

# **Isolation Creation Worksheet**

## Making a Vlog - your Video Diary!

This week your challenge is to make a short Vlog, to share what is important to you! Below are some questions you could answer.

You could also record yourself doing an activity you love - singing your favourite song, dancing, doing Tai Chi, yoga or streetdance.

#### What you could use







• A phone, iPad, tablet or camera to record your Vlog.

#### Questions you could answer in your video

	What is something I have enjoyed in lockdown?
30	What haven't I enjoyed in lockdown?
	Will I keep doing something I started in lockdown? Gardening? Drawing?
	Will I stop doing something I did before lockdown?
	What am I most looking forward to when things are back to "normal"?
	What is my "Lockdown soundtrack"? What noises or music sounds like lockdown?  Can you make the noises, or record them?

### Taking a Video

1)To take a video, press on the camera app.



2) It will open up the camera. Swipe right above the large button to choose video mode







3) Press the large red circular button on the screen to start recording a video.



4)To stop recording the video, press the same button.

5) Your video will now be stored in your **photo** app.