

# Guidelines for Making Videos for Quarry Hill

- Please limit your video to five minutes
- If possible, position yourself in front of a neutral background (not distracting)
- Begin the video by introducing yourself and the book/piece of music (example: “Hi, I’m Stuart Little and I’ll be playing “Gavotte” by J. S. Bach”)
- Remember your audience: These videos are for older people who cannot see their families in person. They may suffer from memory loss.
- Review the video before uploading it, to make sure you can be heard and seen clearly

## Reading suggestions:

- Books for very young children, poems, short stories, or a selection from a longer work
- Please show illustrations. If you have none, consider drawing some yourself or using props

## Music:

- Music selections should be from Ashwood’s curriculum or pieces that have been assigned by a music teacher (such as Ms. Davis)

## Final suggestion

- It might be nice to end the video by looking at the camera and waving or saying something hopeful to the audience.

## Instructions for submitting videos

- Remember to review your video before uploading it, to make sure you can be heard and seen clearly
- You will need to download Dropbox or the Dropbox app. **This is free.**
- Once you have Dropbox installed, open this [link](#) and follow the directions to upload your video
- If you have any issues, please email [sewing@ashwoodwaldorf.org](mailto:sewing@ashwoodwaldorf.org)