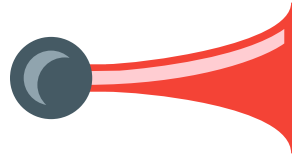


## Top tips on how to film your video below

Always film in landscape (ie your phone on its side)

- make sure you're as close as possible to the microphone for good audio
- try to record in a location where there is as much light as possible
- And lastly...Have fun!



## Sound the horn! FUN TASK\*!

Create your own 'Object manipulation' film and send it here to:  
[stagedirections@thelowry.com](mailto:stagedirections@thelowry.com)  
or tag or send on Instagram  
[@SalfordSD](https://www.instagram.com/SalfordSD)

or WhatsApp to 07507416946

'Object manipulation', listen to Joe talk more about it here:



[click me](#)



Our Wellbeing mantra -

'Focus on the next step not the whole staircase.'



\*But what is the task I hear you ask?

Try making your own short film where you manipulate an everyday object as you speak our 'Wellbeing mantra' - give it a go! And Send it in, we'd love to see it .

Click the links below to see fellow 'Stage Directions' team member Emily, taking you through the extension task you heard in the Podcast, and Charlotte having a go at the Wellbeing mantra with 'Mrs Peg'!

[Emily's video](#)

[Mrs Peg](#)