

CELEBRATING THE BEST OF HUMANITY
ONE STORY AT A TIME



VIDEO STORYTELLING
POCKET FIELD GUIDE

MY HERO PROJECT WWW.MYHERO.COM



PRE-PRODUCTION - STORY



WHAT DO I WANT TO SAY WITH MY STORY?
WHAT IS THE BIG IDEA I WANT TO SHARE?
WHAT IS THE BIG QUESTION OR CHALLENGE?

- BEGINNING** • Act 1: Introduce characters, setting and challenge.
- MIDDLE** • Act 2: Obstacles and problems are encountered and overcome.
- END** • Act 3: Resolution with characters changed by the experience.

GENRE - TYPES OF STORIES

NARRATIVE- A vivid personal story, usually from one person's viewpoint or lived experience.

DOCUMENTARY - A non-fictional story intended to document, educate and advocate.

PUBLIC SERVICE ANNOUNCEMENT (PSA) - A story to raise awareness or change public attitudes or behavior towards a social issue.

JOURNALISM - Stories with information people need to make the best possible decisions about their lives, their communities, their societies, and their governments.

FIND FREE WRITING RESOURCES AT
WWW.MYHERO.COM/MEDIAARTSEDUCATION

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PRODUCTION - SHOOTING

KNOW YOUR BASIC SHOTS



CAMERA

- CLEAN LENS, HOLD STEADY, WHITE BALANCE.
- CHECK BACKGROUND FOR DISTRACTIONS.
- USE BASIC SHOTS.
- SHOOT EXTRA VIDEO OF SURROUNDINGS.
- IF USING MOBILE DEVICE, HOLD IN LANDSCAPE FORMAT.

SOUND

- AVOID NOISY PLACES
- USE EXTERNAL MICROPHONE IF POSSIBLE.
- MOVE CLOSER TO SUBJECT IF USING DEVICE MICROPHONE.
- RECORD NARRATIONS IN QUIET SPACE
- USE MUSIC THAT FITS YOUR STORY.

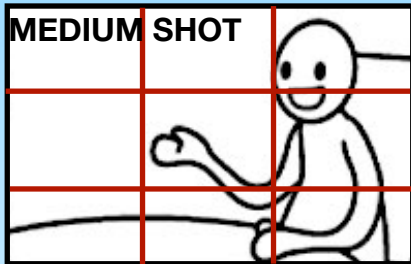
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INTERVIEW TIPS

- RESPECT YOUR SUBJECT'S TIME.
- DO YOUR RESEARCH.
- WRITE DOWN YOUR QUESTIONS.
- GET ANSWERS IN COMPLETE SENTENCES.
- MAKE IT MORE OF A CONVERSATION.



USE RULE OF 3RDS TO KEEP SUBJECT'S EYES IN THE UPPER 3RD OF THE FRAME.

LOOKING FOR MORE?



MY HERO PROJECT

- Film Festivals, Contests
- Lesson Plans, Resources
- Local & Global Action

[MYHERO.COM](http://www.myhero.com)

