**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.