

# 5 Creative Framing Techniques

for Vertical & Horizontal

How you can frame compositions  
& add depth to your shots.

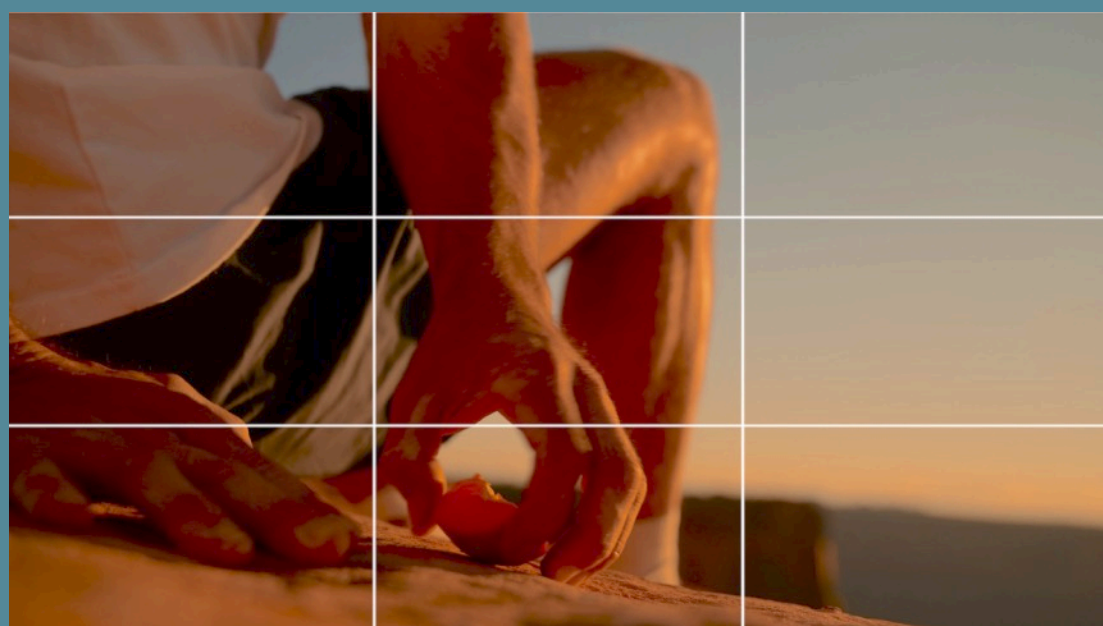
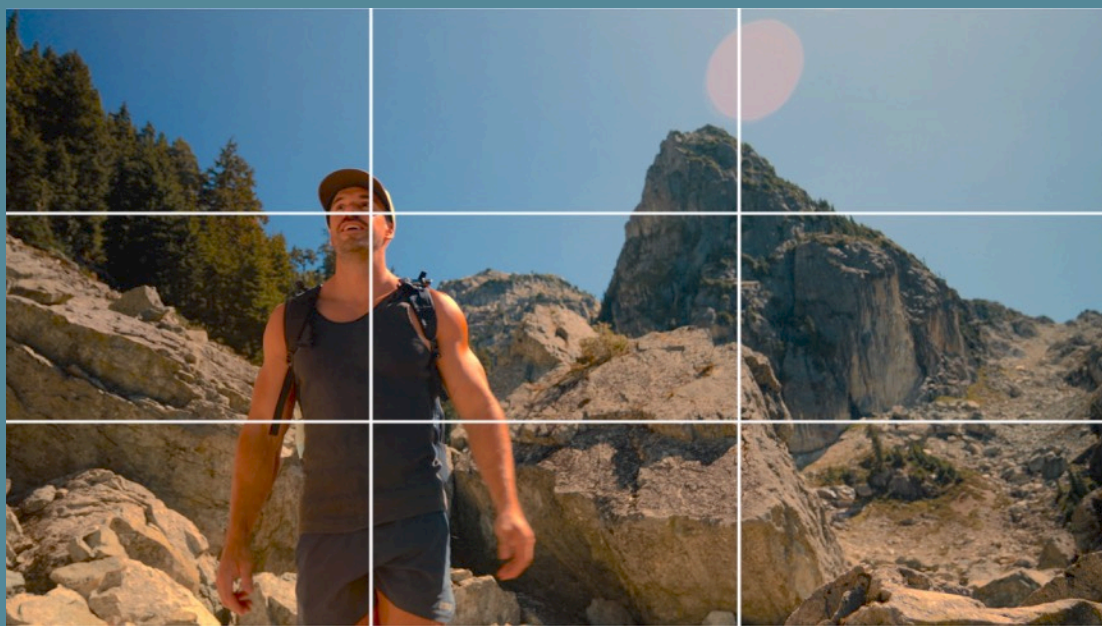
version 3.0

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# 1. Rule of Thirds



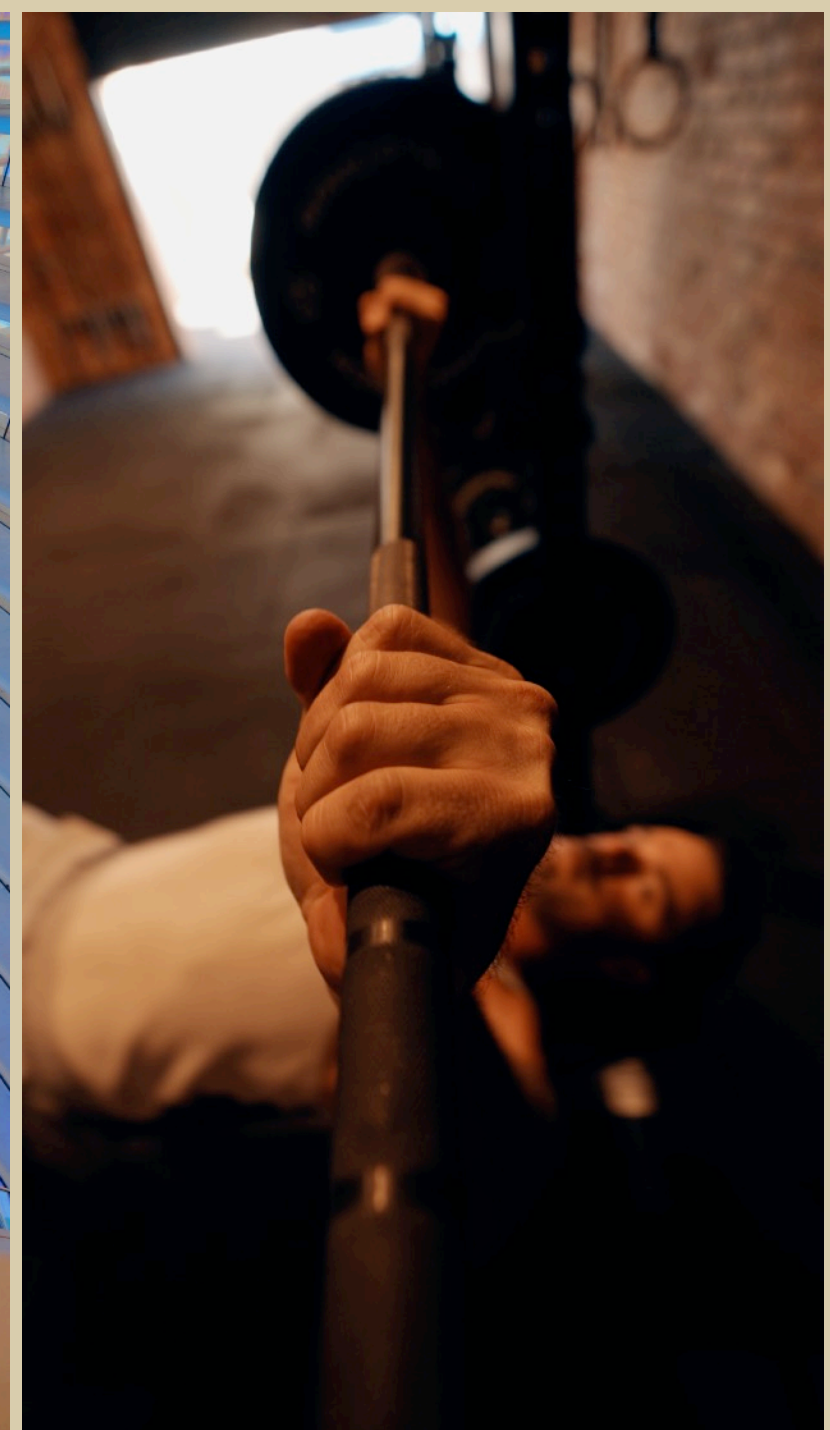
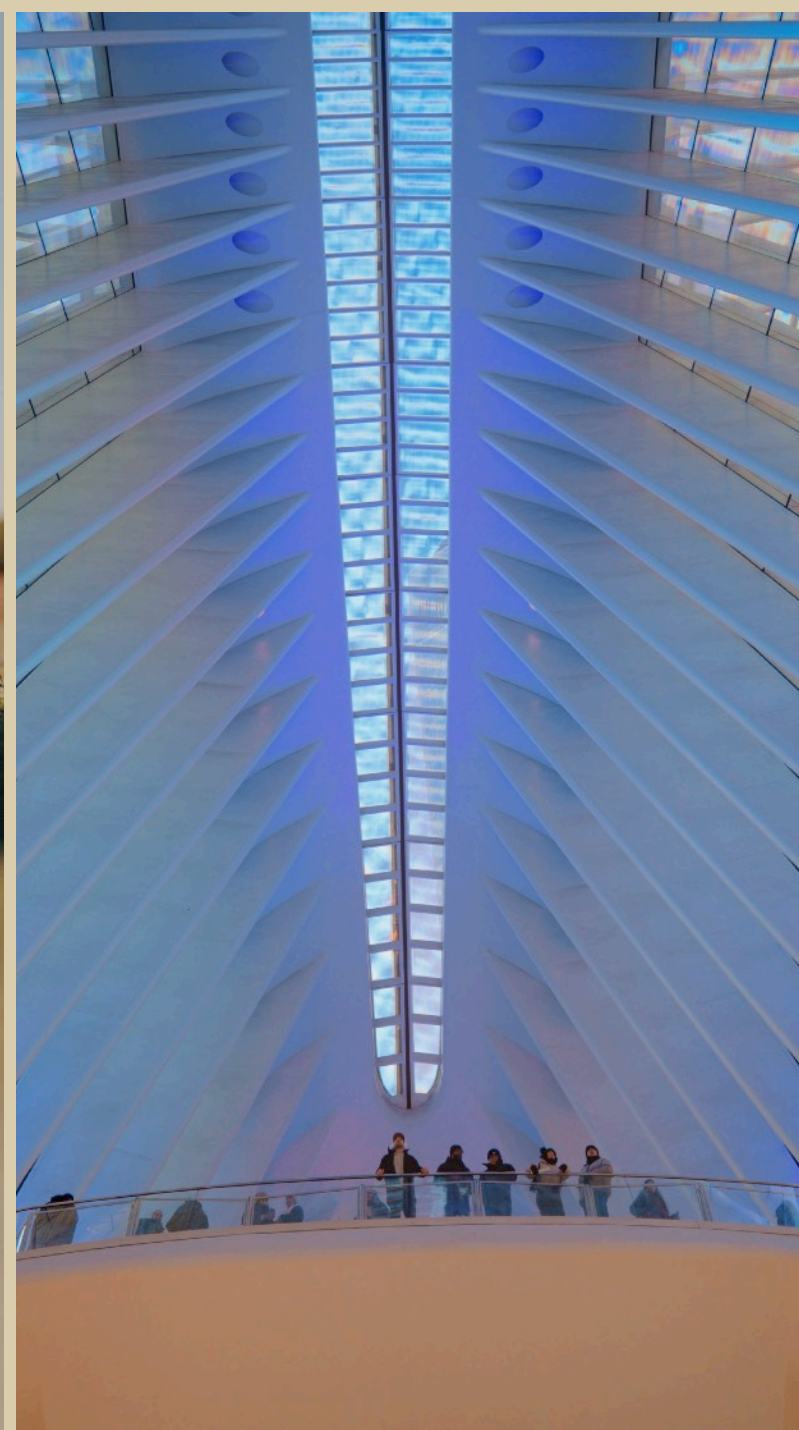
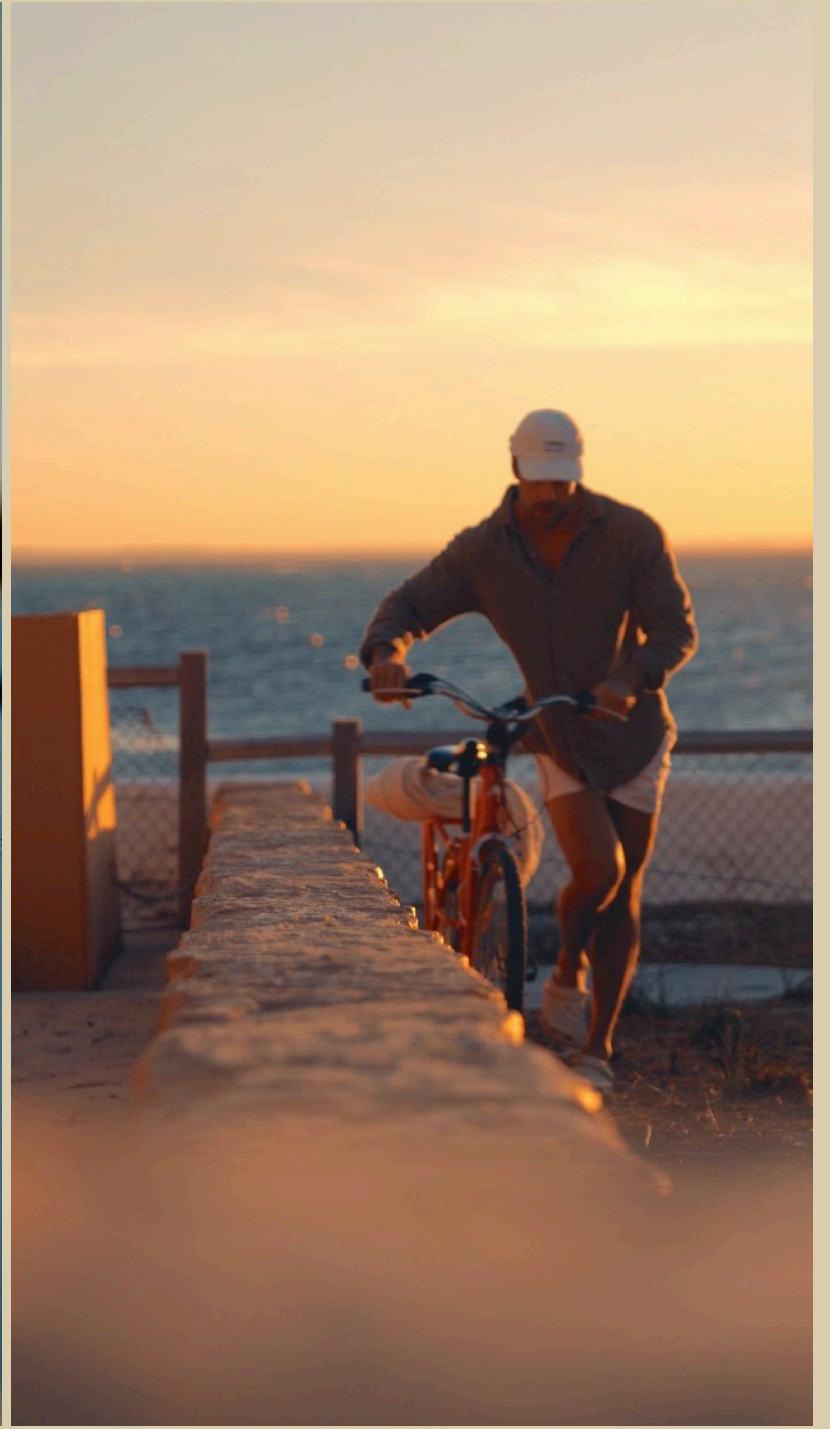
Rule of thirds is where subjects are placed along the intersecting gridlines for balanced composition.

Divide your frame into a 3x3 grid. Place your subject along these lines or intersections to make the shot feel balanced and interesting

- Practice: Place important parts of your subject, like the eyes in a portrait, at or near the intersections of the grid lines.
- Experiment: Try different placements to see how they affect the feel of your photo or video.



## 2. Leading Lines



This is the use of lines to naturally draw the viewer's eye toward the subject.

This adds depth and guides the viewers on where to focus.

- **Vary Perspectives:** Try shooting from different angles to see how the lines interact with your subject.
- **Combine with Other Techniques:** Use leading lines alongside the rule of thirds for a more compelling composition.



# 3. Fill the Frame



Filling the frame is when you make the subject fill the frame for more impact and detail.

Perfect for intense or focused moments.

- Be Mindful of Focus: Ensure that the important parts of your subject are sharp and clear.
- Avoid Overcrowding: While filling the frame, leave enough space to maintain clarity and avoid a cluttered look.



# 4. Frames Within Frames



Use natural elements like doorways, windows, or arches around the subject to create layers and draw the viewer's eye inward, making it look intentional and cinematic.

- Find Natural Frames: Look for objects in your environment that can encase your subject.
- Position Your Subject: Place your subject within this frame to create a layered effect.



# 5. Foreground Elements



The most important way to make your shots cinematic.

This involves adding foreground elements to increase depth, like shooting through leaves or objects for a more dynamic and immersive feel.

- Use a Wide Aperture: This can blur the foreground slightly, keeping the focus on the subject while still adding depth. Eg; 1- 2.8 apperture.
- Be Intentional: Ensure the foreground elements add to the story or composition and don't distract from the subject.



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