



Co-funded by
the European Union



CEDIS MANUAL

A Collection of Practical Activities for Teachers and Students



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

Digital storytelling is a powerful educational tool that fosters creativity, critical thinking, and digital literacy. This collection provides teachers and students with a hands-on approach to integrating digital storytelling into the classroom through structured and engaging activities.

With step-by-step instructions, technical insights, and best practices, this guide is designed to support both beginners and experienced educators in bringing storytelling to life. Whether you are looking to introduce digital narratives or enhance your existing methods, this resource offers practical tools and inspiration for meaningful learning experiences.

INDEX

- [Key topics and needs in CE Education](#)
- [Introduction to the DST Methodology](#)
- [Implementing DST in Schools](#)
- [The 5 steps of the DST process](#)
- [Brainstorming the Topic](#)
- [Developing Skills](#)
- [Sharing ideas through the Story Circle](#)
- [Presentation of the stories](#)
- [Writing Your Story about Circular Economy](#)
- [How to work on the Storyboard](#)
- [Write the Text and Draw the Frames](#)

- [Digital Tools 4 Teachers](#)
- [Finalising the work on the Storyboard](#)
- [Finalising the Script](#)
- [Overview of Digital Tools in Learning](#)
- [Record the Text](#)
- [Choosing the Music and the Images](#)
- [Edit images, videos and music](#)
- [Export of the DST Clip](#)
- [Presentation and Projection of the Clips](#)
- [Initiating Competences for the Future](#)
- [CEDIS Youtube Channel](#)

Key topics and needs in CE Education



Objective of Session

understand the key elements of the circular economy and how they can be integrated into educational paths to train future citizens attentive to our planet and its resources

Theoretical content of Session

Key Topics in Circular Economy (CE) Education:

Skills Development: Training professionals in circular economy, sustainable design, and resource management.

Curriculum Integration: Embedding CE principles in educational programs at all levels.

Practical Training: Providing hands-on experience with CE implementation in businesses.

Intersectoral Collaboration: Aligning education with industry needs through partnerships.

Cultural Shift: Raising awareness of sustainability and responsible behaviors.

Needs in CE Education:

Increased Awareness: Educate society on the importance of circular economy practices.

Industry Engagement: Collaboration between academia, businesses, and policymakers.

Capacity Building: Equip educators with up-to-date knowledge and tools on CE.

Innovation in Teaching Methods: Use of case studies, digital tools, and practical examples to teach CE principles.



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

Starting from our institutions, how can we re-think progress?

Introduction to the DST Methodology

Objective of session

Explore what Digital Stories are and understand the Digital Storytelling (DST) methodology, using it as an educational and creative tool that integrates personal experiences and multimedia content.

What are Digital Stories and the DST Methodology?

Formally, digital stories are short videos, usually lasting 2-3 minutes (but can be longer if necessary).

The audio is usually the author's spoken words, integrated with music.

The visuals may consist of various media, such as photos, drawings, slides or videos, all organised and edited with appropriate video editing software.

These stories express the narrator's personal viewpoint on a topic, often focusing on a crucial event known as a 'critical incident', which has significant meaning for the narrator.

Digital storytelling offers a systematic method for delivering educational content. It integrates various media forms and personal experiences to present information concisely. By combining text, visuals, and audio, it engages learners actively, fostering comprehension and awareness. In today's digital era, it's a powerful tool for learning.

- ❖ What is Digital Storytelling?

<https://youtu.be/Jlix-yVzheM?si=zJ7OuHtiOX4PO7n8>



What are Digital Stories and the DST Methodology?

The production process of digital stories, wherein students reflect on their experiences and knowledge related to a specific topic, holds significant educational value. This process encourages students to synthesize their understanding and condense it into a narrative form, promoting deeper comprehension and engagement with the subject matter.

Usability of DST in the classroom

- **Assignments** Teachers assign digital storytelling projects as part of class assignments or assessments, providing guidelines and objectives for students to follow.
- **Collaborative Projects** Students collaborate in groups to plan, research, and produce digital stories, fostering teamwork and communication skills.
- **Multimedia Presentations** Digital stories serve as multimedia presentations during class discussions, presentations, or exhibitions, allowing students to share their work with peers and educators.
- **Reflection and Feedback** Students reflect on their digital storytelling process, evaluate their learning outcomes, and receive feedback from peers and teachers to improve their storytelling skills.

- ❖ Food Sharing <https://youtu.be/4-9MduhQA6E?si=Tc5HHrp2ZYHPV0Oz>
- ❖ RICICREA https://youtu.be/_mRJTiCbSGU?si=3vuenl3_WHLRBodZ
- ❖ The Ring <https://www.youtube.com/watch?v=dK9ZIIGhMFM>
- ❖ Water bottle <https://youtu.be/Oy7tnBDvB9c>





Individual Brainstorming

Take a moment to reflect on a meaningful event or experience in your life. This could be a challenge you overcame, an emotional moment, or an event that shaped you in some way. Guiding questions:

- *What event or personal experience taught you an important lesson that you would like to share with others?*
- *What moment in your life made you feel proud, strong, or deeply moved?*
- *What experience changed the way you see the world or yourself?*
- *Is there a story you often tell others because it holds special meaning to you?*
- *What is one memory that always brings a smile or makes you reflect?*

Now, think about how you could visually represent your story. Grab a piece of paper and a pen, and create a list of up to 10 key visual elements that could later help you bring your narrative to life.

How has storytelling helped you process or share your own experiences in the past?
Why do you think certain stories resonate more deeply with you than others?
What elements make them impactful?

Implementing DST in Schools



Objective of Session

Increase knowledge on the different styles of learning and how to adapt to them

Theoretical content of Session

- **Visual Learners:**
Graphics, animations, and videos
- **Auditory Learners:**
Narration, sound effects, and music.
- **Kinesthetic Learners:**
Hands-on activities for creating and presenting stories.



Storytelling Through Different Perspectives

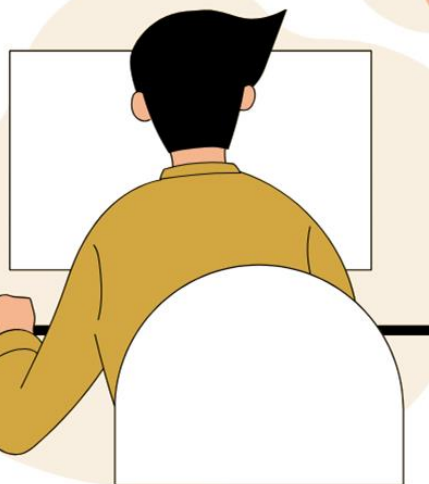
Task: Split into 3 groups by learning styles. Each group organizes bits of the same story.

- Auditory Group: Arrange narrated story clips in order using sound.
- Visual Group: Rearrange video segments to tell the story.
- Kinesthetic Group: Organize printed images to form a coherent narrative.

Objective: Create an understandable story about the circular economy using your assigned format.

How did your group's format affect your understanding of the circular economy, and how can these different methods engage diverse learners?

The 5 steps of the DST process



Objective of Session

To understand the five steps of DST used in order to create strong and engaging narratives

Theoretical content of Session

1. Preparation

- Understanding of what is a digital storytelling, length, narrative styles, topics and use of technology. Showing DSTs is also helpful

2. Drafting the story: storyboarding & scriptwriting

- Story Circle, drafting ideas and
- Outlining your story (beginning, middle, end).
- Writing a script and doing a storyboard

3. Collecting or creating all the media elements

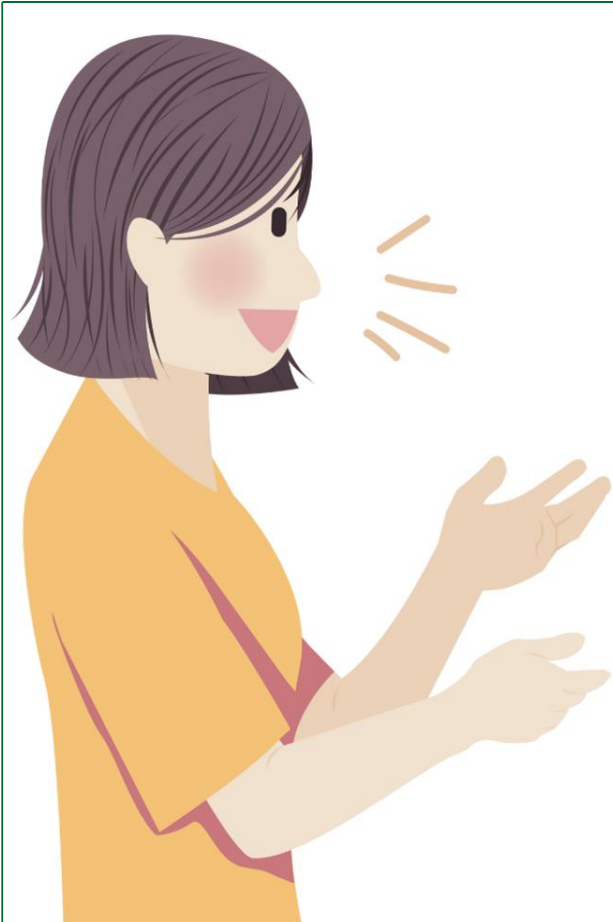
- Collect or create the visuals for your story
- Record the voice narration, or find music or effects to use
- All media should comply with copyright laws

4. Creating and Editing the Digital Story

- Use online or digital tools to assemble your story
- Edit your story to your desire look that transmits your message clearly

5. Presentation of the videos

- Present your DST and gather feedback .
- Revise your story if possible or use the feedback for your next DSTs



Mini Story Sprint

Step 1 - Think of a meaningful personal or professional experience that can be shared in 30 seconds

Step 2 - Think of the following:

Idea (What's the Story?) – A rough idea or sentence about the main message.

Script (What Happens?) – A short version of the narration or key dialogue.

Media (What Visuals?) – Draw or list images, video, or sounds they would use.

Editing (How Will It Look?) – Notes on effects, transitions, or pacing.

Sharing (Who's the Audience?) – Where and how the story will be shared.

Step 3 - Share your story with your peer then listen to their story.

What was the hardest part of the storytelling process?

What do you think will be the hardest part of the DST process to do?

Brainstorming the Topic



Objective of Session

The objective of this session is to teach participants how to use Mind Mapping as a structured brainstorming technique to generate and organise ideas on the topic of Circular Economy.

Theoretical content of Session

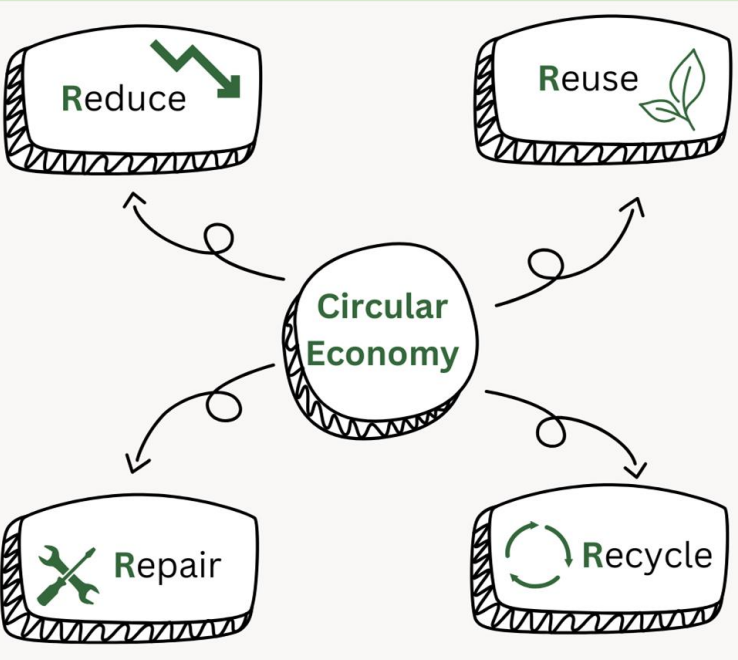
Brainstorming helps us generate ideas freely and without limitations. By exploring a topic creatively, we can discover new perspectives and better understand the challenges we face. One effective way to organise brainstorming ideas is through mind mapping.

Mind mapping is a visual technique used to organise thoughts, ideas, or information. It starts with a central concept in the middle of the page, and then ideas branch out from it in a free-flowing, non-linear way. Each branch can lead to more detailed sub-branches, showing how different ideas are connected. This approach allows for a creative and flexible exploration of any topic. Mind mapping is useful because it helps break down complex topics into smaller, manageable pieces. It encourages creativity by connecting different ideas and concepts. And it provides a flexible framework to explore various aspects of any topic, from a science project, or a historical event, or the various aspects of the Circular Economy.

Theoretical content of Session

Example approach:

1. Write "Circular Economy" at the centre of the mind map to establish the main topic. Ask students to think of any concepts they associate with this topic, such as sustainability, waste reduction, reusing products, or repairing items.
2. Add key branches where students explore key concepts related to Circular Economy. If students are unsure, prompt them with the common Rs and some guiding questions (what?, why?, how?):
reduce – e.g., what can we reduce in our daily lives?
reuse – e.g., how can we reuse everyday objects?
recycle – e.g., what materials can we recycle?
repair – e.g., why should we fix things instead of throwing them away?
rethink – e.g., how can we rethink our consumption habits?.
3. Help the students connect these theoretical concepts to practical, real-world situations that they can understand and relate to.
4. Encourage students to think outside the box and make connections between ideas that might not seem obviously related at first glance. This creative process helps them uncover new perspectives.
5. Once the mind map is complete, help students choose a topic from the branches to focus on. This will serve as the foundation for their digital story, turning abstract concepts into a clear, manageable narrative.





Short practical activity

1. Work in small groups (3–4 people) to generate and develop ideas for Circular Economy initiatives.
2. Create a Mind Map and start with “Circular Economy” at the centre of the page. Branch out with related themes. Think broadly and consider sustainability, waste reduction, product life cycles, consumer behaviour, innovative solutions, ...
3. Under each theme, add specific ideas, challenges, and/or solutions.
4. Look for unexpected links between ideas. How might one theme influence another? Can you combine two ideas to create something new?
5. Discuss and refine your ideas within your group.
6. Choose or vote for one idea from the mind map that interests your whole group the most. This can then be the foundation for your digital story.

Self-reflection question/s about topic:

How did using a Mind Map help you structure your ideas on Circular Economy?

How did the process of organising and connecting ideas in the mind map help you understand Circular Economy better?

Developing Skills



Objective of Session

Introduce the concept of circular economy and encourage students to think creatively about reusing materials.

Theoretical content of Session

The Sustainable Redesign Challenge activity is designed to introduce students to the concept of the circular economy and encourage creative thinking about reusing materials.





Short practical activity

Group Division (1 minute):

Form small groups.

Distribute waste materials.

Redesign Challenge (7 minutes):

Create something new from waste materials.

Use provided tools and materials.

Presentation (5 minutes):

Groups present their creations.

Discuss contributions to circular economy.

Self-reflection question/s about topic:

What challenges did you face while creating something new from waste materials?

How can you apply the principles of the circular economy in your daily life?

What are some simple changes you can make to reduce waste at home or school?

How can you encourage others to think creatively about reusing materials?

Sharing ideas through the Story Circle

Objective of session

Share your stories within small groups, provide constructive feedback, and collaboratively choose one story per group to refine and enhance together.

Story circle

For the implementation of the story circle, a chair circle is ideal. Within this circle, ideas for personal stories are developed and shared. A trusting and open atmosphere during the story circle is essential for the entire process of story production, because this is the first time the participants open up.

It is important that this is done in a respectful and empathetic way. In advance, the group could explicitly agree on such a way of communication.

Some hints for this:

- Depending on the relationship to the class or group, start with an 'Icebreaker' (e.g. "I pack my bags and take with me...").
- Principle of voluntarism! If you don't want to tell anything, you shouldn't be forced.
- Constructive questions and feedback.
- There are no bad stories!





Steps for the Story Circle

- **Divide into Small Groups (5-6 participants):** Sit in a circle to create an open, equal space for sharing and listening.
- **Icebreaker to Get Comfortable (if needed):** Start with a quick activity to relax and connect.
- **Share Your Story:** Present your narrative to the group using the draft and word list you've prepared. It doesn't need to be perfect—this is just the first step.
- **Provide Constructive Feedback:** Offer feedback that supports and improves the story without being critical or judgmental.
- **Select One Story Per Group:** After everyone has shared, discuss and agree on one story to refine further. Choose a story that resonates with the group and has strong potential for creative development.

Self-reflection question/s about topic

Once everyone has shared, take a moment to reflect on the experience. How did it feel to share your story? What did you learn from hearing others' stories and feedback?



Co-funded by
the European Union

Presentation of the stories



Objective of Session

Each group presents their collaboratively refined story to the rest of the participants, gathers constructive feedback, and receives suggestions to further enhance their narrative.

Group Story Presentation and Feedback

Presenting your idea to the group is a valuable learning experience for several reasons. First, it helps you develop your communication skills by encouraging you to clearly express your thoughts and ideas. This process not only builds confidence but also teaches you how to organize your narrative in a way that others can understand and connect with.

Sharing your work in a group setting fosters collaboration. By presenting your ideas, you open the door to diverse perspectives and constructive feedback, which can help refine and improve your story. This interaction encourages teamwork and teaches you to value the input of others.

Additionally, presenting to others is an opportunity to enhance your critical thinking. Explaining your idea to the group forces you to think deeply about your choices, helping you identify strengths and areas for improvement. At the same time, listening to feedback helps you practice active listening, which is crucial for mutual understanding and effective communication.



Sharing Stories:

Group Presentations: Each group takes turns presenting their story to the rest of the participants. When presenting:

- Introduce the story and its main theme or message.
- Highlight the creative elements that make the story unique (e.g., visuals, emotional tone, or key lessons).
- Share what inspired the group to choose this particular story.

Group Presentations: After each presentation, the rest of the participants provide feedback and suggestions. Use these prompts:

- “What did you find most engaging or impactful about the story?”
- “What part of the story could be further clarified or expanded?”
- “What ideas do you have for enhancing the visuals, audio, or delivery?”

Self-reflection question/s about topic

How did it feel to present your story to a larger audience?

What was the most valuable piece of feedback your group received?

What did you learn from hearing other groups' stories?

Writing Your Story about Circular Economy



Objective of Session

Write a structured script for the digital story, reflecting the storyteller's voice and incorporating feedback. This script will serve as the foundation for the digital production.

The Role of the Script in Digital Storytelling

The script serves as the blueprint for the final multimedia piece and is essential for defining the story's structure, emotional tone, and message. This process emphasizes personal expression, where each participant is encouraged to write their story in their own words, incorporating feedback received in previous sessions. The goal is to refine the narrative, ensuring it resonates with both the storyteller and the audience. By crafting a clear and compelling script, participants lay the foundation for creating a dynamic digital story that will engage viewers through its combination of words, visuals, and audio.

Since the script will later be used to produce a digital story, careful attention to detail is essential. For a typical 2-3 minute story, participants should aim for approximately 250 words.



The Role of the Script in Digital Storytelling

Script Writing:

- The storyteller or main writer begins drafting the story in their own words.
- Encourage other group members to offer support through brainstorming, phrasing suggestions, or constructive corrections.

Guiding Prompts for Script Writing:

- How does the story begin?
- What is the hook that captures attention?
- What is the main event or message?
- How can this be conveyed clearly?
- How does the story end?
- What is the key takeaway or conclusion?

How to work on the Storyboard

Objective of session

To understand what a storyboard is, its purpose, and why it is an essential tool for planning and organizing a digital story effectively.

Storyboarding: Visualizing Your Digital Story

A storyboard is a visual planning tool used to map out the key moments and scenes of a story. It consists of sketches, images, or descriptions that outline the narrative flow, helping to organize and visualize the story before production. It serves to plan the visuals, sound, and transitions, ensuring a cohesive and structured narrative.

Benefits of Storyboarding:

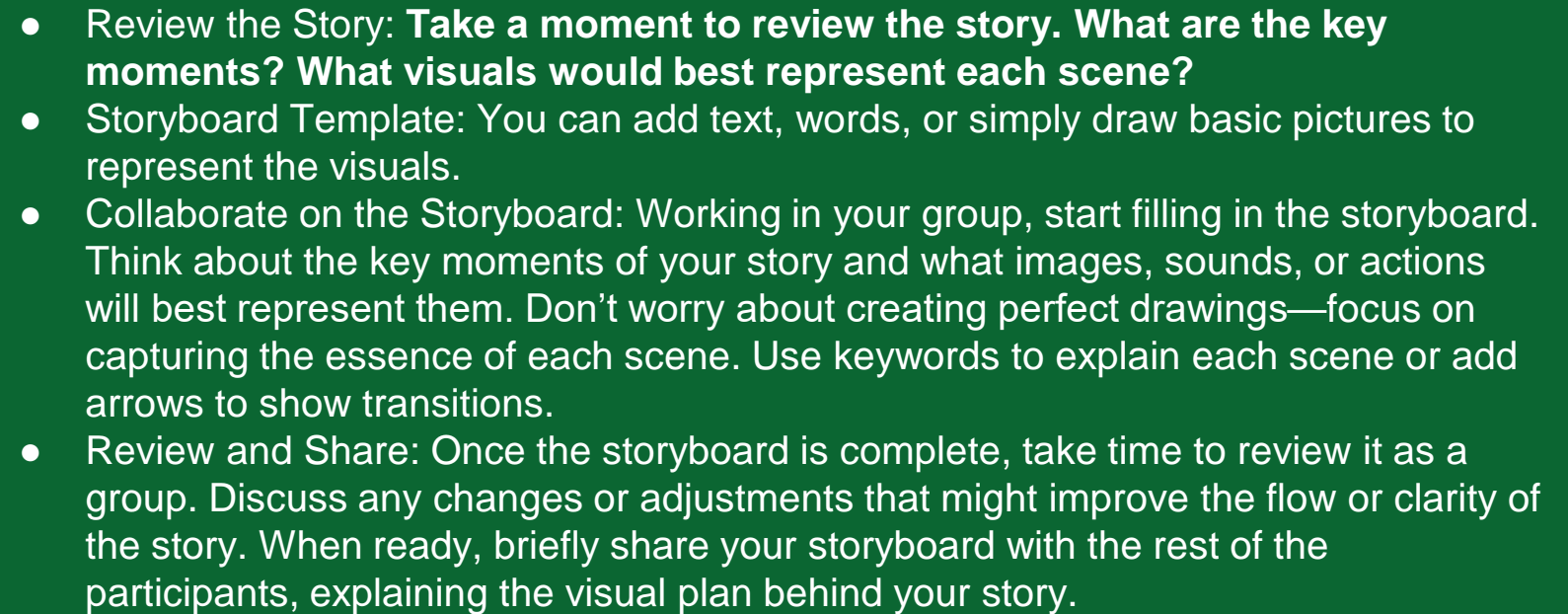
- Helps plan visuals, sound, pacing, and transitions.
- Ensures emotional tone and themes are conveyed.
- Provides a foundation for multimedia production.
- Allows experimentation to ensure cohesiveness.

Key Focus:

- Focus on structure, not perfection.
- The storyboard is a planning tool, not artwork.
- Aligns the team's vision and helps visualize the story.



Write the Text and Draw the Frames



What was the most challenging part of creating the storyboard? How did your group overcome it? How do the visuals and scenes you've planned support the emotional tone and message of your story?

TITLE _____

NAME _____



--

--

--

--

--

--



From Idea to Script: Crafting Your Digital Story

- Define the main message or theme of your story. What do you want your audience to take away from it?
- Divide your story into key scenes or sections. Each scene should move the story forward and contribute to the overall message.
- Write what the characters (if any) will say or what will be narrated. Keep it clear, concise, and impactful.
- For each scene, note any important visual elements (e.g., settings, actions) and audio elements (e.g., background music, sound effects). These will help guide production.
- Ensure the transitions between scenes are smooth. Think about how one moment leads to the next and how the story unfolds.

Self-reflection question/s about topic

What message do I want my story to convey to others?

How can I make my story personal and engaging for my audience?

What emotions or lessons do I want my story to inspire?



Co-funded by
the European Union

Digital Tools 4 Teachers

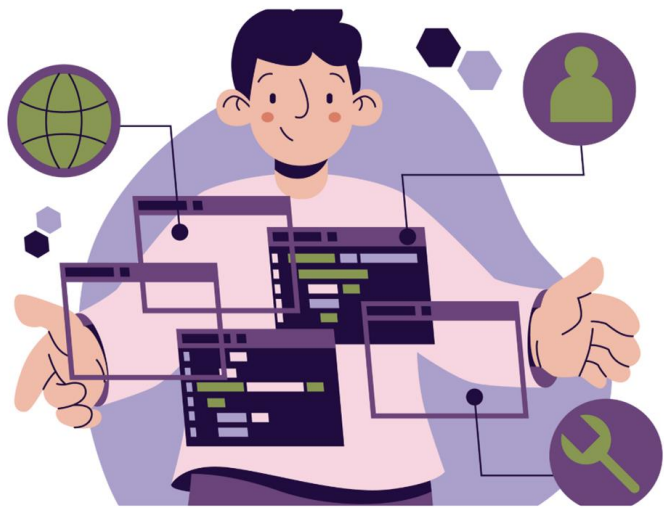


Objective of Session

Understanding why Digital tools are important for teachers and some examples

Why are Digital tools important for teachers?

- **Personalizing Learning**
Digital tools can help teachers adapt students learning experiences to their individual learning needs by leveraging LMS platforms and tools to monitor progress.
- **Assessing performance**
Conduct surveys, polls or quizzes to gauge understanding and gather instant feedback using assessment tools
- **Facilitating collaboration**
Implementing collaborative tools for group projects and peer-to-peer learning can foster teamwork and communication skills.
- **Streamlining Administration**
Use different organizational tools to track assignments, communicate efficiently with students and parents as well as managing lesson plans among other things.



Types of Digital Tools

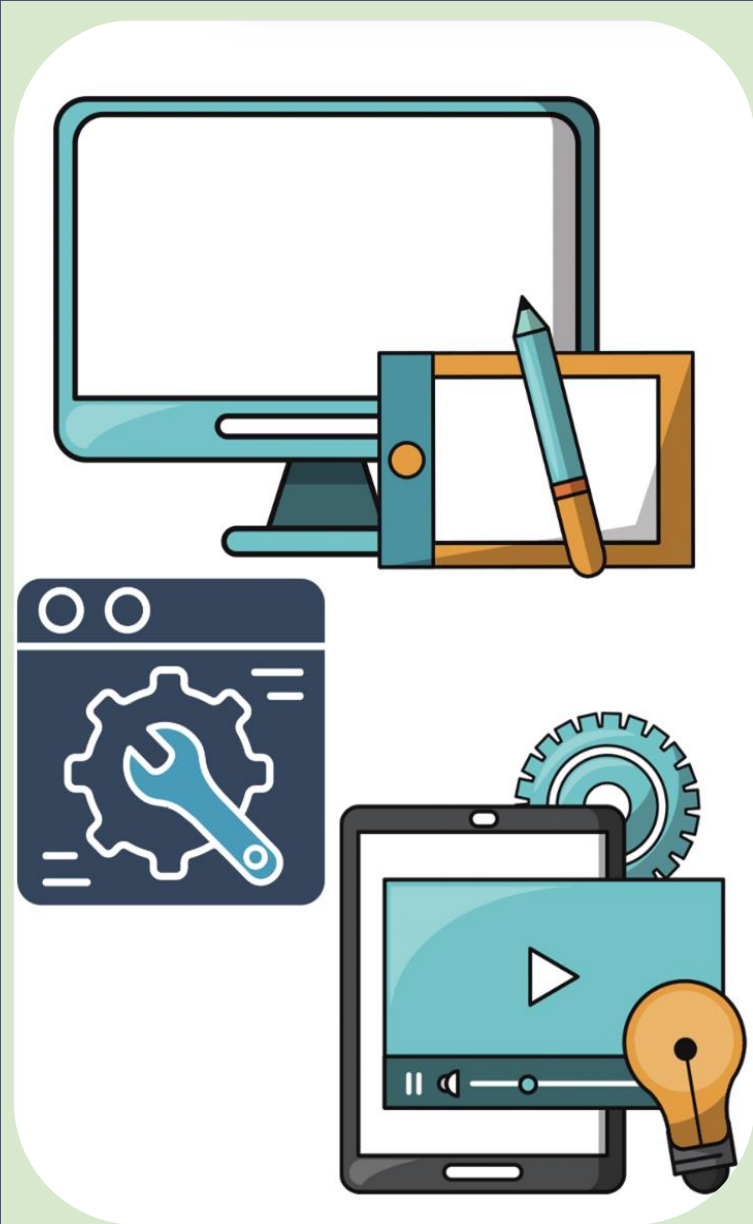
Type of Digital Tool	Purpose	Examples
Collaborative Tools	Facilitate real-time teamwork and communication.	Google Docs , Microsoft Teams , Miro
Multimedia Tools	Allow for the creation of videos, presentations, and visuals.	Canva , Animoto , Prezi
Assessment Tools	Enable quizzes, surveys, and performance tracking.	Kahoot , Socrative , Quizizz
Organizational Tools	Help manage schedules, track progress, and organize resources.	Trello , Asana , Google Calendar
Learning Management Systems (LMS)	Provide platforms for delivering and managing educational content.	Moodle , Edmodo

But not all digital tools are useful...

- Make sure to monitor and see that these tools meet the learning objectives of your class and that they are useful for your students
- Once you try it, get feedback from your students to see how easy or complicated it was to use so that you can adapt to that
- Create rubrics for students to easily measure how easy it was to use the tools in class.

Some useful concepts...

- Interactivity - Engaging students through interactive content using digital tools
- Automation - Saving time with tools that can do repetitive tasks for you (such as grading multiple choice quizzes)
- Collaboration - Promoting working together as a team using different online sharing platforms (such as google documents)
- Accessibility - Ensuring tools are user-friendly for all learners for example text-to-speech features



Finalising the work on the Storyboard



Finalising your storyboard

Finalizing the storyboard is a very important step before moving into the production of your story!

Here are some practical tips to refine and complete your storyboard:

- **Check for Clarity:** Make sure that your story is understandable and that your ideas are reflected in the scenes.
- **Purpose:** Make sure each scene is valuable and needed. If not, remove it
- **Estimate scene lengths:** Think about how long each scene will be to see the overall timing
- **Storyboard notes:** Add notes that will help you while you are editing your story
- **Connection:** Is there a clear connection between the script and the storyboard? It should be clearly established

Finalising the Script



Finalising your script

Finalizing the script is a very important step before moving into the production of your story and it must be connected to your storyboard.

Here are some practical tips to refine and complete your storyboard:

- **Check for Clarity:** Make sure that your story is understandable and that your ideas are reflected in the script.
- **Balanced pace:** Avoid rushing, the script must flow in a natural manner
- **Check timing:** Read it aloud to catch any awkward phrasing or pacing issues.
- **Language:** Use simple and impactful language. Avoid long, complex sentences that can make it hard to understand.
- **Opening and closing sentences:** Ensure that you have a strong opening and closing. The first seconds should grab attention, and you should end with a clear message.

Overview of Digital Tools in Learning



Objective of Session

Understand how digital tools can enhance learning and explore their features.
Reflect how these tools can be used for different learning purposes.

How Are Digital Tools Useful for Students?

In modern education, digital tools play a crucial role in engaging students, visualizing complex topics, and fostering creativity.

Benefit	Example
Digital tools like search engines, e-books or online libraries provide instant access to information	Google Scholar , Global Digital Library
Apps and tools help students manage their time and tasks effectively	Google Calendar , Todoist
Digital tools make learning more interactive and engaging through multimedia content	Book Creator , Canva , Storyboard That , Prezi , Quizlet
Students can explore creativity and build skills using digital tools	Canva , Prezi , Storyboard That , Book Creator



Why Should Students Use Digital Tools?

Digital tools offer numerous advantages that enhance learning, foster creativity and prepare them for the demands of a digital world.

- **Improved Learning Outcomes:** Digital tools provide access to diverse resources and make complex topics easier to understand through multimedia formats.
- **Enhanced Engagement:** Interactive exercises, and visually appealing content keep students motivated.
- **Collaboration Opportunities:** Digital tools enable students to work together seamlessly, regardless of location.
- **Development of Essential 21st-Century Skills:** Using digital tools prepares students for future careers by teaching them critical tech skills and digital communication.
- **Self-Paced Learning:** Students can learn at their own pace, revisiting topics as needed to ensure thorough understanding.
- **Making Learning More Fun:** Video, audio, images, colour - students find it fun! Those who have fun learning retain new information and have greater success in their learning.

Record the Text



Objective of session

Understand the role of audio narration in digital storytelling and learn best practices for recording and integrating text into digital stories.

Why Is Audio Narration Important?

- Makes stories more immersive and personal
- Helps learners with different learning styles, including auditory learners
- Improves language skills, pronunciation and fluency
- Supports accessibility for students with reading difficulties

Best Practices for Recording Narration:

- Clarity & Pacing – Speak clearly and slowly to ensure understanding and record in a quiet place.
- Expression & Emotion – Use a natural tone to make the story engaging.
- Use Digital Tools – Utilize tools like Audacity, TTSMaker or Eleven Labs.
- Match Audio with Story Elements – Sync narration with images, text and animations for a smooth experience.



Recording a Short Text

- In groups choose a short story or paragraph (can be original or provided).
- Use a voice recording tool ([TTSMaker](#) or [Eleven Labs](#)) to record narration.
- Upload the audio to a digital storytelling platform (e.g., [Book Creator](#) or [Canva](#); StoryboardThat & Prezi enable this only if you have a premium account).
- Sync the narration with images and text.
- Share the final result with the group.

SAMPLE TEXT

Unlike the traditional 'take, make, dispose' way of using resources, the circular economy keeps materials in use for as long as possible. Old clothes can be repurposed, broken electronics can be repaired, and plastic bottles can find a second life as new products. Imagine watching a simple glass jar transform – from holding jam in a kitchen, to becoming a pencil holder on a desk, and finally, being recycled into new glass.

Self-reflection questions about topic:

- What challenges did you face when recording your narration?
- How can this skill be useful for students or educators?
- How can voice recordings help make stories more accessible?

Choosing the Music and the Images



Objective of Session

Understand how to effectively select music and images that enhance the storytelling power.

Why Are Music and Images Important in Digital Storytelling?

- Images set the scene – They provide context, enhance emotions and support the narrative.
- Music creates atmosphere – It influences how the audience feels and helps to build suspense, excitement or reflection.
- Together, they enhance engagement – Well-chosen visuals and sounds make digital stories more immersive and memorable.

Choosing the Right Images:

- Use high-quality, relevant images that match the story's theme.
- Think about colors and composition to create the right mood.
- Ensure images are copyright-free or use licensed stock photos (e.g., Pixabay, Freepik, Canva).

Selecting Music That Fits the Story:

- Match the tone and pace of the music with the tone of the story).
- Avoid overpowering the narration – music should enhance, not distract.
- Use royalty-free music (e.g., Free Music Archive, Canva).



Brainstorm & Match

- Each group receives a short story theme
- Each group is asked to find 3 images that could represent this scene effectively
- Then each group has to choose a music track that fits the mood of the story
- Each group presents their choices

Self-reflection questions about topic:

- What challenges did you face in selecting the right visuals and sounds?
- How does music influence you when watching a digital story?
- How can you improve the selection process in future projects?

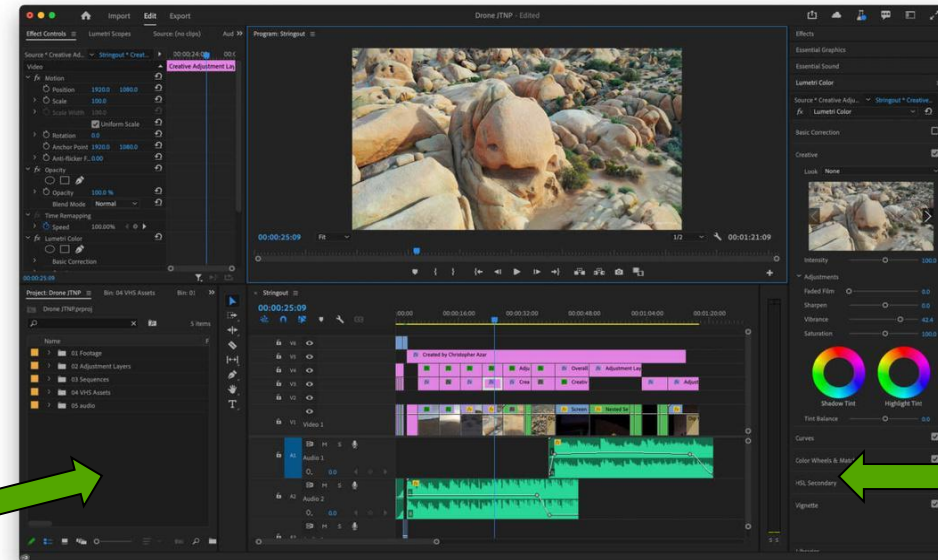
Edit Images, Videos and Music

Edit Images, Videos and Music

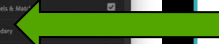
You can choose any editing programme. The choice of programme depends on technical skills, the technology options you have, and the age of the students. Structurally, editing programmes are all similar, so look for the one best suited to your needs and skills.

Project Panel: This panel allows users to import, organize, and manage multimedia files within the project.

Users can view a list of all files present in the project, including video clips, audio and images



Timeline: The timeline is the main area where users can organize video and audio clips in the desired sequence. Users can drag and drop clips onto the timeline, overlap them, extend them, and trim them to create the structure of the video.



Edit Images, Videos and Music

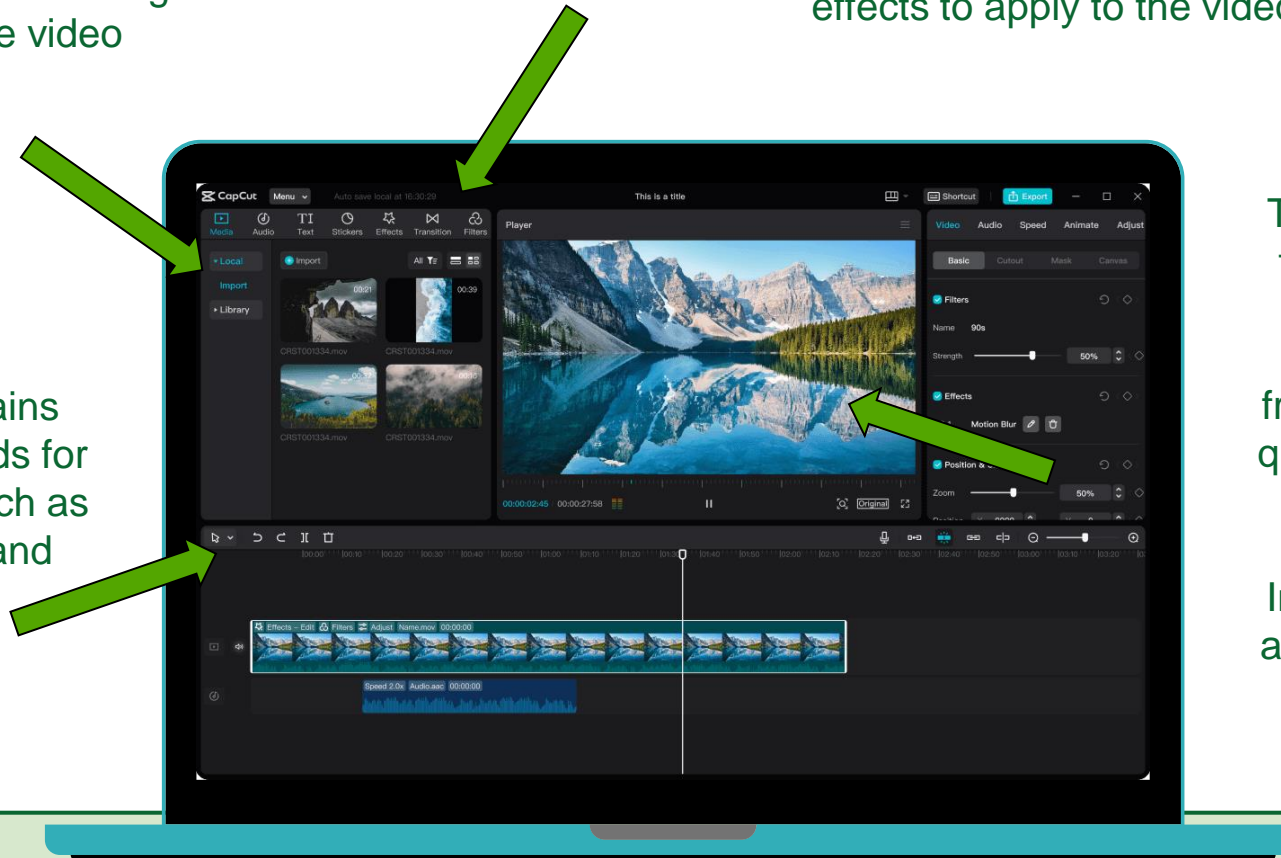
Text panel: it provides tools and options for adding and customizing text elements within the video project

Special Effects Panel: This panel allows users to add special effects to the video, such as animated transitions, visual effects, sound effects, animated titles, and more. Users can search for and select effects to apply to the video.

Toolbar: The toolbar contains buttons and quick commands for common editing actions, such as cutting, copying, pasting and more.

Preview Monitor:
The preview monitor displays the video in real-time as it is being edited in the timeline. Users can view the video frame by frame and check the quality of the output during the editing process.

In some programmes there is a second monitor showing the source media.

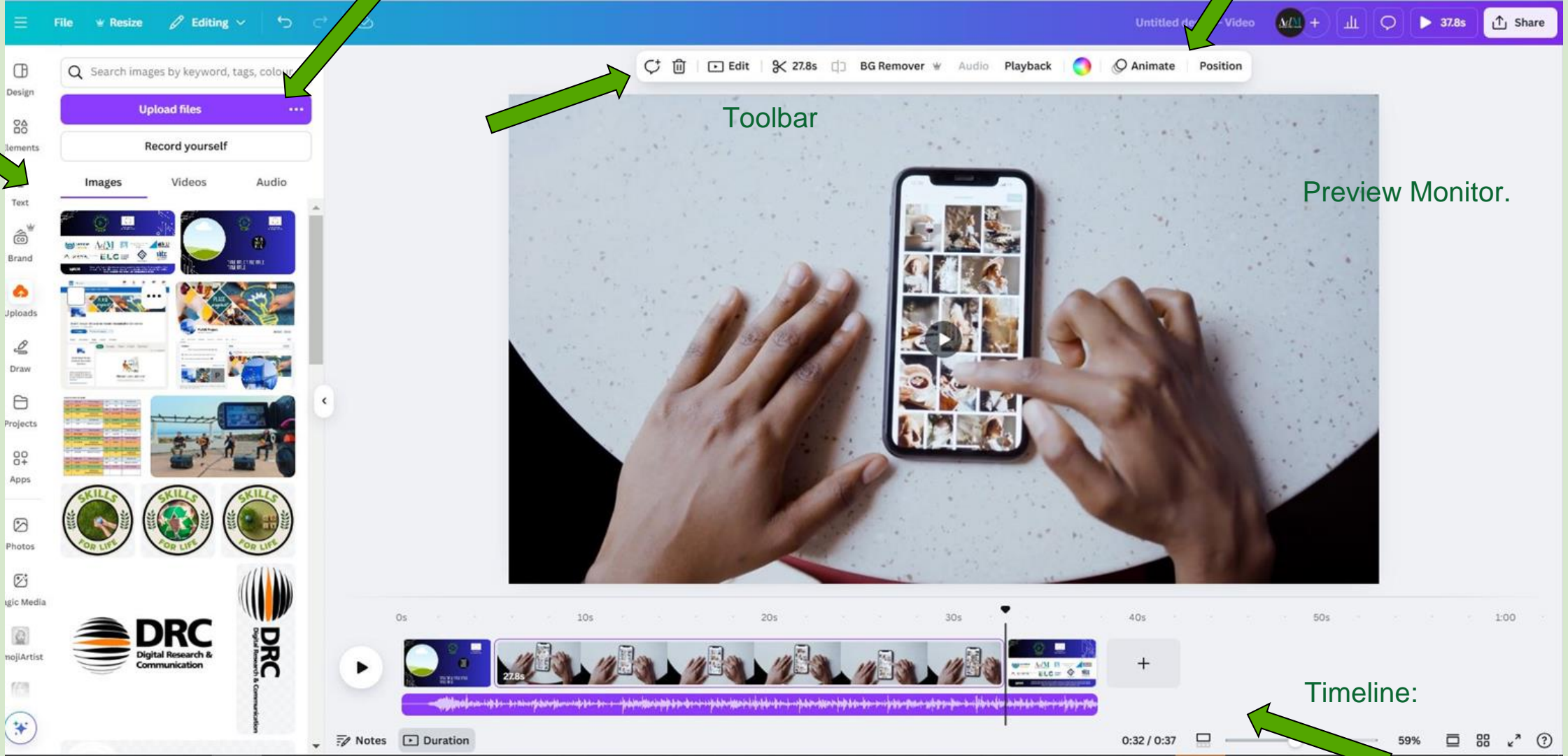


Text panel

Project Panel

Edit Images, Videos and Music

Special Effects Panel



Toolbar

Preview Monitor.

Timeline:



Editing Your Digital Story

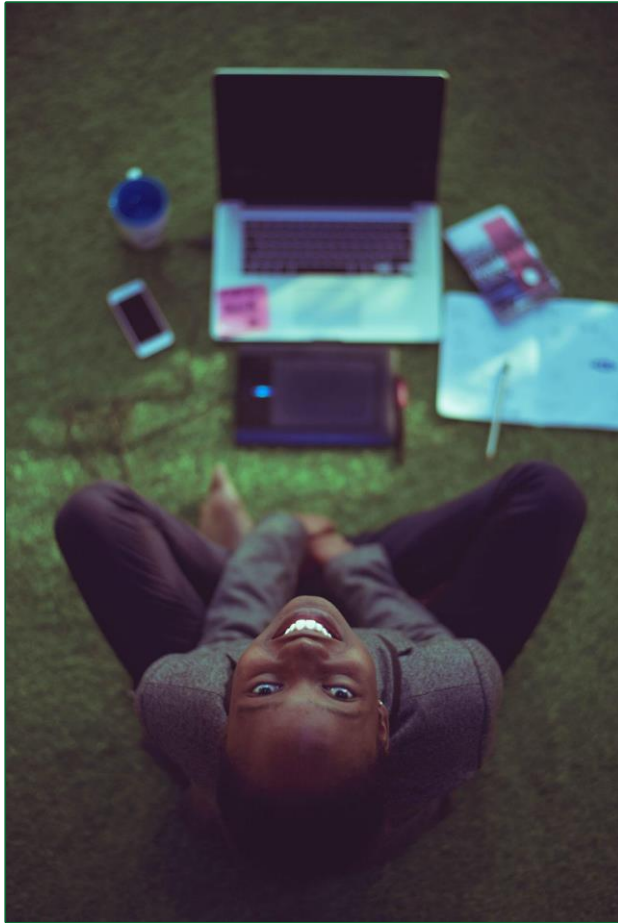
- **Import Media Files:** Start by importing your recorded footage, photos, and audio files into your video editing software.
- **Organize the Clips:** Arrange the clips on the timeline according to your storyboard/script. Ensure they are in the correct order to match the flow of the narrative.
- **Add Transitions and Titles:** Insert transitions between clips where needed for smoother flow. Add titles to introduce scenes or highlight key points in your story.
- **Apply Visual Effects:** Use visual effects sparingly to enhance the narrative, but avoid overloading the story. Focus on effects that support the mood or tone.
- **Adjust Colours and Contrast:** Fine-tune the colours, contrast, and brightness to ensure your visuals have a consistent, polished look.
- **Refine Audio:** Adjust audio levels for clarity. Make sure background music, voiceovers, and sound effects are balanced and support the story without overpowering dialogue or narration.
- **Add Music and Sound Effects:** Incorporate music and sound effects to complement the visuals and reinforce the emotional tone of the story.

Self-reflection question/s about topic:

How do the visuals and audio support the overall theme of your story?

Did any particular transition or effect enhance the emotional impact of the story?

How did adjusting the audio levels improve the overall quality of your video?



Review and Revise Your Digital Story

Watch Your Video: Begin by watching your video from start to finish. Take notes on what works well and what could be improved (e.g., pacing, clarity, audio, visuals).

Share with a Peer: Show your video to a peer or small group. Ask them to focus on specific elements, such as clarity of the story, emotional impact, or overall flow. Ask for specific feedback on areas like:

- **Storytelling:** Is the message clear? Does the narrative make sense?
- **Visuals:** Are the visuals engaging? Do they align with the narrative?
- **Audio:** Is the audio balanced? Are the sound effects and music appropriate?
- **Pacing:** Is the story too slow or too fast? Are there parts that drag on or feel rushed?

Review the feedback carefully and identify common themes or suggestions. Consider what will improve your video while staying true to your narrative.

Based on the feedback, make necessary adjustments to your video. This may include changing the pacing, tweaking audio levels, or adding/removing visual effects.

Self-reflection question/s about topic:

What feedback was most helpful in improving your video?

How did your story evolve after receiving input from others?

Do you feel the revisions enhanced the emotional or thematic message of your video?

Export of the DST Clip

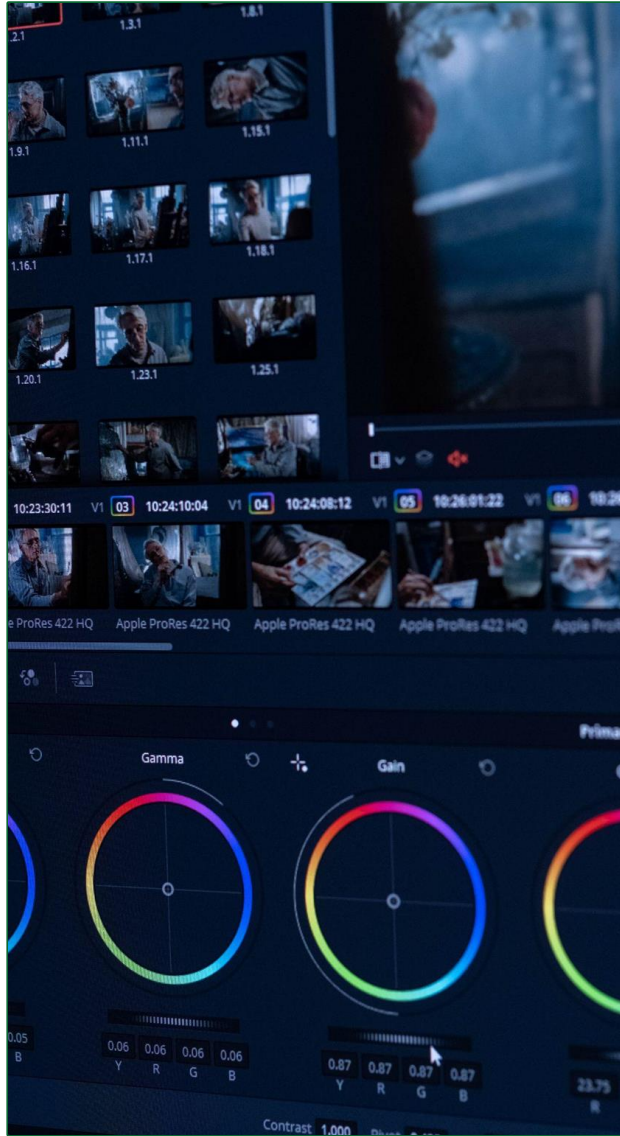


How to Export Your Digital Story

- Before exporting, save your project in the video editing software to avoid losing any work.
- Select Export Option Look for the "Export" or "Render" option in your video editing software (usually found in the File menu or a dedicated export button).
- Select the file format you want (commonly MP4 for compatibility). Choose the resolution based on where you'll be sharing the video (1080p is ideal for most uses).
- Select Destination Folder
- Start Exporting: Click the "Export" or "Render" button. Wait for the software to finish processing. This may take some time depending on the length and complexity of the video.
- Check the Exported Video: Once the export is complete, locate the video file and watch it to ensure everything looks and sounds as expected.

Self-reflection question/s about topic:

What challenges did I face during the creation of my digital story, and how did I overcome them? How has the digital storytelling process enhanced my ability to express ideas and personal experiences creatively?



Optimizing Video Quality: Choosing the Right Frame Rate and Resolution

As video is a rapid sequence of images, the frame-rate indicates how many frames per second the video should have. A good frame-rate ranges from 24 to 30 frames/second. More than 30/s you would have an unnecessarily heavy video (in terms of space occupied on your hard disk), less than 24 you start to see the video going a bit jerky.

The size of the video (width and height in pixels) depends on the intended use. Here is a list of the most commonly used size formats:

- 4K (3840 × 2160 pixels) - highest quality, requiring a lot of processing power. Not recommended for educational/amateur purposes.
- 1080p fullHD (1920 x 1080 pixels) - high quality, but the files and streams to be handled are a bit heavy (you need a fairly powerful PC).
- 720p HD (1280 x 720 pixels) - a good compromise between quality and not too exaggerated size.
- 480p (854 × 480 pixels) - if for some reason you need to limit the size of the video, this format is still acceptable.

Presentation and Projection of the Clips

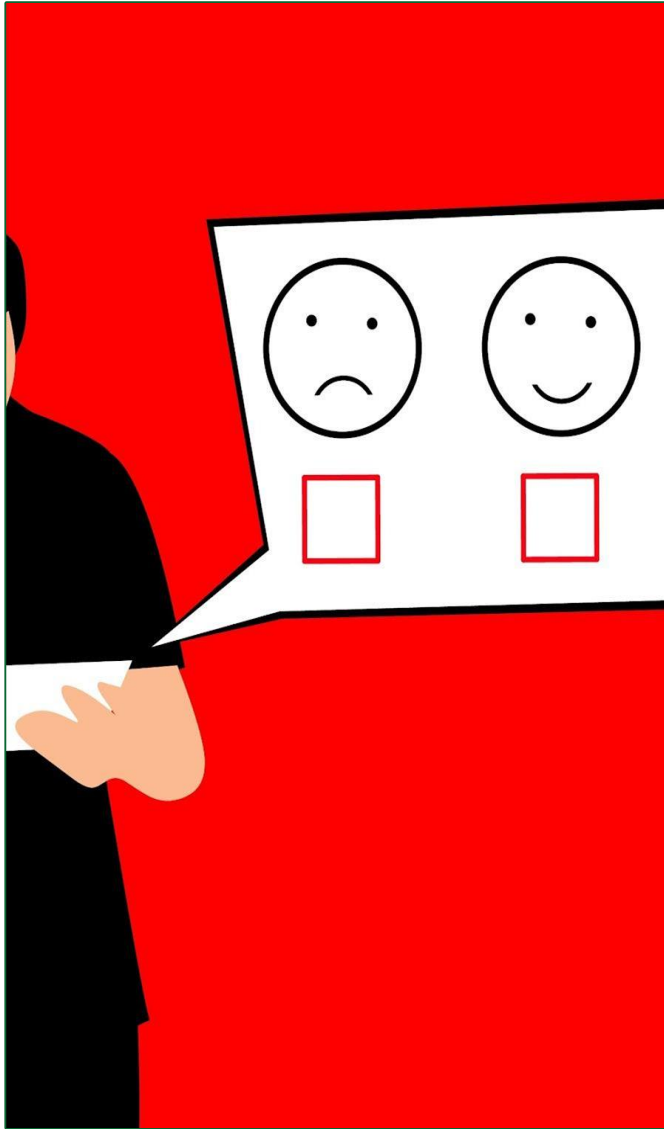


Objective of Session

Engage in creating and participating in polls to self-assess and reflect on the frequency of your use of future-ready skills.

Theoretical content of session

1. Active Learning and Engagement: Active participation helps learners apply theoretical concepts in practical settings, improving their understanding and motivation.
2. Peer Learning and Interaction: This interaction not only builds collaborative skills but also enriches the learning experience by introducing diverse viewpoints and solutions.
3. Self-Assessment and Reflection: This reflection is critical for identifying strengths and areas for improvement, essential for ongoing professional development.
4. Digital Literacy and Technology Integration: Familiarity with these tools also reinforces the practical application of digital skills in daily tasks.
5. Constructivist Learning Theory: The activity is grounded in constructivist learning theory, emphasizing that knowledge is best constructed through active involvement.



Short practical activity

Setup:

- **Group Formation:** Divide into groups of 3-4 participants.
- **Tool Selection:** Each group picks a digital polling tool (Mentimeter, Kahoot, Google Forms).
- **Poll Creation:** Design a poll assessing skills like adaptability, digital literacy, and teamwork. Suggested questions include:
 - Frequency of using digital tools for work-related problems.
 - Comfort level with new technologies.
 - Frequency of team collaboration.

Conducting the Poll:

- **Poll Exchange:** Swap polls between groups for answering.
- **Participation:** Use provided links or QR codes to complete the exchanged poll.



Short practical activity

Review Results:

- **Display Results:** Show results live and discuss notable trends and findings.
- **Group Discussion:** Discuss insights from the poll results about the use of future-ready skills.

Reflection:

- Reflect on the poll creation and participation process and its impact on your skill usage.

Wrap-Up:

- Summarize key outcomes and emphasize the importance of digital tool proficiency and self-evaluation in development.

How has participating in creating and responding to polls influenced your understanding of your own future-ready skills? What insights have you gained about your strengths and areas for improvement?

Initiating Competences for the Future



Objective of Session

Equip participants with future-ready skills, fostering lifelong learning and adaptability in the context of consumer education.

Theoretical content of Session

Definition of Future-Ready Skills: Future-ready skills encompass a comprehensive set of capabilities that enable individuals to thrive in an increasingly complex and interconnected world. These include:

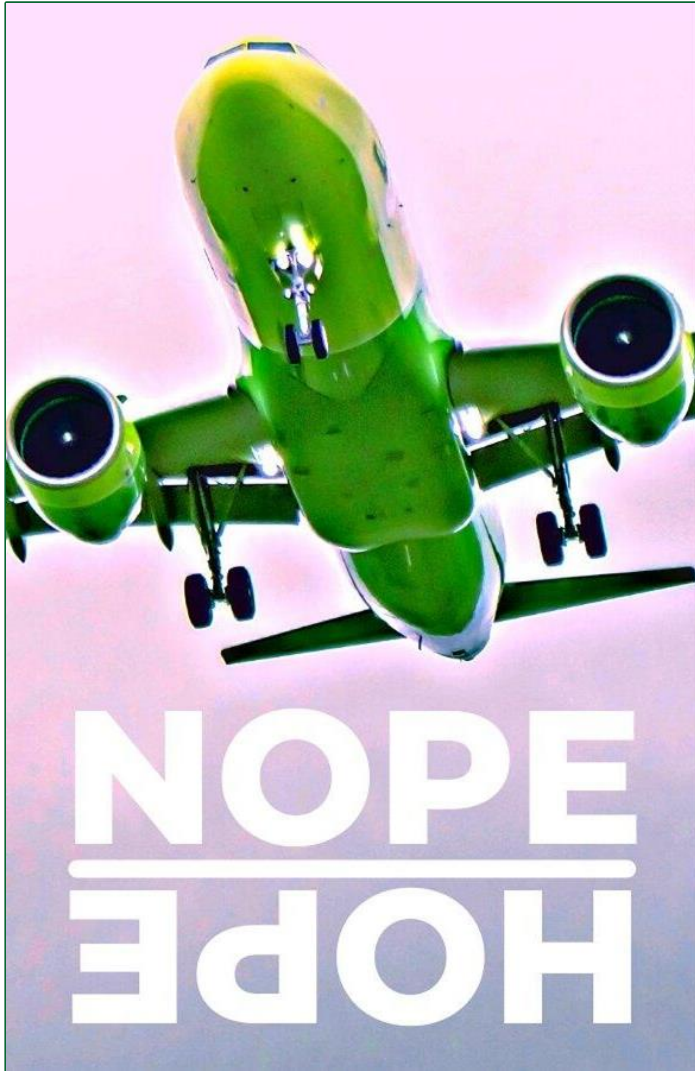
- Soft Skills, Technical Skills

Importance of Lifelong Learning: Lifelong learning is the continuous, voluntary pursuit of knowledge for both personal and professional reasons. This concept is increasingly vital in today's world where new technologies and methods evolve rapidly, rendering once sufficient skills and knowledge bases inadequate over time. Lifelong learning contributes to:

- Personal Empowerment: Professional Success, Societal Progress

Combating Greenwashing: Greenwashing is a deceptive practice used by some organizations to appear environmentally responsible without making substantial efforts. Educating stakeholders on identifying and critiquing these practices is crucial for:

- Consumer Empowerment, Sustainable Development, Ethical Business Practices:



Short practical activity

Objective: To enhance participants' ability to recognize and understand the implications of greenwashing in various contexts.

Instructions:

1. Understand Greenwashing: We'll start with a brief explanation of what greenwashing is and why it's crucial to identify it.
2. Form Groups: Please join a group of 3-5 people.
3. Task: Discuss and share any personal or professional experiences where you encountered greenwashing. Consider:
 - Instances involving misleading environmental claims.
 - How you recognized these claims.
 - The impact of these experiences on your decisions and trust.
4. Share Insights: After discussing, each group will share notable examples with everyone.
5. Conclusion: We'll wrap up by discussing the importance of vigilance against greenwashing.

In what ways do you think you can contribute to combating greenwashing in your community or industry? How can you ensure that your actions promote genuine sustainability?

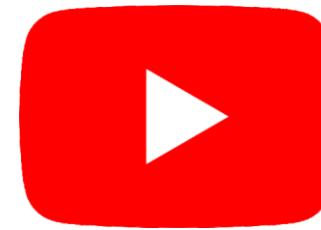


Co-funded by
the European Union

CEDIS Youtube Channel

CEDIS Youtube Channel

Discover the digital storytelling projects on the Circular Economy created within the CEDIS project! Watch what other classes have developed to get inspired and see how they explored sustainability and innovative solutions.



[CEDIS Digital Stories](#)



Agrupamento de Escolas
Marinhas do Sal
Rio Maior



European
Learning
Centre



Istituto di Istruzione Superiore
Michele Giua Cagliari



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).