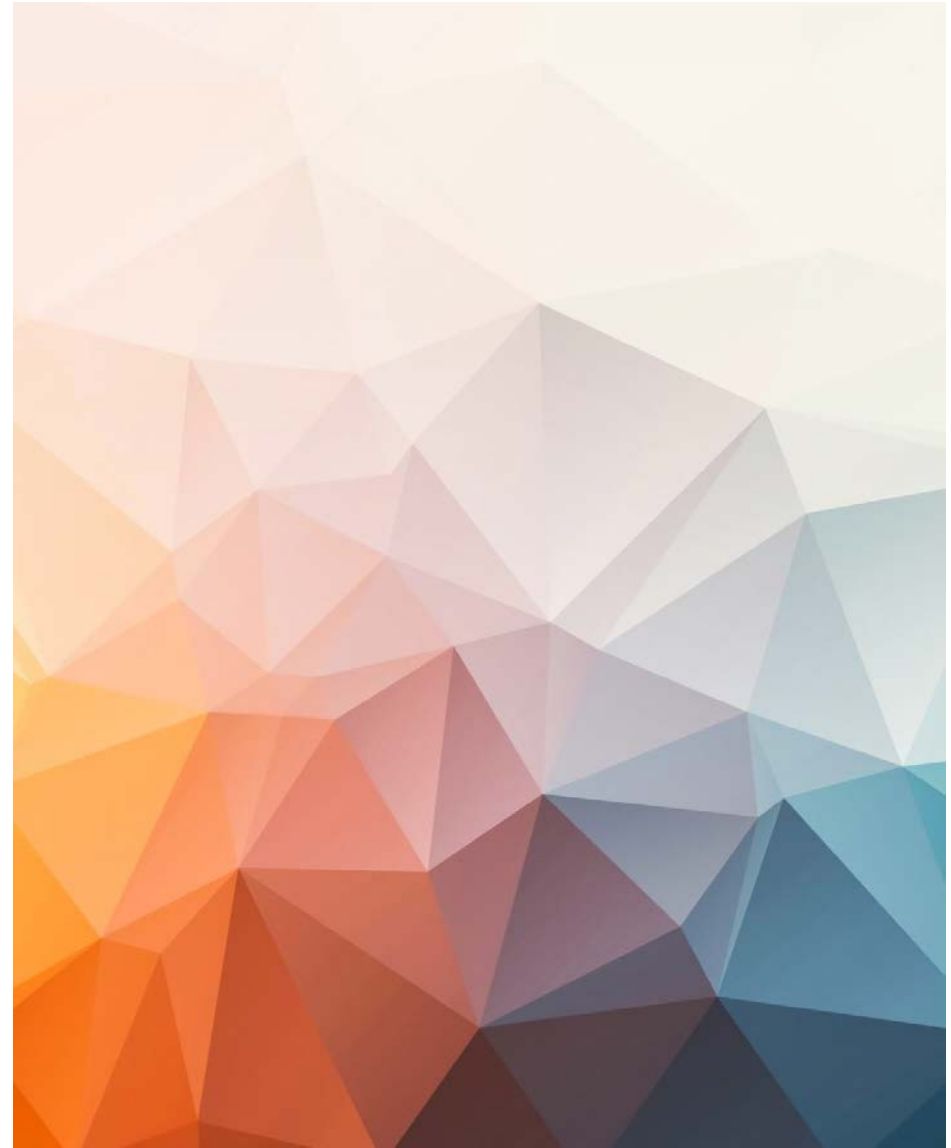


HOW TO TAKE A GOOD SELFIE

By Heather & Olivia Reinhart

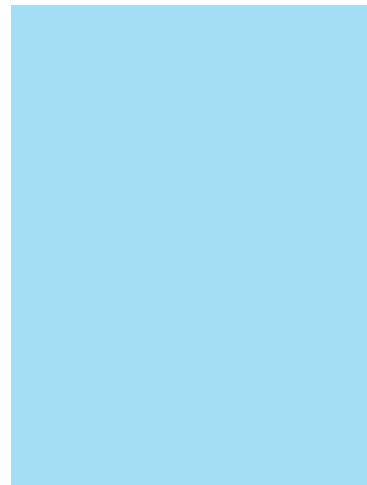


EYES ON THE CAMERA LENS

If you don't know where the lens of the camera is located, your eyes might gravitate toward the shutter button or your face on the screen.

Focus your eyes on that camera.

This can be more difficult when taking a horizontal photo because you will need to look to the side.



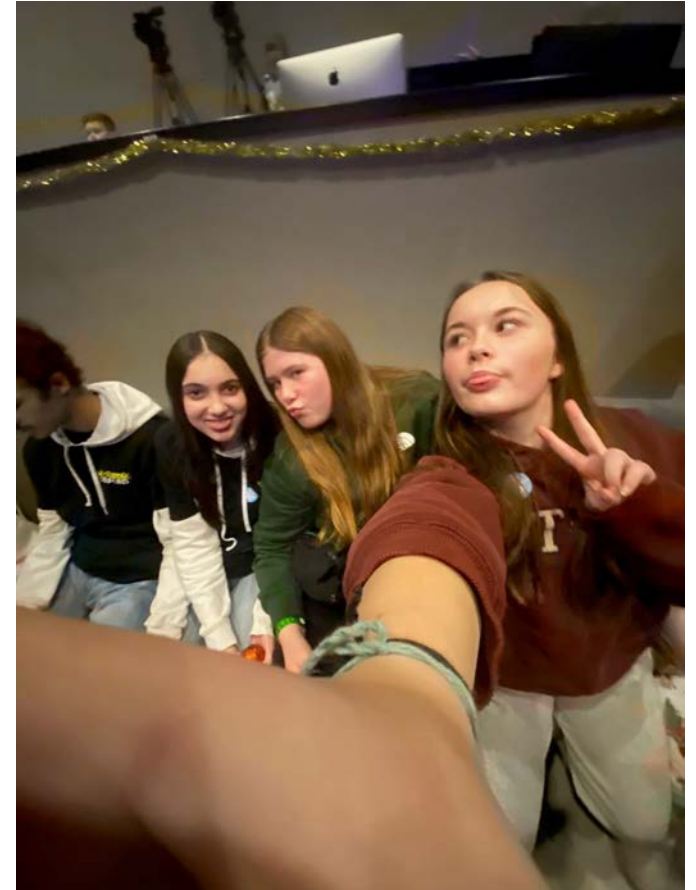
STRETCH OUT YOUR ARM

Have the person with the longest arm hold the phone.

If taking photos of a group, hold the phone with your outside arm.

The further away you are, the better you will look.

Shoot vertically to hide the extended arm from the shot.



USE A TIMER

Most phone cameras have a timer that will go as many as 10 seconds.

This allows you time to compose your shot and not have to reach awkwardly for the shutter button.





FIND GOOD LIGHTING

Overcast light or shade is best for selfies.

Bright, harsh sun can produce shadows on your face.

Watch out for the shadow of the phone too!

WATCH YOUR BACKGROUND

Keep the focus on your face and avoid distractions in the background.

Common offenders are trees that appear to be growing out of your head.

If the background is important, move yourself to the side of the frame.



CONSIDER PORTRAIT MODE

Portrait mode automatically blurs the background to put the focus on you!

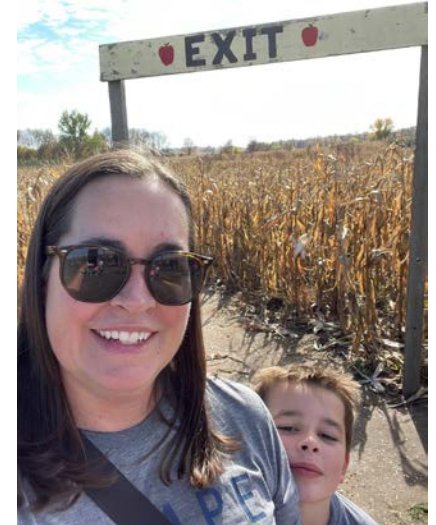
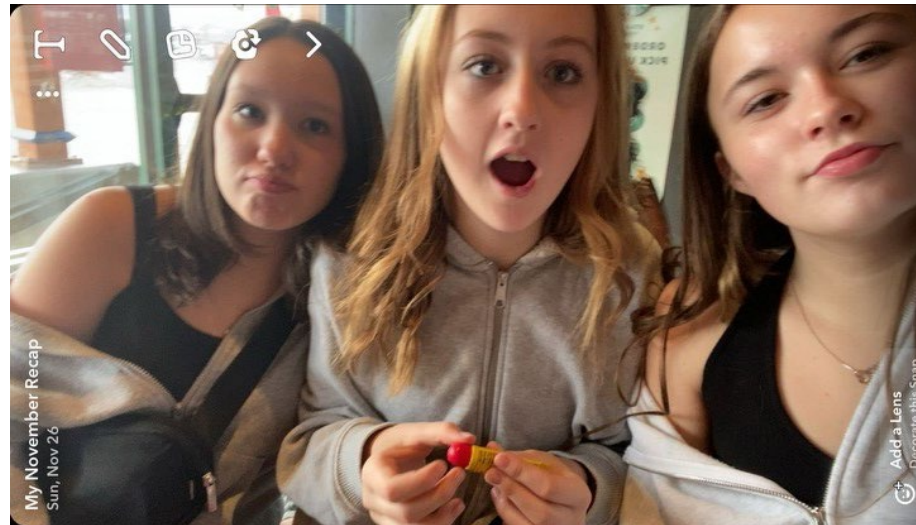


ANGLE YOUR FACE UP

For a more flattering look, extend your arm and shoot down while lifting your face slightly. This elongates your neck and downplays any hint of a double chin.



HAVE FUN!



VIDEOS!

Selfies:

<https://www.youtube.com/watch?v=N7BABRYXkC8> (2 minutes) *

Self portraits:

<https://www.youtube.com/watch?v=9XnW7HvICkU> (5 minutes) *

<https://www.youtube.com/watch?v=V757on7xTb0> (8 minutes) *

<https://www.youtube.com/watch?v=-vWrmEBJzps> (7 minutes)