

Module 4.2 – Camera Angles & Framing Guide

Make Your Shots Look Intentional & Professional

Use this guide while filming to choose **the right angle for the right moment**.

1. The Core Shot Sizes (Use These First)

Wide Shot

What it shows: the environment

Use it to: set the scene, show location, start a sequence

- ✓ Step back
 - ✓ Keep subject off-center if possible
 - ✓ Let the background tell part of the story
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Mid Shot

What it shows: body language + face

Use it to: explain, demonstrate, talk to camera

- ✓ Frame from waist or chest up
- ✓ Camera at eye level
- ✓ Small space above the head

👉 *This is the safest, most versatile shot.*

Close-Up

What it shows: emotion, detail

Use it to: emphasize a point, create connection

- ✓ Frame the face clearly
 - ✓ Keep background simple
 - ✓ Hold the shot steady
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2. Rule of Thirds (Simple but Powerful)

- Turn on grid lines
- Place eyes near the top third line
- Don't center everything by default

Why it works:

The shot feels more natural and balanced.

👉 *This is a guideline, not a rule.*

3. Headroom & Lead Room

Headroom

- Too much space above the head looks awkward
- Aim to place eyes on the top third line

Lead Room

- When someone faces or moves sideways, leave space in front of them
- Avoid placing all empty space behind the subject

👉 *Give your subject room to "breathe."*

4. Camera Angles & What They Communicate

Eye-Level (Most Common)

Feels natural, honest, and balanced

Best for tutorials, vlogs, talking head videos

Low Angle

Camera slightly below the subject
Makes the subject feel stronger or more confident

Use sparingly.

High Angle

Camera slightly above the subject
Can feel softer, calmer, or more vulnerable

Profile / Three-Quarter Angle

Creates depth and realism
Great for interviews and conversational shots

5. Common Framing Mistakes to Avoid

- ✗ Camera too high or too low
 - ✗ Cutting off the top of the head
 - ✗ Too much empty space
 - ✗ Busy or distracting backgrounds
 - ✗ Tilting the camera unintentionally
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6. Quick Framing Check Before Recording

Ask yourself:

- Is the horizon straight?
- Are the eyes positioned well?
- Is the background clean?
- Does the framing match the message?

If yes → record.

Pro Reminder

Good framing doesn't scream "cinema."
It quietly tells the viewer **where to look**.