

How to record your testimony video at home:

You may be very familiar with recording videos at home, or maybe you are new to it. Either way, the following tips and instructions will help you make the most of your video so that it can be uploaded with the rest of the stories we are capturing.

#1 Do the My Story Workbook and craft your story. (1-2 minutes)

#2 Read the Tips/Tricks and Best Practices on the following pages

#3 Record your story (Record as many takes as it needs)

#4 Upload the best version to Google Drive or Dropbox and send the link to rzeulner@gracefellowshipchurch.org - If you need help, email Ryan.

5 Once the link is sent back to you with the finished copy, you will have two versions (horizontal/vertical) to share as you feel led on Social Media. Grace will upload all the videos to their YouTube channel and link them to the website.

Tips/Tricks and Best Practices For Filming

Lighting (tips and tricks to get the best)

- Natural light is always the best bet, so filming in front of a window or door with natural light will create a great shot.
- Turn off extra lights around the room and rely on natural light during the day.
- If you have a ring light or extra lighting, feel free to use that along with some natural lighting.
- Try to avoid windows behind you that will cause backlighting
- If you are filming with your phone, after you hit record, you can tap the screen to adjust exposure.

Background (what makes a good background)

- A clean and organized space behind you looks great.
- It doesn't have to be a plain wall; you could position yourself in front of bookshelves, near a plant, or against a wall with artwork.
- Take a test photo or video of yourself and review it to ensure nothing in the background is distracting.
- Maintain Consistent Lighting. Try to film within a time when the light will not be changing too dramatically.

Focus (why you would sit or stand)

- Sitting in a space with a nice background can be great. Make sure to stay in a position that engages with the camera. Use a firm chair so that you do not sink in or slouch.
- Standing in front of the camera can also be great to be able to express yourself. Don't be afraid of using your hands.
- Select a position that helps you communicate effectively and feel at ease.

Frame - Shoot horizontally so that we can crop it vertically for social media

- Center the Subject: Position yourself in the center of the frame, leaving extra space on the sides. This allows for flexibility when cropping for different aspect ratios.
- Leave Headroom: Make sure there is enough space above your head. This helps maintain a balanced look when cropping.
- See Image A at the end of the Tips/ Tricks.

Wardrobe (what looks good on camera and what to avoid)

- Be yourself and dress in what makes you feel comfortable.
- Avoid patterns, shiny fabrics, and large logos, which can be distracting

- Avoid Bright Whites - White can be too reflective and may cause glare. Opt for off-white or light pastels instead.
- A good idea for makeup is to apply your makeup in lighting similar to what you'll have during filming. Natural light is ideal, but if you're using studio lighting, ensure your makeup is adjusted accordingly.

Audio (how to get good audio and how to know you got good audio and minimize background noise)

- Choose a quiet location: Film in a quiet space away from traffic, noisy appliances, or other sources of background noise.
- Test Recording: Record a short test video and listen to it. Pay attention to clarity, volume, and background noise.
- Close doors and windows around the filming space to eliminate extra noise
- Turn off unnecessary devices - phones, fans, air-conditioning, etc.
- Filming in a smaller space can also be helpful to get the best sound.
- Consider buying a wireless microphone like [THIS](#).

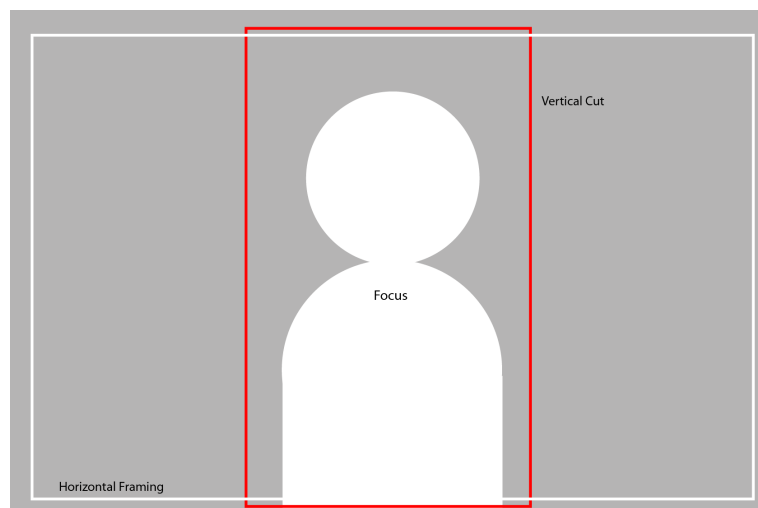
General Tips to get the best content

- Plan before you film: make notes of what you would like to say with key points so that you can feel confident in the message you are sharing
- Practice what you would like to say before you are filming so that you can communicate confidently on camera.
- Film multiple takes (SERIOUSLY). Don't be afraid to overfilm and then pick the best one.

Recording and post-edits

- Record with the phone camera, and then you can upload it to an editing app for editing. There are many options available: CapCut, iMovie, InShot.
- Grace will review the video, trip it up, and add a fade-out once you have sent Ryan the Google Drive or Dropbox link.

Image A:



GRACE IN ACTION