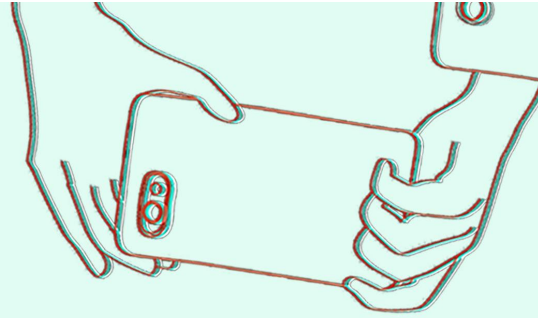


SMITH FILMS  
H2ER7

# video challenges



In Partnership with [Augustana College](#)

## **Video Challenge #3: “Time Capsule”**

A snapshot of this moment in time

*For you to have forever*

# Time Capsule

The goal of this video challenge is for you to create a video time capsule of this moment in your life/in history.

Usually, a time capsule is a container that holds present day items, such as photos, newspapers, letters and more.

For this challenge, instead of putting physical items into a container, you will create a video showing us a “snapshot” of what your life is like today.

So, get creative, follow the prompts and show us your world! You’ll love to have this special video as a keepsake, especially when you look back 10 years from now and realize just how unique this time has been and what good came out of it!

# Overview of the Project:

1. Time Capsule
  - a. Questions and ideas to consider, but you get to come up with some of your own!
    - i. Yourself, Your Community, Your World
    - ii. Interview with family member/friend
  - b. Silver Linings - What good came out of this time in your life?
2. Create your video
  - a. Outline/Story Arc
  - b. Production Process

# Examples to get your ideas flowing!

Stumbled upon this post from the NY Times circa 1999, when they asked the public for answers to a variety of prompts about a time capsule the paper was putting together.

<https://archive.nytimes.com/www.nytimes.com/library/magazine/millennium/timecapsule/tcsamples.html>

As you're reading through the various posts, notice the differences in how you imagine descriptions of *images* vs. how you imagine *sounds*.

Then, think about how you can make your video time capsule come to life with images and sounds.

With the exception of Slides 6, 7 and 8, the following ideas are elective, so put what you want in this time capsule!

Just remember, your 2-3 minute film needs to have structure and organization!

# Possible Ideas to Include About Yourself

- Age and where you are from
- Year in school
- Height
- Shoe size
- Hair style
- Favorites
  - Color, animal, food, show, movie, book, game, place, song, sport
- Best friend(s)
- When I grow up, I want to be/study...

## Possible Questions to Answer About Your Community

- Paint a picture of the community you live in and what measures have been taken to protect people.
- What does your home look like/your neighborhood?
- How has your community responded to the pandemic in other ways?
- Other things to consider including:
  - Gas prices/Shopping changes/Parks/Schools

# Possible Questions to Answer About Your World

- How are people helping others?
- From the media, what does the world look like?
  - How is it the same/different - worse/better?
- Paint a picture of the world you live in and what measures have been taken to protect people.
- How has your world responded to the pandemic?
- Other things to consider including:
  - Gas prices/Shopping changes/Parks/Schools



# How I am feeling...

Brainstorm words to describe how I feel

# I am most thankful for...

Family, friends, food, the arts...

# What I have learned most from this experience...

- 
- 
- 
-

Three (or more) things I'm most excited to do when this is over...

1.

2.

3.

4.

5.

# How are you connecting with others?

- Have you put hearts in your windows?
- What kind of technology are you using to connect with others?
- Are you mailing letters (using “snail mail”)?
- Chalk notes/drawings on sidewalks?

# What are you doing to keep busy?

- Have you started a project (planted a garden, helped Mom/Dad/Guardian paint the house, etc.)?
- What do you find yourself doing now to keep busy that you didn't do before the pandemic?

# Special Occasions...

What occasions did you celebrate during this time?

EVENT	DATE	HOW YOU CELEBRATED
ST. PATRICK'S DAY		
EASTER/PASSOVER		
BIRTHDAYS		
MOTHER'S DAY		
GRADUATION		

# Letter to your future self...

Dear, Future Me.

May 2020

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Love, Me



## Interview someone in your household (parent/guardian)...

- What has been the biggest change?
- What has homeschooling been like from your perspective?
- What are the top three memories you have of this time?
- What are you most thankful for?
- What hobbies/activities have you discovered?
- What do you most look forward to after this is all over?

(Come up with some of your own or use these!)

# Silver Linings...

- To understand silver linings, you need to know what hope means to you.
- What does hope mean?
- Where have you found it in midst of this very challenging situation?
  - Is it spending more time with family?
  - Are you engaging with your family and those you live with in more positive ways...spending time playing board games/cards/being creative with painting & drawing/discovered new things you treasure about your loved ones?
- What is your silver lining?

## Part 3: Creating Your Video Project

1. Outline/Story Arc of the Project
2. Production Process
  - a. Pre-Production - Planning your video's script, shots & interview questions
  - b. Production - get tech tips and film your video
  - c. Post-Production - editing of your video

# Construct Your Video Project

1. Introduce us to how you will structure your video time capsule.
2. Tell us about you!
3. Tell us about your home/community/world.
4. Complete the rest of the prompts you choose to use from Slides 9–16.  
*(REMEMBER! You can pick 1-2-3 or as many as you want from these slides. You do not have to include all!)*
5. Complete your interview with a member of your household.
6. Tell us your silver lining!
7. Wrap it up!

# Pre-Production: Create Your Script

- The script is composed of ways you'll tell your story to the audience
- The “Script & Shot List” template (included on the following pages) will help guide you in script writing.
- Each section of your video is a separate scene. The scene #’s help us stay organized as to where we are at in the story.
- Within each scene you might use a combination of A-Roll
  - Stand Up
  - Voice-Over
  - Interview Footage (from your interview with your family member)
- Think of your A-Roll as the main sound/interviews/voices you hear.

# What's A Stand-Up ?

A **standup** is a short introduction to your piece of content. You will film yourself or have someone help you film this. Your introduction should let your audience know what they will see and should have a solid beginning, middle and end!

EXAMPLE: “Hi, I’m Amy Calderone-Blommer. Today is May 28th, 2020 and this is my video time capsule from the COVID-19 pandemic. I hope to look back on it in 10 years to see how this taught us some valuable lessons and how our human race has improved tremendously since I filmed this!”

# What is VO ?

VO/Voiceover

A voiceover is the voice we hear in your film.

You can think of a voiceover as a way to narrate your story.

1. Sometimes these can be done by you
2. In other films, you might hear someone (maybe a celebrity) doing a voiceover or narrating the film. Voiceover and narration is one in the same.

# Script & Shot List Template

<b>Scene #</b>	<b>Overview of Scene</b> ( <i>From the Outline/Story Arc</i> )	<b>SCRIPT</b> ( <i>Dialogue</i> )	<b>SHOT LIST</b> ( <i>The Visuals</i> )
1	Your introduction -		
2	Yourself/Your Community/Your World		



# Continue with scenes 3-4-5

<b>Scene #</b>	<b>Overview of Scene</b> <i>(Outline/Story Arc)</i>	<b>SCRIPT</b> <i>(Dialogue)</i>	<b>SHOT LIST</b> <i>(The Visuals)</i>
3	Other content from Slides 8-15 (you pick what you want to include!)		
4	Interview with household member		
5	Your silver lining		
6	Conclude the video		

# Pre-Production: Create Your Shot List

- Once you've created your script, you then need to determine what visuals you'll need to tell your story!
- This is called "B-Roll"
  - Whereas your stand up and the interview is called A-Roll
  - B-roll is the visual content you see over what you hear
- B-roll Visuals
  - Maybe you'll use old baby pictures or take some new video to add to the story?
  - Maybe you'll use cool graphics ?
  - Or other ways to get creative?
- You'll add your Visuals into the "Shot List" column
- Visuals should add to your story!!

# Script & Shot List Template

<b><u>Scene #</u></b>	<b><u>Overview of Scene</u></b> ( <i>From the Outline/Story Arc</i> )	<b><u>SCRIPT</u></b> ( <i>Dialogue</i> )	<b><u>SHOT LIST</u></b> ( <i>The Visuals</i> )
1	Your introduction		
2	Yourself/Your Community/Your World		Graphics

# Continue with scenes 3-4-5

<b>Scene #</b>	<b>Overview of Scene</b> <i>(Outline/Story Arc)</i>	<b>SCRIPT</b> <i>(Dialogue)</i>	<b>SHOT LIST</b> <i>(The Visuals)</i>
3	Other Content from Slides 8-15 (you pick what you want to include!)		
4	Interview with household member		
5	Your silver lining		
6	Conclude the video		

# Pre-Production: Develop Interview Questions

You need to interview a member of your household (preferably Mom/Dad/Guardian) to talk briefly about his/her experiences during quarantine.

1. Determine who you are going to interview (Mom/Dad/Guardian)
2. Develop 3-5 Interview Questions and type them up (so you can refer to them during your interview!)
  - a. Refer to question bank (ideas for you) on Slide 16.
3. Read this helpful article about [How to Conduct a Journalistic Interview](#)

# Interview Tips

- Pick someone who you think will be interesting and have something to say!
- For this interview specifically, be sure to prep your interview subject on your project and tell them you are creating a video time capsule (you want them to be able to speak to the ideas and they won't be able to do this without knowing your goals and what the project is about)

# Shot Types

- Close-up - Imagine someone being interviewed and all you see on screen is their face. This is a close-up!
- Medium shot - Now imagine that same interview, except you can see the person seated in the interview chair from waist or chest up. This is a medium shot!
- Wide shot - Lastly, take that same interview and pretend that there's a large background that you want in your shot, so you have to take a few steps back to fit the background in the frame along with the person being interviewed. This is a wide shot!

# Production – Time to Film!

Well – almost time to film! Before you roll camera...

1. Watch the Camera, Audio & Lighting tips videos for useful tips and techniques from Fresh Films filmmaker Josh Romero!
2. All videos are on [www.FreshFilms.org/videochallenges](http://www.FreshFilms.org/videochallenges)
3. Try to follow the tips, but since this is documentary style filming, don't be too hard on yourself if it's not as perfect as you think it should be. It's okay! :)



# Production – Now it’s Really Time to Film!

So grab your phone or tablet, or a personal camera if you have one. Then set up your shot, audio and lighting, and...

1. Film Your standup and any voice-over dialogue
2. Film Your Interview
3. Film any Broll or other visuals that help tell your story.
4. Also gather other shots (pictures etc) that also help tell your story.

**PRO TIP:** Film everything at least 2-3 times. This is called having multiple “takes” – which ensures you have choices when you edit your video. And if you goof up your standup or b-roll shot, no sweat. Take another “take”. You might also experiment by changing the camera angle or doing slo-mo, or other creative ways of film!

# Post-Production: Edit Your Video!

The editing tutorials on our website will walk you through the steps to editing your video (on both computers and editing apps!)

1. Importing your footage and creating your editing timeline
2. Cutting your video, adding B-roll and transitions
3. Adding graphics and music
4. Exporting
5. Upload to YouTube and share link on your Video Challenge entry!

# Need more help? Have a question? No problem!

Join this [Google Hangout Video Call](#) at any of the following times to get any help you need on your video production!

Wednesdays: 2pm PT, 4pm Central, 5pm ET

Thursdays: 2pm PT, 4pm Central, 5pm ET