# "I am..."
# Digital Story Guide

This guidance shows how to produce a short Digital Story to introduce yourself to the autistic child and the family you will meet as part of the Time for Autism programme. The Digital Story should be a short video (approx. 1-3 minutes) in which you can show **your likes and interests. Please make your story as visual as possible so it is accessible to children who communicate differently.** It is helpful to imagine that after watching your digital story the viewer would feel able to buy you a birthday present.

# How: 4 key steps

## Step 1: Mapping

Create a mind map: thinking about what you like doing, places you like to go, keeping it positive and informal.

## Step 2: Filming

You can use **wearcams, a video camera, or your phone**.

## Step 3: Describing

Use the mind map and the video footage to describe your experiences in short 'I am' statements.

## Step 4: Editing

Use your 'I am...' descriptions to select video clips.

# Mapping: with examples for inspiration

## 1. Spaces

**Where do you like to be?**

Outdoor: going for walks, water sports, cycling etc., any hobbies/clubs you attend

Inside: cinema, going to the gym, watching TV, reading, arts and crafts, video games.

## 2. People and interactions

**Who do you like being with?**

Friends, family, a favourite pet.

## 3. Independence and agency

**What do you like doing on your own?**

This could be a hobby that you enjoy more when you're left alone, without distractions: painting, crafts, reading, the crossword, video games.

## 4. Objects and interests

**What are you really interested in and what makes you feel good?**

This could be anything: music/film/sport etc, you're a fan of or something you know a lot about, an unusual hobby, or perhaps a long bubble bath or a duvet day!

## 5. Skills and capabilities

**What are you good at?**

This could be anything, but an unusual skill would be fun to share, for example, being able to complete a rubix cube, tell a good joke, do a cartwheel, do 20 keepy uppies!  Or something you'd like to be good at, nothing academic… baking, sewing on a button, keeping your flat tidy!

# Filming and Editing

Things to remember…

## Before you film:

o If you are filming outside try not to capture other people.

## During filming:

o You can take video footage using a wearcam, mobile phone, or camera.
o We found wearcams really useful for seeing the world from your perspective.
o You will also need a memory card. It's best to try and keep clips short (30 secs – 2 mins), as this will make it easier to find the shots you want to include when editing.
o Longer clips may also be too large to upload to web-based video editing programmes.
o Store your videos in a safe place.

## Editing:

o You may find it useful to plan it out before you try to edit your footage.
o Plan by taking note of which files contain the shots you want to include for each "I am" phrase, and their rough start and end times.
o Make sure you check the format of your video files to fit with the type of files your video editing programme needs.

**Technical Stuff**

We recommend using Adobe Premiere Clip for creating the videos using Android/iOS mobile devices or tablets, and Adobe Spark if you would prefer to use a desktop. Both programs are free, though you will need to create an account using an email address and secure password to use them.

**Adobe Premiere Clip** can be downloaded from iTunes or the Google Play store.
For guidance on how to use Adobe Premiere Clip, please see:
**helpx.adobe.com/uk/mobile-apps/ how-to/premiere-clip-create-edit-video.html**

**Adobe Spark** is a web app which can be accessed through
**spark.adobe.com/sp/**
For guidance on how to use Adobe Spark, please see:
**spark.adobe.com/page/JJcZ3JQWIJPlc/**