

How to Record Audio & Video Stories

Some children will feel more comfortable telling a story aloud or performing it. Here are some guidelines for helping them prepare for and recording an oral/movement based story.

1. **Brainstorm:** Help them think about what they want to say or encourage their caregiver to help note their main ideas or the sequence of events. Based on the developmental capacity of the child, they can be encouraged to use more description and detail to expand on the basic framework. For example, if they say, "Then we played at the park." Ask them: "What did you play? Who else was there? What was the weather like? What did the park look like?"
2. **Record:** Use any device you or the participant has (phone/laptop/tablet/camera).
 - **For video:**
 - Stand or sit in one place, facing (or close to) where the light is coming from (a lamp or window).
 - Be as expressive as you like! You can act, dance, and sing too!
 - It is best to record in landscape orientation (holding your phone horizontally).
 - **For audio:**
 - You can use a cell phone's voice recorder, or a computer with a mic.
 - Try to be close to the device without moving it too much.
 - You could place it on a table in front of the kid/yourself while you/he/she/they read their story out loud.
3. **Save and Share:** Save the file as any of these accepted formats: WAV, MP4, MP3, M4A. Instructions will be made available as to where these files should be uploaded.