



MONOLOGUES COMPETITION - TIPS FOR FILMING

Carole Williams - National Drama Advisor

Here are my tips, and things to avoid, for filming your monologue. I hope you find them useful.

- Make friends with your camera. Have lots of practice runs to work out exactly where you need to look, to make contact with the audience. Do you have to sit square onto the camera in the centre? What would happen if you just moved slightly to the side or perhaps tipped one shoulder back? Practice different angles for your body, it will add interest to your film.
- Try to avoid sitting in one place for the whole piece. Think about how to use your space imaginatively and play with your proximity to the screen. If you really want to make a point it can be very effective to move right up to the camera and equally interesting to move away. What effect might that have on the audience?
- If you have a smart phone, the quality of the recording and audio is usually better than a laptop or tablet, but use whatever you have to the best of your ability.
- Lighting – the basic rule is to avoid bright lights behind you, e.g. don't sit with a window behind you. Also ensure that your face is well lit. You can light yourself simply with items you may have at home. Here is a link to a useful online resource.

[National Theatre of Scotland – Lights for Home Filming](#)

- Clarity – the same rules apply on screen as they do on stage- we need to understand what you are saying. A short warm-up, even just a few tongue twisters, yawning and stretching the face before you start filming will help.



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- Make sure that you understand every word and how it should be said. Mispronounced words are the first giveaway that the actor doesn't fully understand what they are saying.
- What else is in view? If you followed the questions in my Actor preparation film you should have identified the location of your character during the monologue – how can you adapt your space to reflect this?
- Costumes. Do take into account everything you discovered in your preparation and wear appropriate clothes – it will help you and the audience to engage with your performance and believe what you are saying.
- Be brave in your acting choices. What will make you stand out? Don't be afraid to be theatrical rather than just slide into small television acting.
- Avoid general acting – make clear choices as discussed in the Actor Preparation video.
- And remember that if you want to incorporate any music into your piece you do need to find out whether there are performing rights attached to it.
- Here's another link to a useful resource about filming using your phone.

National Theatre of Scotland – How to film with a phone

<https://www.youtube.com/watch?v=dLp9KqTWTbU&t=47s>

These tips are to help you produce the best film you can with the equipment you have. BUT, the most important thing is to HAVE FUN. This is a great opportunity for you to express yourself and your creativity. Enjoy it!

Good Luck!