



Timelapse and Child-Height Perspective

Motion, Mood & Seeing Like a Four-Year-Old

What Timelapse Is



A photo taken every few seconds.
Played back at normal speed when slow things become fast.

The Four Decisions



Timelapse is controlled by four choices:
interval, duration, stability, and consistency.
Once these are set, the camera does the rest.

Motion-freeze timelapse style



Motion-freeze timelapse captures sharp, crisp slices of action. Perfect for busy streets, markets, and fast movement.

Motion-Freeze Settings

1/1000s • ISO 800-3200 • AF-C • 1-2s interval.

Use fast shutter speeds to freeze movement.
ISO rises to support the shutter.
Continuous autofocus keeps subjects sharp.



Motion-freeze examples

- Crisp street action,
- sharp market movement,
- clean slices of time.

Each frame is sharp, but the sequence still shows behaviour - people appearing, moving, vanishing.



Motion-blur timelapse style

- Slow shutter
- Flowing frames
- Atmospheric movement.

Motion-blur timelapse adds atmosphere.
Movement becomes soft and expressive
Perfect for dusk, crowds, and traffic.



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Motion-Blur Settings

1/2s-1/15s • ISO 100-400 • tripod • 1-2s interval.

Slow shutter speeds create blur.
Keep ISO low to allow longer exposures.
Stability is essential.



Motion-Blur Examples

Crowds dissolving, traffic streaking, painterly movement.

Each frame contains flowing motion, but the timelapse still compresses time.
It becomes a moving painting.

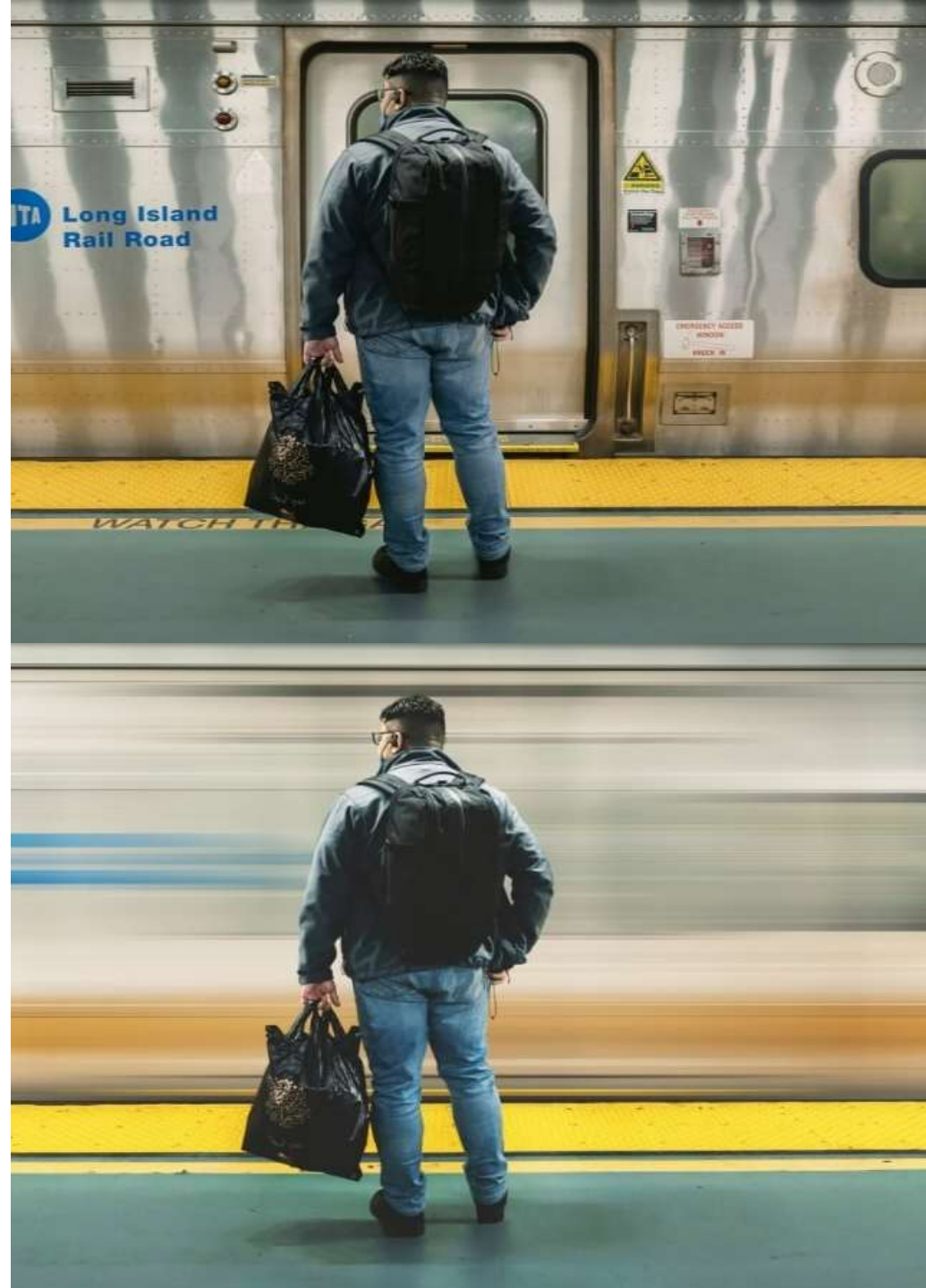


Freeze vs Blur Comparison

- Freeze = clarity.
- Blur = emotion.
- Both = storytelling.

Motion-freeze shows detail.
Motion-blur shows mood.

Together they give you full creative control.



Technical Summary

- **Freeze:** Crisp energy
- **Blur:** Flowing atmosphere
- **Timelapse:** Behaviour revealed

This is the foundation.

Now we move from technique to creativity.



Transition

From technique . . . to a new way of seeing Norwich

“Now that we’ve mastered how timelapse works, let’s use it to see Norwich in a completely different way . . .”

This is the bridge into the creative section
- the child-height perspective.



The Big Idea

- Adults look at things.
- Children look through things.
- Adults aim the camera.
- Children let the world happen.

Timelapse helps us rediscover that sense of wonder.



Child-Height Perspective

What happens at 3 feet high?

Lowering the camera to hip height changes everything.
You stop photographing as an adult and start photographing as a child.



Why Child-Height Matters

- Adults curate.
- Children discover.

At child height, the camera wanders, tilts, gets distracted, and notices things adults ignore.

It's curiosity without rules.



The Hip-Height Walk

- Camera at hip height.
- 2-second interval.
- Just walk.

No composing. No aiming. No thinking.

Let the camera behave like a four-year-old.



What the Camera Saw

Puddles • reflections • pavements • shop windows • people inches away.

The results were extraordinary.
The camera photographed things I would never have pointed it at.



Norwich Examples

- London Street
- Gentlemen's Walk
- The Arcade
- St Peter Mancroft
- Norwich Market
- The Forum

Each location behaves differently at child height. The city becomes alive in a new way.



Why 2 Seconds Works

Predictable rhythm + child-like wandering.

Two seconds is the sweet spot.
Every frame is different, but not chaotic.

It captures the rhythm of walking.



Creative Payoff

A documentary of the city from a viewpoint we've forgotten.

Combining timelapse with child-height perspective creates a magical way of seeing.



Mini Exercise

Try this:

1. Timelapse mode
2. Hip height
3. 2-second interval
4. Walk 10 minutes
5. Don't aim
6. Don't think
7. Let the world happen

When you play it back, you'll see your town differently.





Thank You

Timelapse at Child-Height
= A new way of seeing.