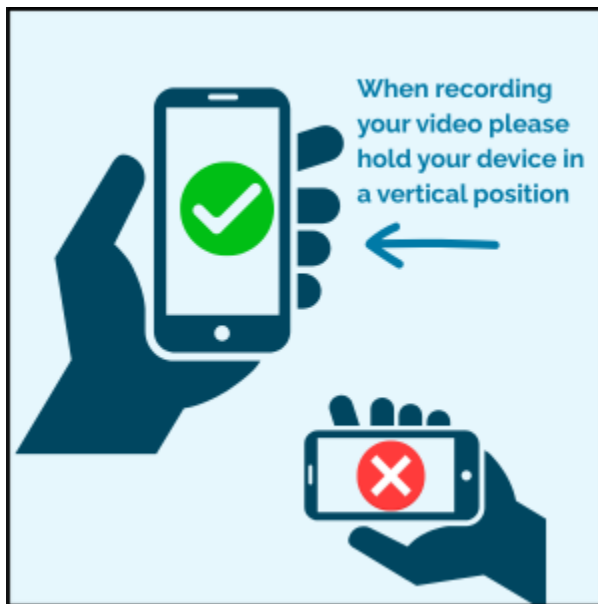


## Instructions for recording your video:



1. **Choose your recording device:** Phone, tablet, or computer webcam are all viable options.
2. **Find a quiet place:** A quiet environment helps ensure clear audio. If there's too much background noise, we may not be able to use the recording.
3. **Find good lighting:** Good lighting is crucial for video quality. Make sure your face is properly lit, so we can see you properly. Beware of backlighting (don't stand with your back to the full sun, for example).
4. **Open the Camera App:**
5. **Switch to Video Mode:** Usually, you'll see a button or option to switch between photo and video mode. Select the video mode.
6. **Position Your Device:** Hold your device steady in the vertical orientation (see image).
7. **Start Recording:** Press the record button (usually a red circle or similar icon) to begin recording.
8. **Record Your Video:** Remember to recite your question **slowly and clearly**.
9. **Stop Recording:** Press the stop button (often a red square) to finish recording.
10. **Review or Edit:** You can preview your video within the camera app or your photo gallery.
11. **Email to Emma:** [squizkids@thesquiz.com.au](mailto:squizkids@thesquiz.com.au) by 11.59pm on 13th March, 2026.