



Tutorial Guide: Virtual Storytelling for Teaching Artists

This guide outlines some virtual storytelling tools and tips for educators who are recording at-home tutorials and want to be more comfortable and confident in front of the camera.

Focus Areas:

1. PHYSICAL AND VOCAL GROUNDING
2. VISUALIZING YOUR CLASSROOM
3. PRACTICE
4. HAVE FUN!

1. PHYSICAL AND VOCAL GROUNDING

Your body and your voice are your instruments; they are how you connect with and engage your audience. Even if your tutorial videos frame you only from the shoulders up, it is important to warm up your instrument the same way an athlete or musician would.

Below are links to possible physical and vocal warm-ups.

- [“Warm-Up Your Body”](#)
- [5 Minute Warm Up](#)
- [Facial Warm Up](#)
- [Yoga for Neck, Shoulders, and Upper Back](#)
- [Vocal Siren Warm-Up](#)

Tip: Warm up in a way that feels good to YOU! (dancing, stretching, meditating, etc.)

2. VISUALIZING YOUR CLASSROOM

Teaching is a relational activity where things like body language and student energy can be read and felt in the classroom. However, it can be difficult to recreate that shared environment when you are teaching online remotely. One thing that can help you recreate this environment is to visualize your physical classroom.

Below are some things to consider when visualizing:

- Who are your students? How old are they? Are they attentive or boisterous?
- What does your classroom look and feel like? Is it sunny? Is it warm?
- What is your objective with this lesson plan?
 - How do you want your student/their caregiver to feel?
 - How do YOU want to feel watching it?
 - How would you know that you’re doing it if you were in the room? Would people be smiling? Laughing? Would you be smiling and laughing?

Why visualization:

- [The Power of Visualization](#)

3. PRACTICE

To develop confidence and competence with a new skill, you **MUST** practice. This requires repetition. You must practice and this requires repetition. Sit with your plan and rehearse the script and motions. Your level of confidence with the material will translate through the lens just as much as a lack of practice will.

Below are some links to help you find your rhythm:

- TedEd “[How To Practice Effectively](#)”
- Sprouts “[Deliberate Practice: Achieve Mastery in Anything](#)”
- Med School Insiders “[The Pomodorro Technique](#)”

Tips: Find a nice quiet location where you can focus.

4. HAVE FUN!

Only **YOU** can teach the way that **YOU** teach. Having fun will look different for each person---it could be using puppets or playing music in the background of your video.

While these tips are meant to help you create mindfulness about this way of teaching, you are a teacher and that is a form of artistry. When you get in front of this camera, remind yourself why you love teaching right before you press record.