

## Tips for Filming

- Make sure a light source is coming from in front of you, not shining on your back.
- If you are using a phone to record, put it on a solid surface and direct the camera at yourself instead of holding it in your hands.
- Make sure the camera captures from your head to your chest. The camera should be vertical and not horizontal, as seen in the examples.
- Make sure you are in a quiet environment. No TVs, no music, and (as cute as they are!) no barking dogs in the background 😊
- Take a look at your space before you record. Be mindful of your surroundings and make sure there is nothing in the frame that you don't want to be seen.

### **Examples of Camera Angle and Placement:**

