

# Making a Teach for Life Video

This guide will walk you through the process of making a Teach for Life video. Here you will find helpful tips and information on everything from choosing your subject to recording and submitting your video.

## Planning and Preparing

1. Planning Your Video
2. Getting the YouTube App

## Recording Your Video

1. Setting up
2. Recording Checklist
3. Submitting Your Video



# Planning Your Video

The first step is to plan the content of your video—what you will do and say.

Here's how I teach counting by twos to my preschoolers!



## 1. Choose your subject

- The general theme is: “Here is one way I teach [lesson topic] to my students.”
- In each video, focus on **one** specific activity or technique for teaching the topic.

## 2. Things to consider

- Aim for **1 to 3 minutes** in length.
- Use props and visual aids, if appropriate. Focus on **showing** rather than just telling.
- Are there any helpful “tips” you’d like to include based on your experience?



## 3. Follow this structure

- **Introduction**
  - Brief intro statement. (Example: “Here’s how I teach my kindergarten students to add using objects.”)
  - Introduce your materials, if any. When possible, suggest alternate materials that are easy to find.
- **Main content**
  - Show and explain how you teach.
- **Ending**
  - If appropriate, do a quick recap. (Example: “To review: I introduce the listening chart at the beginning of the year, I post it in my classroom, and I go over it with my students every day.”)
  - Brief closing statement. (Example: “So that’s one way I teach counting to my students.”)

And that’s one fun way I teach shapes to my 4 and 5 year-olds.



# Setting Up

When it's time to record your video, here are some tips for getting set up.

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## 1. Supplies

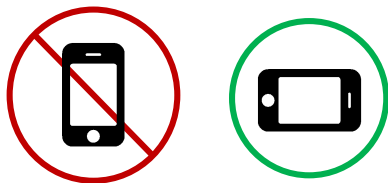
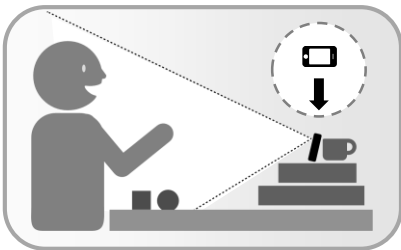
- Smartphone (or digital camera)
  - Props (if any)
  - Table, stack of books, or tripod
  - Recording Checklist (next page)
  - Optional:* external microphone
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## 2. Setting



- Choose your setting:**
    - ✓ Any room at school or home. Smaller is better.
    - ✓ Quiet
    - ✓ Good lighting. (Avoid bright light behind you, like a window.)
  - If you have props,** you might sit behind a desk or table.
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## 3. Camera Setup



- Make the camera steady**
  - ✓ Use a table, a stack of books, or a tripod.
- Place camera so that**
  - ✓ It can see you and your props
  - ✓ It's close enough to record your voice.
- Widescreen format:** Place your phone in horizontal position (lying on its side).

**Optional:** If you are using an external microphone, connect and test it.

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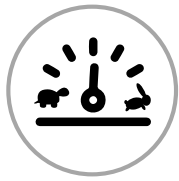
# Recording Checklist

It's time for your close-up. Lights, camera, action!

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## Get Phone Ready

1. Open the camera app.
2. Select the option to record a Video.
3. Position the phone horizontally (widescreen).



## Remember:

- ✓ Speak loudly, clearly, and at a comfortable pace.
- ✓ Your video does *NOT* have to be “perfect.” If you stumble, **just keep going**. As long as the main information is understandable, your video is good.

## Recording

- Press record, **pause and smile**, then begin talking.
- Beginning:**
  - ✓ Make a brief intro statement
  - ✓ Introduce your materials
- Ending:**
  - ✓ Quick recap, if appropriate
  - ✓ Brief closing statement
- Pause and smile**, then stop recording.

**That's it!** You're ready to submit your video.

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# Submitting Your Video

Now you're ready to send your video to Teach for Life!

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You can submit your video in one of two ways:

- If your video is **on your phone or computer**, you can upload it to the Teach for Life website.
- If you have a video **on YouTube**, you can import it to the website.

## To upload to the Teach for Life website:

*Note: If uploading from your phone, connect to Wi-Fi to avoid high cellular data use.*

1. Go to [teachforlife.org](https://teachforlife.org)
2. Go to the "Create" page.
3. Click the "Upload" button.
4. On the "Upload a video" page, follow the instructions to upload your video.

## To import a video from YouTube:

1. Go to [teachforlife.org](https://teachforlife.org)
2. Go to the "Create" page.
3. Click the "Import" button.
4. On the "Add a YouTube video" page, follow the instructions to import your video.

**And you're done! Your video will be added to the website automatically.**