

Tips for taking video at home!

Clean your lens!

Check your background

- Go outside! When filming in natural light, morning or evening light is the softest. Midday light coming from straight overhead can cast shadows on your face.
- Make sure you have a clean crisp background
- Avoid messy or distracting backgrounds
- If you need to film indoors, do not film with a window or another reflective surface in the background of your shot. You could inadvertently catch the camera in the reflection.

Lighting

- Ideally go outside to film. Otherwise find a room with plenty of natural light
- Turn off the overhead lights -- it can cast unflattering shadows on your face
- Try to not have a strong light source behind you that will create a shadow.

Always use the back camera

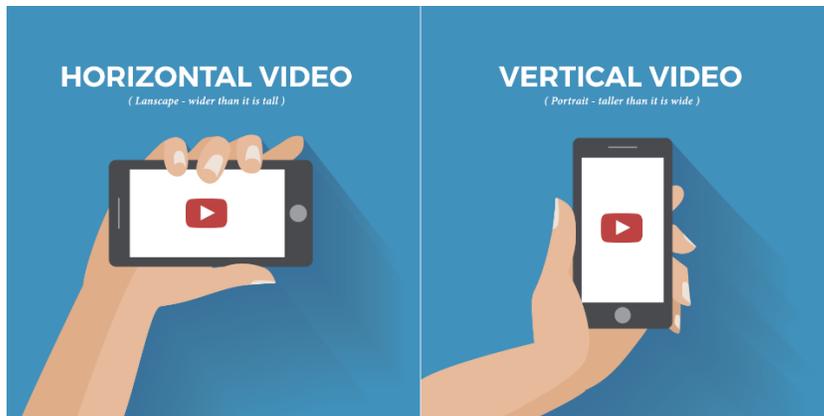
- Use the camera on the back of your phone. The front camera's quality is not as good on most phones (selfie mode).
- Don't use the zoom function – move the camera as close as it needs to be to get a good shot of the upper portion of your body.

Stability & Focus

- Use a tripod, if available. Otherwise, hold the camera still and keep it in focus
- If another person is helping you film, have them tuck in their elbows to keep the camera stable and hold the camera with two hands
- Don't have a tripod? Try using a book or tissue box to balance the camera
- Tap on your subject's face on your smartphone screen to have the camera auto-adjust for exposure and focus.

Orientation (turn on its side)

- **Make sure to keep your phone flipped to landscape mode, not portrait.** Filming in the portrait orientation will create “black bars” on either side of your shot.
- Record a few seconds before and a few seconds after you start and stop talking



Rule of thirds

- Add the grid to your cell phone camera & center yourself in the middle of the frame
- If you have an iPhone, you can turn on the grid by going to Settings > Photos & Camera > Grid.

