**Things to Remember When Filming Reels**

* Preparation
	+ Have a general idea of what you plan to say. We **do not** recommend drafting responses ahead of time because your response may come across as unnatural or scripted.
	+ Pick a filming location that is neutral and free of distractions.
	+ Try to stay away from pattern tops or accessories that may be distracting.
	+ Avoid headphones, earbuds, or visible microphones.
* Framing
	+ Because this footage is being used for Instagram Reels, ensure that your phone or device is [in portrait or vertical when filming.](https://digital-photography-school.com/portrait-or-landscape-orientation/)
	+ Apply the [Rule of Thirds](https://www.adobe.com/creativecloud/photography/discover/rule-of-thirds.html) when filming. Use grids to help center yourself.
	+ Record from the waist or chest up to create a cohesive look.
* Lighting
	+ Position yourself facing toward the light source.
	+ Pick a well-lit room, ideally with natural light.
* Audio
	+ Pick a quiet location free of audible distractions to film.
	+ Record a quick mic check to confirm that your computer microphone is working.
	+ If you are using a microphone, make sure that the app that you are using to record is picking up audio from the correct output.