



## Virtual Volunteer Video Suggestions

Thank you for volunteering your time to create a fun virtual video for our children and families!

Your video will be stored in an on-demand library for families to access from anywhere, at any time. They may enjoy your video directly from the hospital or in the comfort of one of our guest rooms.

Following are a few best practices to make sure that your video is easy to see, understand, and enjoy.

### Tips and Tricks for Recording your Video:

1. Use a video camera that you are comfortable with. The built-in cameras on phones and laptops are often easiest and very good quality.
2. Pick a location with good lighting. Somewhere quiet outside, in a room with lots of windows, or somewhere with multiple light sources. Avoid dark rooms or rooms with a single light source.
3. Get a good angle. If you are folding origami, reading a story, doing magic, or anything else that requires a view of something other than your face, make sure it is easy to see and centered in the frame of the video. At the same time, make sure nothing inappropriate for children is visible in the frame of the video. Placing the camera at or above shoulder height is typically a good start.
4. Record horizontally. Typically, this views best across devices. If you need to record vertically to capture your activity, you will still have a video that we can use!
5. Speak clearly and loudly. Please keep topics and language appropriate for a young audience.
6. Act like you are talking to someone. Do not read a script, stare off camera, or sit too still. Make sure to move, use limited hand gestures, speak with emotion, and use your facial expressions to reinforce your words. You may feel silly, but it will come across as lively and engaging!
7. Always do a short test video before recording the content. Practice makes perfect!

**If you have questions, please contact Rachel Taninecz at [Rachel@rmhcdc.org](mailto:Rachel@rmhcdc.org).**