

## ***How to guide for making a Vlog***

Thank you for considering to help The Dyspraxia Foundation Youth Group by making and recording yourself so that we can make our own awareness video for Dyspraxia awareness week in October (9<sup>th</sup>-15<sup>th</sup>). We appreciate all entries sent to us; we hope to make something beautiful from your work so that we can help YOU make a difference.

### ***What's the plan?***

Our plan is to put together a group of videos made by you! We want to hear about how dyspraxia affects you and how the foundation has helped you as a person. Claire will be posting about what we specifically want to be talked about in your videos so look out for her posts! We want to see you in front of a camera, speaking, singing or even just holding up a sign with a few words. We understand that it can be difficult to put together a whole speech, so we openly welcome whatever makes you feel most comfortable.

### ***Never made a vlog before?***

That's fine! I'm going to give you a quick simple how-to for making a good simplistic vlog.

1. Remember this video is going to be available for everyone and anyone to see, so make sure you look presentable. Why not grab your favourite shirt and comb out those birds nest in your hair!
2. Ok so now you're happy with the way you look; which by the way is FAB, now we need to make sure that what is going to behind you looks good too. Remember YOU are the main focus in the video, not a shelf full of un-organised clutter. Keep it simple, you don't want the audience obsessing over what's going on behind you. Why not watch a few vloggers on YouTube and see what kind of things they have behind them.
3. You look great, and so does the background, now we need to make sure that we can see you. Do you have a light enough room? Perhaps a few spare lamps? If you do need a few lamps to brighten things up a bit point them at the wall near you, not on you. If you point them at you it will be like staring into the sun from Telly Tubies.
4. Now that everything looks good, you need to position a camera at eye level in front of you. Not everyone owns a fancy tripod so why not grab a table and a few books till you get it at the right height. Don't hold or get someone to hold it for you, a shaky camera never looks great for vlogs.
5. Don't forget if using your phone to make the video turn it horizontally as we want landscape view.
6. Do some breathing exercises and a few practice runs on what you're going to say. I can guarantee nearly every vlogger would be lying if they said they did it all in one take without practice first. Or this could be the part where you write up the words you want to display. If you do ask a friend or family member to check if they are clear and readable.
7. This is the part where you press the record button.

8. Once you are happy with your recording send the file to our chosen location (again Claire will confirm this with you all soon). Due to quality purposes we cannot accept files sent via facebook/facebook uploads.