

LIFE HACKS TRUCOS DE LA VIDA

Tuesday



September 1, 2020

Welcome • Bienvenidos



Life Hacks, do you love them, hate them, undecided?

Life hacks aren't just tricks for saving time. They're usually little nuggets of wisdom that someone thought was worth sharing. Or, they were extremely bored from being stuck at home. There's a fine line there.

Seriously though, Life Hacks reveal the problem-solving skills in each of us. They are reminders that we can solve almost any daily challenge if we slow down, pay attention, and take the time to think up a solution.

SOFT
AGAIN!

BEFORE

AFTER

INCREDIBLY
PLEASANT

PRESS DOWN

WAIT 5 MINUTES

MODULE 1: Life Hacks



PROJECT INTRODUCTION: Create A Life Hack Video



Using your cell phone, you will take photos or record video for your own Life Hack Video.

In the afternoon sessions today, you will learn how to shoot and edit photos or video on your phone. (If you already know how to do this, this project will be super easy.)

In the meantime, we can get started with the first step in a successful video—*a storyboard.*

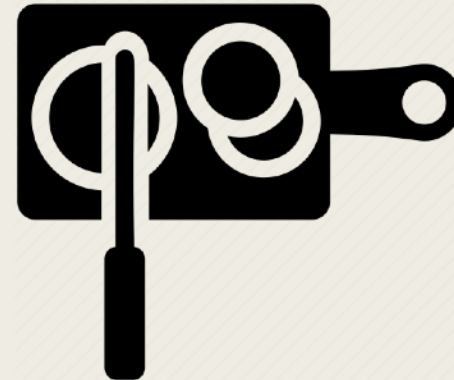
Activity: Storyboard Your Life Hack Video



As you've probably noticed, life hack videos fall into two categories:



Demonstrating & Explaining



Visual with Music

For your Life Hack Video Project, you can choose either. Regardless of your choice, a storyboard will help you!

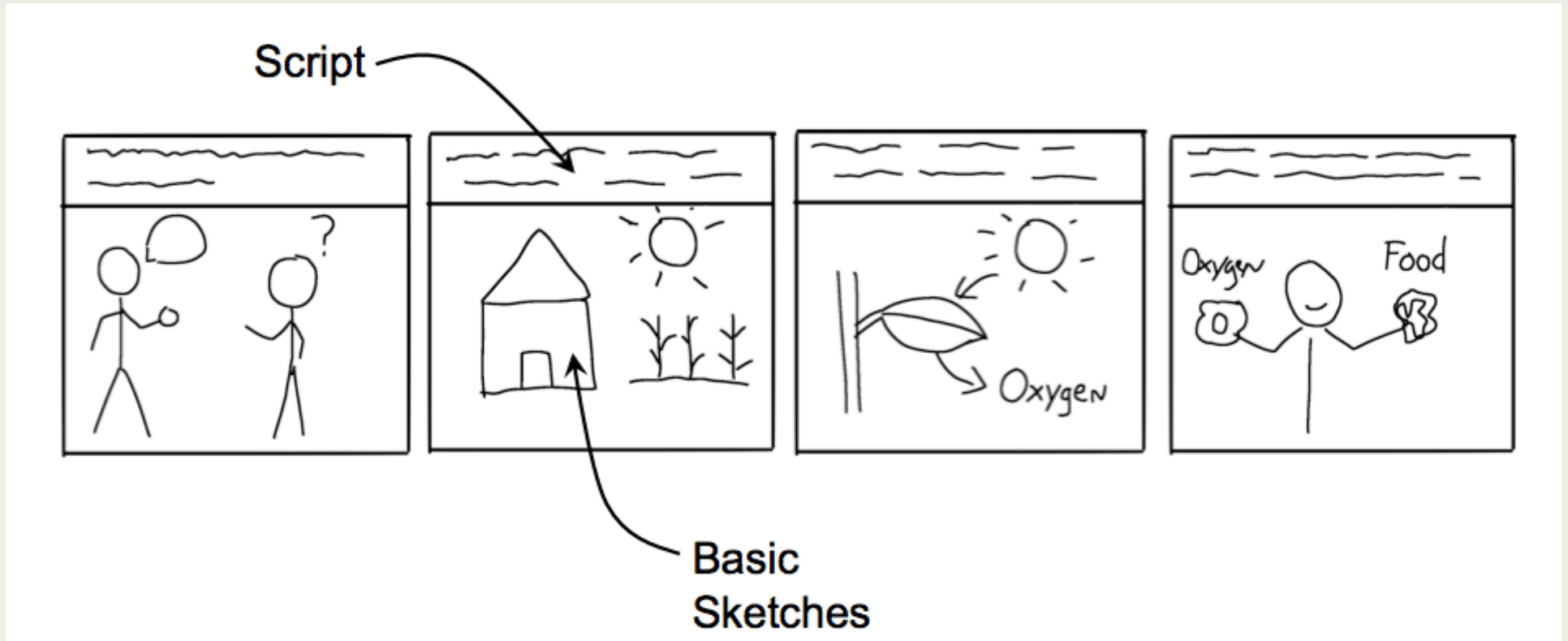
What is a storyboard?

A sequence of drawings that depict the shots that will compose your video.

Grab a piece of any kind of notebook paper and create your storyboard. You DO NOT have to be good at drawing. The point is to visually map out your video. If you don't have any ideas for your Life Hack video, not a problem, make your Storyboard generic.



An example of a Storyboard



SAVE YOUR WORK!

**You will need it when you
start working on your
own Life Hack Video!**

MODULE 2: BIO HACKS

Enhancing Your Energy Levels | Part 2



An illustration of a man and a woman dancing in a field. The man is on the left, wearing a pink tank top and blue pants, with his arms around the woman. The woman is on the right, wearing a purple long-sleeved shirt and a brown skirt, with her arms outstretched. They are both smiling and looking upwards. The background is a bright, sunny outdoor scene with green grass and a blue sky.

[4] Express Yourself

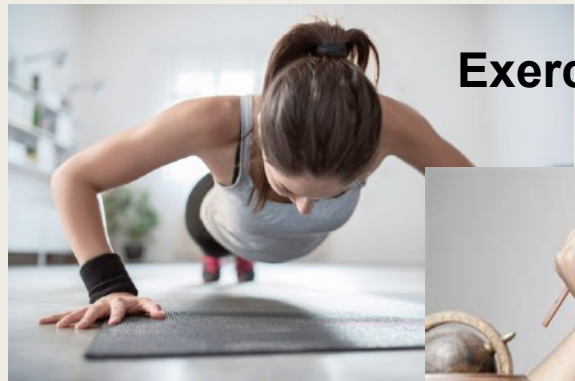
- You may not realize it, but constantly repressing your emotions can result in bodily symptoms like low energy levels and body aches.
- **PERSONAL ACTIVITY:** Call a trusted friend or family member and tell them what's going on in your life. That kind of sharing can take the weight off your shoulders.
- **PERSONAL ACTIVITY:** Write down how you feel. The act of writing down your feelings can often provide you with great relief and clarity.

[5] Cut Back on Stressors

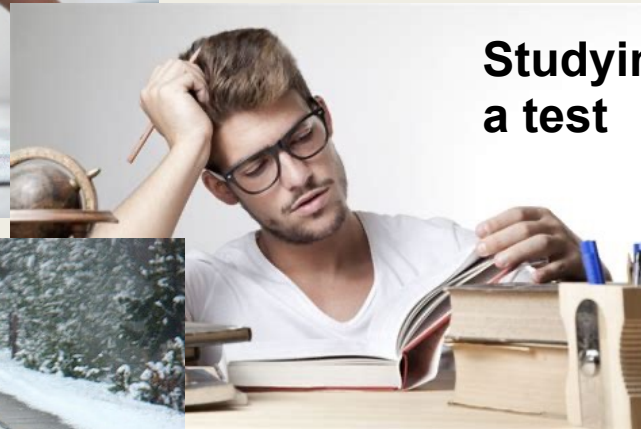
2 Types of Stressors

SHORT TERM: GOOD FOR US

LONG TERM: NOT GOOD FOR US



Exercising



**Studying for
a test**



**Running from
a bear**



**Trouble at
work**



**Family or
Relationship
Problems**

What stress can you eliminate?

Acute stressors, like exercise or running from a bear, are good for our minds and bodies.

Ongoing stressors, like difficulties at work or tension in your social life, can drain your energy levels and cause further health problems.

What stresses in your life could you eliminate?

[6] Prepared vs. Processed



VIDEO: Unprocessed -- how I gave up
processed foods (and why it matters)

Activity: What's in Your Fridge?



Take 10 minutes to read the ingredients lists on some food items in your refrigerator or cupboard.

How many have added sugar?

Are there ingredients you don't recognize as food?

Consider how and why you choose certain foods over others.

Activity: Group Discussions



Topics for Discussion

1. Do you feel you have access to unprocessed, healthy foods?
2. What about the children you care for at Southwest Key? How do you think diet affects your students' energy levels?
3. What stresses could you help eliminate or reduce for the children in our care?



MORNING BREAK

See you in 15 minutes!
Go eat or drink something!



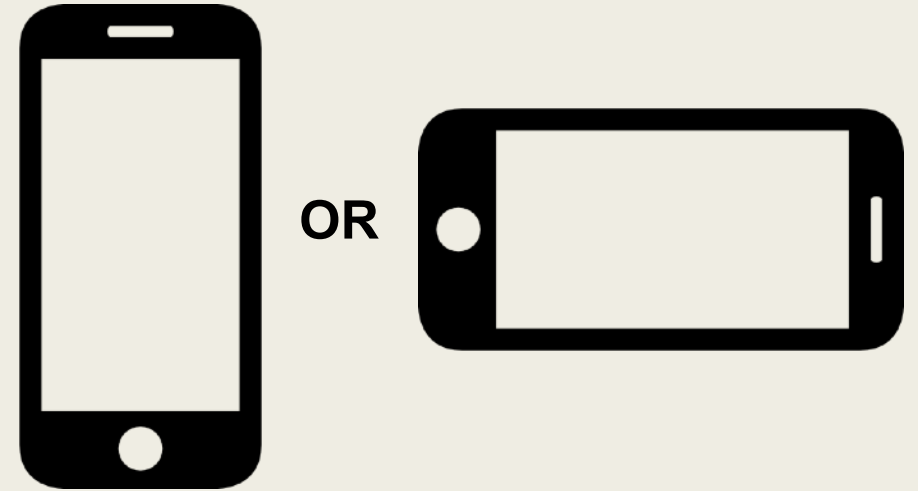
POCKET FILMMAKING

Making the Most of Your Smart Phone // Taking Better Pictures & Video

Before we get started...

Regardless of what kind of smart phone you own, you have a good camera at your fingertips. In this course, we'll take a look at the basics of capturing video or photos with your phone.

PHONE ORIENTATION: PHOTOS



PHONE ORIENTATION: VIDEOS

**Always
Siempre
ALWAYS!**



VIDEO: Top 5 Mobile Videography Tips

<https://www.youtube.com/watch?v=Y-lqsWze2FE>

10 Mobile Photography Hacks for Beginners

<https://www.youtube.com/watch?v=DN13bERDNJk&t=28s>

Lighting made EASY

<https://www.youtube.com/watch?v=r9zJYHXhull>

Activity: A Day in the Life



Take some time to document your daily life right now. You can take photos, you can shoot a video(s) or both photos and video, if you wish.

Take your time to think about what images or videos would capture the experience of your daily life. You could even draw a storyboard first.

Remember to have fun with this!

How did that go?

“ Creating media (photos/videos) is not easy.
Don't be too critical of your efforts here.

After lunch, we'll learn how to edit these
photos and videos on your phone.



TIME FOR LUNCH

See you in an hour!



POCKET FILMMAKING

Making the Most of Your Smart Phone // Editing Photo & Video

A Note about Apps

There are hundreds of apps for editing photos and video on your phone. Most of them are geared toward sharing your work with others. We've selected a couple of the most popular free apps. But you are welcome to use your preferred app, if you already have one.

Free Photo Editing Apps for Your Phone



Many of you may already have an account on Instagram and are familiar with the photo editing functionality here. If not, you only need to sign up for an account. Very easy app to learn for beginners.



Robust photo editing for beginners and more advanced users. This app is intuitive and easy to use as well, with a bundle of more advanced features, if you're ready for them.

Free Video Editing Apps for Your Phone



Super easy and fun app to use. You select the clips to use and Magisto edits the footage together for you.



Would you like to make your own edits? Adobe is easy to use and it has a walk-through tutorial for you to practice and familiarize yourself with the app. You do have to create an account after downloading, but this is a free app.



AFTERNOON BREAK

See you in 15 minutes!

Hey...how much water have you had today?



Activity: Discuss & Share



You've had some time to shoot and some time to edit.

What issues did you experience? Did you have to come up with a hack for the things you were doing?

It's time to get together, discuss, and if comfortable, share your work in progress!



WRAP UP

Have a great evening!

