HEAR Write an outline or a word-for-word script of what you want to say for each section of your video. These details will help you remember to include important details or vocabulary that you want students to hear.	SEE Plan out what you want your students to see in the video. This plan can include descriptions of images or text, annotations or prompts that you want to create on the screen for your students to see. Visuals should complement the lesson, not detract from.	FOCUS Plan out what you want the focus to be for each part of your video. This can include what you want your students to be looking at or thinking about. When appropriate, you can extend this to interaction by including prompts for taking notes, completing practice problems, answering questions or clicking on interactive components embedded in the video.