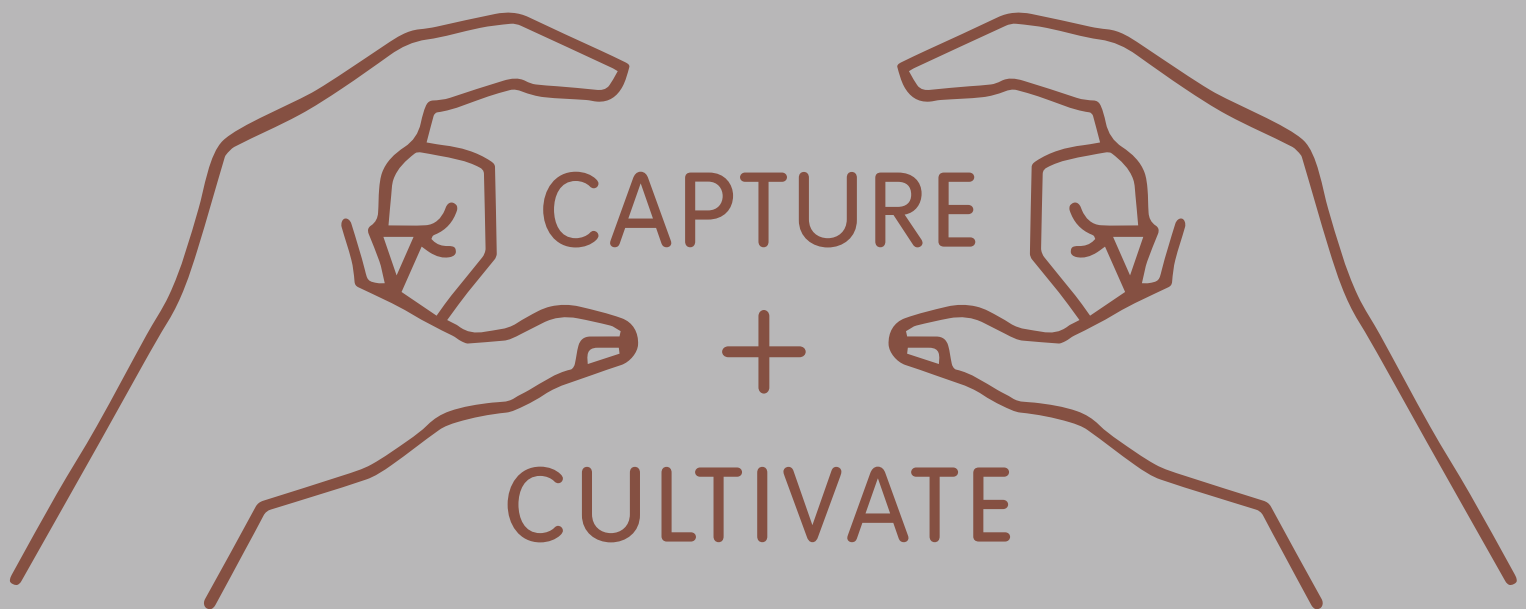

SUPPLEMENT: EXAMPLE SHEET



TOOLKIT

Step One

A: STAGING

In relation to your practice, what would you like to find out? Tick the box below.
If it is your first attempt we recommend to choose blue or green.

An example of a role:	<i>Jewellery Designer / Maker</i>
An example of a practice:	<i>Designing and Making Jewellery</i>
Examples of activities within practice:	<i>Filing, Polishing, Sanding, Engraving, Setting, Forming, Hammering</i>

B: SPECIFY PROCESS

Please note: activities that cannot be safely filmed (i.e. presence of liquid, fire, gas), need a macro lens, cannot be filmed from POV, left and right viewpoints are crossed out.

- > Insight into practice
- > Conscious of checks performed
- > Competence
- > Self-awareness

+

+

+

- > Validation / confidence
- > Skills sharing
- > Increased expressiveness
- > Increased concentration

- > Insight into state of flow
- > Validation / confidence
- > Skills sharing
- > Increased expressiveness
- > Insight into performance level
- > Increased concentration
- > Skill satisfaction

- > Insight in mistakes



C: RATING CHALLENGE AND RISK

From zero (low) to five (high) rate the challenge and risk of the activity plus your experience, skill and frame of mind (select up to three activities within your practice).

Activity 1 (A1): <i>Filing</i>	Rating					
Challenge and Risk	0	1	2	3	4	5
Experience, Skill and State of Mind* *Distracted 0 and Focused 5	0	1	2	3	4	5

Activity 2 (A2): <i>Sanding</i>	Rating					
Challenge and Risk	0	1	2	3	4	5
Experience, Skill and State of Mind* *Distracted 0 and Focused 5	0	1	2	3	4	5

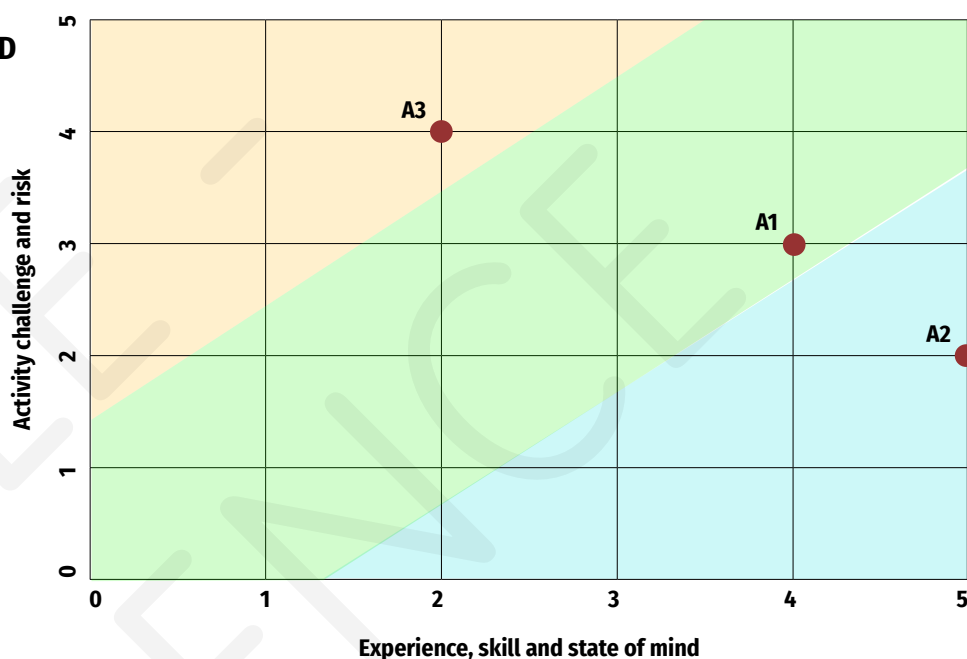
Activity 3 (A3): <i>Hammering</i>	Rating					
Challenge and Risk	0	1	2	3	4	5
Experience, Skill and State of Mind* *Distracted 0 and Focused 5	0	1	2	3	4	5

D: MAPPING RESULTS ON THE GRID

Choose your activity on the grid that corresponds to the coloured outcome box above.

If your activity falls outside your desired colour box, you should consider decreasing or increasing the challenge or risk of the chosen activity.

This will move the results into different coloured box. Otherwise choose another activity.



	State of Ease	<i>Encounter ranges from feeling easy and familiar, to engaging, stimulating and requiring attentiveness.</i>
	State of Flow	<i>Optimal encounter, ideal balance between skill and challenge, being in the zone, attention is fully absorbed.</i>
	State of Unease	<i>Encounter ranges from feeling difficult and demanding, to invoking anxiety and unease.</i>

Activity:	<i>Filing a ring</i>
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E: STAGING CHECKS

Can your cameras focus and capture the activity?	☒ Yes	☐ No
Is the activity performed in a space that allows multiple camera angles e.g. point of view (POV), left and / or right hand side.	☒ Yes	☐ No
Is it safe to film the activity?	☒ Yes	☐ No
If anyone else is filmed, have you got their permission to film?	☒ Yes	☐ No
Can your cameras capture the sounds of your activity?	☒ Yes	☐ No

If you answered **No** to any of the above please choose a different activity.

F: SPACE MAPPING

Map out your space and pre-plan your camera positions

Height of work surface (cm):	<i>87 cm</i>
Height of stool / if applicable (cm):	<i>40 cm</i>
Height of camera's in relation to work surface or floor / if using tripod (cm):	<i>Point of view + 28 cm Left hand side + 10 cm Right hand side + 25 cm</i>
'Point of View' camera needs to be fixed as close to your point of view as possible (cm):	<i>Clamping camera to lamp stand</i>
Check audio and sounds:	<i>Capturing of sounds is possible – no additional noise beyond usual background noise of housing</i>

F: SPACE MAPPING CONTINUED

Draw your workspace from above (i.e. a floor plan drawing)
and note your camera positions

