

## **Video Production    Lighting Notes**

### **The 4 Qualities of Light**

1. Direction
  - from the side
  - below
  - behind
  - above
2. Intensity
  - close = bright
  - further away = less bright
3. Colour
  - colour correction (balancing the camera to the environment)
  - mood
4. Texture
  - hard or soft (shadows)
  - hard – bright, sunny day
  - soft – cloudy, overcast (people look best)
    - either use diffusion or bounce off reflectors

### **Types of Light and Colour**

1. Daylight                    Blue
2. Fluorescent                Green
3. Incandescent              Red

**White Balance** – to match the camera colour balance to that of the light source.

- 3 point lighting