



# How to Make a Short Film

# Table of Contents

Pre-production	2
Create a story	2
Production	4
Prepare for your shoot	4
How to film	5
Post-production	6

## Introduction

Videos are a great way to share a story and provide facts and data in a fun, approachable way. Videos can help raise awareness and share a message with your audience that grabs their attention.

Use this resource to help with making a short film, like one for our annual Nourish Youth Food and Film Challenge, where youth submit a 1-3 minute film for a chance to win a prize and have their film screened at Devour! The Food Film Fest.

## Filming Timelines

Pre-production

Production

Post-production

Adapted from the resource Make a Short Film: Nourish Food & Film Challenge 2023 in collaboration with Ocean School.

Click on our *flork* icon to come back to this page!



# Pre-production

## Create a Story

### Story structure

Share your message through an interesting story. Bring viewers on a journey by including a beginning, middle, and ending.

If you are creating a short film to submit in the Nourish Food & Film Challenge, make sure the story follows the annual theme! Learn more [here](#).

#### The beginning: Hook your audience

Begin your story with something impactful. For example, ask a question or make a statement that immediately grabs your audience's attention.



#### The middle: Challenge your audience

As you raise awareness of your topic, give your audience a reason to continue watching through interesting, relevant ideas and information.



#### The ending: Provide answers

End your story by answering its initial question or statement. It's always a good idea to tie together your story's beginning and end!



## Video tone

A video is a storybook come to life! Like any good story, there are colours, sounds, moods and visuals to consider!

Compare the tones in these two videos. How are they different?

Video 1

Video 2

## Video type/genre

Choose your film type/genre. It can be action, comedy, drama, game show, mystery, animated, or anything in between!

## Now its your turn to bring your story to life!

Get started on creating a story for your short film using the templates listed below.

- [Story structure](#) (See page 8)
- [Storyboard](#) (See page 9)
- [Shot list](#) (See page 10)

# Production

## Prepare for your shoot

### Filming location

Below are some things to consider when choosing locations to film.

	Indoor	Outdoor
Lighting	If depending on light from windows, shoot during the day. Try out different lights to see what looks best.	Consider time of day when filming outdoors and if you want more light or less.
Weather	Have an indoor location ready for backup if the outdoor weather isn't suitable for filming.	Be prepared for weather changes like rain or snow.
Sound	Turn off background noises like the tv or fan when recording audio.	There is less control over background noise due to weather, traffic, people. Consider adding audio after filming if it's too noisy.

### Filming equipment

Below are some suggested equipment, but know that you can make a film with minimal equipment like using your phone camera and a free editing app!

- Cell phone or video camera
- SD memory card
- Tripod
- Extra camera battery
- Additional light



## Recommended Supplies

- Filming equipment
- Equipment chargers
- Appropriate clothing
- Food and water
- Garbage/recycling bags
- Shot list
- Consent forms

If you're submitting your film to the Nourish Youth Food & Film Challenge, ensure all actors shown in the video have given permission to be featured.

Need a consent form? contact us at [communications@nourishns.ca](mailto:communications@nourishns.ca).

## How to film

### Set up camera

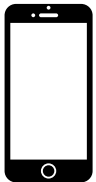
#### Orient your camera



##### Horizontal (landscape)

This option is most common for long-form films shown on tv screens or platforms such as YouTube.

Make sure to film horizontally if you're participating in the Nourish Youth Food & Film Challenge!



##### Vertical (portrait)

This option is most common for short-form videos shown on mobile screens or social media platforms such as Instagram.

### Set it up on a tripod

A tripod can help reduce shakiness in a video.



If you don't have a tripod, try stacking it against a few books!

## Adjust camera settings

**Beginner:** Make sure items are in focus and there is enough light to see objects.

**Advanced:** If you want to learn more about some of the best practices and techniques to make your video stand out, including camera settings, check out this resource from Ocean School [here](https://bit.ly/3l4i8az) (<https://bit.ly/3l4i8az>).

## Start shooting [● REC]

Always film more footage than you need, rather than not enough. Don't be afraid to try new things and experiment with your camera!

## Tips for filming

- Check battery levels and storage space before each shoot.
- For each scene, film a few seconds before and after the actors have stopped talking or moving. These extra shots will help you create smoother transitions between scenes when editing.
- Capture natural sounds and ambiance.
- Watch film back to see if anything needs to be changed.
- Film extra! This is called **B-roll**, which is additional footage that can be used during editing. Try different angles!

### For example:

Main footage (A-roll):

- Interview with farmer

Supplementary footage (B-roll):

- Farmer working on farm
- Farm landscape





# Post-production

## Video editing

It's editing time! This is where you can cut scenes short, add music, pictures or other effects, or include a title and credits. Below are some free editing resources:

### Free-use media

#### Images

- [Canva](#)
- [Unsplash](#)
- [Burst](#)
- [Pexels](#)
- [Pixabay](#)
- [Free Images](#)
- [Life of Pix](#)
- [Flickr](#)

#### Video clips

- [Pixabay](#)
- [Videvo](#)
- [Pexels](#)
- [Videezy](#)
- [Life of Vids](#)
- [Coverr](#)
- [Dareful](#)
- [Mixkit](#)

#### Music

- [ccTrax](#)
- [YouTube Audio Library](#)
- [Free Music Archive](#)
- [Jamendo](#)
- [Musopen](#)
- [SoundCloud](#)
- [Bensound](#)
- [AudioNautix](#)

### Video editors



[iMovie\\*](#)



[Clips\\*](#)



[Video Editor\\*\\*](#)



[Clipchamp\\*\\*](#)



[Canva](#)



[TikTok](#)

*\*Available on Apple devices only*

*\*\*Available on Windows devices only*

You did it! Now share your video with the world, or with us for the [Nourish Youth Food & Film Challenge](#).





## Story structure

**The beginning: Hook your audience**

**The middle: Challenge your audience**

**The ending: Provide answers**

# Storyboard

**Create a storyboard** by sketching out and describing scenes or ideas in order. Use this storyboard as a guide when filming!

What's happening in this scene?

What's happening in this scene?

What's happening in this scene?

What's happening in this scene?

What's happening in this scene?

What's happening in this scene?

## Shot List Example

A “shot list” is a list of different shots and ideas you may want to try out when filming. Writing your ideas down before filming can save you a lot of time.

Shot # Keep track of you shot number	Subject: Write down the ain idea(s) or purpose behind this shot	Visual Description: Describe in detail what you want your audience to see in this shot
1	Video intro- How to make strawberry muffins	Time of day: morning Shot: Kitchen counter full of muffin ingredients
2	Video body- Buying Strawberries from a farmer	Time of day: afternoon Shot: Visiting a farmers market to purchase strawberries from a local farmer

## Shot List

<b>Shot #</b> Keep track of you shot number	<b>Subject:</b> Write down the ain idea(s) or purpose behind this shot	<b>Visual Description:</b> Describe in detail what you want your audience to see in this shot