

**Action video note**

Instruct Ss to make their own video about helpful tips.

- **Make the video:** Have Ss make their videos.
- **Option:** If Ss enjoy working with video, they can edit their videos and add any music or graphics they like.

**Write the script**

- **Preview the activity:** Tell Ss they will create a video containing helpful tips about a topic of their choice. Tell Ss that they will give the viewer simple, step-by-step instructions. If helpful, brainstorm topic ideas with the class and write them on the board. For example, *three things you can do to maintain your car*, *three easy ways to redecorate*, *a simple dinner recipe*, or *how to be better at bowling*.
- **Write the script:** Go over the sample instructions below with the class. Then have Ss list three to five helpful tips that they want to demonstrate in their videos and write their instructions. Remind Ss to use simple imperatives and adverbs as they demonstrate how to do things, for example, *sit quietly*, *stand still*, or *pour slowly*.

**Sample instructions**

*Meditate with me. Sit in a comfortable position. Close your eyes. Breathe slowly and deeply. Relax and watch your breath. Continue to breathe slowly and deeply. Count your breaths silently.*

- **Check the script:** Have Ss rehearse their scripts. Go around the room and give help as needed. Make sure Ss can demonstrate and explain their helpful tips.

**Make the video**

- **Plan the video:** Have Ss read over their scripts to think about how they will record their tips. Explain that Ss can talk to the camera and demonstrate their tips, show photos, or they can do a mix of both. Point out that Ss may need someone to help operate the video camera.

**Share the video**

- Ss share their videos with the class.
- **Option:** Have a group or class discussion about the videos. Ask: *What did you learn? Which tips were helpful? Which tips do you think you are going to try?*