make us feel positive or grateful.
- This could be pets or objects around your home or outside space
- It could be a snap taken whilst out undertaking daily exercise (maintain social distancing and adhere to the government rules)

How can I share?

You will need to make an Instagram account if you don't already have one and then upload your photo to your account. There is a guide to Instagram below

<https://www.theverge.com/2020/2/27/21156337/instagram-basics-install-account-username-settings-get-started-how-to>

When you upload your photo add **#bwdal** in your caption. Remember if you don't want people to see your location turn it off in settings.

If you don't have/want to make an Instagram account you can alternatively send your photos in via email to adultlearning@blackburn.gov.uk with **For Chris Truckle** in the subject box and we will share your photo on Instagram from the account **BWDAL2020**. We will share photos anonymously unless you tell us you are happy for us to add your first name in the comments.

How can I see what others have shared?

Go into Instagram and click the magnifying glass (search). Type in #BWDAL and you should see all the photos with that tag. You can also follow the BWDAL2020 account and see more of the photos others have taken.