



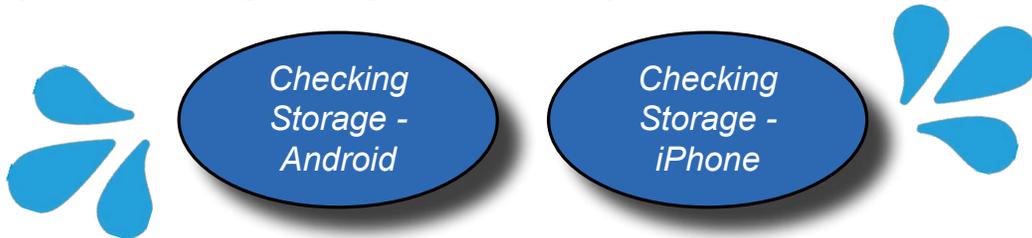
## How to Record & Share a Video

Learn how to record and share a video with Sunshine so we can see all the awesome things you are doing to compete in #SplashForKids from home!

Click on any of the buttons to learn more.

### Getting Started

1. Make sure you have enough storage available on your device to record your videos.



2. Open the camera app on your device.
3. Swipe or choose the “video” option.
4. To switch back and forth from front to rear facing camera, push the camera icon with the arrows inside it.
5. Turn your device sideways and make sure your finger isn’t covering the camera or microphone.
6. Press the red button to start and stop your video. You know it is recording when the timer begins to count up.

### Recording Your Video

1. Keep an eye on your device’s screen to make sure you can **see the subject** of your video.
2. Try to hold your device as **steady** as possible to avoid getting a shaky video.
3. When talking, try to **eliminate** as much **background noise** as possible (other people talking, dogs barking, music, etc.)
4. Try to keep each video you record **one minute** and under. This could mean stopping recording and starting again right away. This will make it easier to share your video.

## Sharing Your Video

1. Once you stop recording your videos, they will automatically save to your device's photo album.
2. You can either transfer the videos to your computer or share directly from your device if you have wifi.
3. Share your video with Sunshine by emailing a Google Drive link to [marketing@sunshine.ca](mailto:marketing@sunshine.ca) with the subject line: **SPLASH FOR KIDS** or tagging us on Facebook (The Sunshine Foundation of Canada) or Instagram (@sunshinefound).

*Uploading -  
Android to PC*

*Uploading -  
Android to Mac*

*Uploading -  
iPhone to PC*

*Sending a  
large video  
from iPhone*

## Pro Tips For a Great Video

1. To get a wider, more clear shot, **use the back camera** instead of the front one.
2. Make sure your area is **well lit**, the best lighting comes from your light source being behind the device.
3. Get creative and **make a tripod** out of things you can find at home, this way you can talk to the camera without having to hold it.
4. Place your device **in different, creative places** every time you record a new video to keep the audience interested.

*Posting to  
Facebook from  
your phone*

*Uploading to  
Google Drive*

*Posting to  
Instagram from  
your phone*

## Make a Splash!

Follow all these tips and you could win a **prize for best video**.

We can't wait to see how you tackle the challenges and share your fun with us at **#SplashForKids** on June 20th!