

GUIDE TO CREATING OLYMPIC THEMED A.I. VIDEOS



**This guide has received formal
acknowledgment and endorsement
from the following organizations**



**ASSOCIATION
FAMILIALE
PIERRE DE
COUBERTIN**



**FEDERATION INTERNATIONALE
CINEMA TELEVISION SPORTIFS**

© 2025 – All rights reserved.



Table of Contents

Message from Endorsers	2
Purpose and Target Audience	3
Learning Outcomes	3
Understanding the Olympic Core Values	4
Video Content Ideas: Olympic Core Values	5
Key Terms for Artificial Intelligence.....	6
Best Practices for Using A.I. Responsibly	7
A.I. Platforms for Creative Projects	8
Video Creation Instructions Beginner (Vidnoz or HourOne).....	10
Video Creation Instructions Intermediate (LTX Studio)	12
Video Creation Instructions Advanced (Multiple Platforms)	14
Appendix A: Storyboard Template	17
Appendix B: Tips for Scriptwriting and Audio Selection	18
Appendix C: Assessment	19

© 2025 Dalton McComas, Dr. Liston Bochette III, OLY, Margriet de Schutter, and Dr. Bonnie Tiell. All rights reserved.

Guide to Creating A.I. Olympic-Themed Videos

Endorsed by the **Pierre de Coubertin Family Association** and the **International Federation of Sport Film and Cinema**.

Design by **Sophia Helton** and **Judy Reynolds**.

This Guide and its contents are protected under U.S. and international copyright laws. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the authors or publisher. Permission is granted to educators, students, and nonprofit organizations to reproduce or share this Guide **for noncommercial, educational purposes only**, provided that the material is not altered and full attribution is given to the authors. Any commercial use, adaptation, or redistribution for profit is strictly prohibited without the prior written consent of the authors.

Be original, be creative, be innovative!





Message from Endorsers



Image Source: LinkedIn (used with permission)

Alexandre de Navacelle de Coubertin
Pierre de Coubertin Family Association

It is with great pride that I welcome users of this guide dedicated to the creation of Olympic-themed AI videos. As a descendant of Baron Pierre de Coubertin, the founder of the modern Olympic Games, I am continually inspired by how his vision of education through sport has evolved over time and across technologies.

We are at a time where artificial intelligence opens new doors to storytelling and idea creation. I challenge all users of this guide to capture the Olympic spirit – one that celebrates excellence, respect, and friendship – into every frame you create.

WEBSITE: <https://www.afpcoubertin.org/en>



Image provided with permission)

Prof. Franco Ascani (President)
International Federation of Sport Film & Cinema

Designed for educators and creators alike, this guidebook is an excellent resource and a road map to integrate artificial intelligence with the spirit of the Olympics. As President of FICTI, an organization committed to promoting sports culture through cinematic expression, I encourage generations new and old to embrace emerging tools to honor the Olympic legacy.

With the recognition of the International Olympic Committee, FICTI is proud to support initiatives like this which preserve the spirit of the Games while extending the boundaries of technology. May your creativity and imagination shine bright.

WEBSITE: <https://www.sportmoviestv.net/en/>

Be original, be creative, be innovative!



Purpose and Target Audience

This workbook provides a practical guide to scripting, editing, and producing AI-generated Olympic-themed videos using modern tools like Vidnoz, HourOne, and LTX studio. Students will learn about the Olympic core values and how to craft effective scripts, refine visual storyboards, and submit projects for final video generation. The appendices offer quick-reference tools for mastering each step of the creative process—from writing natural dialogue and scene prompts to managing timeline edits and rendering high-quality outputs. These streamlined workflows are designed to support both individual creators and collaborative student teams. Above all else, this workbook encourages all users to be original, be creative, and be innovative.



Image Credit: Dr. Liston Bochette III, OLY (Permission Granted)

Expected Learning Outcomes

Following this guidebook will allow participants to....

1. Understand Olympic core values.
2. Gain basic literacy in using free AI video tools for scripting, editing, and sharing media.
3. Planning and produce short Olympic values-based videos using A.I. technology.

Be original, be creative, be innovative!



Understanding the Olympic Core Values

Excellence – Friendship – Respect

The Olympic core values (excellence, friendship, and respect) serve as a framework for the Olympic Movement in the promotion of education, sport, culture, and a healthy way of living. Educators can use the following lessons to teach students about the Olympic core values.

Activity 1: Introductory Values Lesson

Pose the question: “What do you value most when competing, learning, or working with others?”

Instruct Students: Identify or write the 3 values on sticky notes or a whiteboard

Discuss: Engage students in a discussion on how their choices align with the Olympic values.

Activity 2: Athlete or Team Story

Small groups: Assign one of the Olympic core values to each group. Instruct students to use historical or contemporary Olympic athlete or team stories (e.g., Jesse Owens, Michael Phelps, Usain Bolt, Simone Biles, Women’s Rugby, etc.) to illustrate their value.

Activity 3: Role Play

Role Play: Selects a student to role play the scenario applying one of the Olympic core values.

1. At a regional competition, your biggest rival sprains their ankle right before the awards ceremony. You win but notice they’re sitting alone and in pain after the event.
➤ Do you celebrate with friends or take time to check and support your injured competitor?
2. During a close basketball game, the referee makes several unfair calls that favor your team. Your teammates want to take advantage of it and not say anything.
➤ Do you stay silent and benefit from the bad calls, or speak up, knowing it could hurt your team’s chance for a victory?
3. Your team just beat a school known for being arrogant. After the game, your teammates start posting mocking videos and memes about them online.
➤ Do you join in the teasing for fun or call it out as poor sportsmanship?
4. You’re behind on your training for a track (athletic) meet. A teammate offers you a special beverage that helps with recovery, but you’re not sure if it’s legal or safe.
➤ Do you take the shortcut and risk it, or continue training the hard way even if it means not performing at your peak?
5. You’re the best player on your team and you know you’ll make the starting lineup no matter what. You see some teammates working extra hard in practice.
➤ Do you coast and save energy, or push yourself to keep growing and set an example?

Activity 4: Video Creation Lesson (all levels)

Individual or Group: Instruct students to select a core value and prepare a script to emphasize the value in a video format. Suggest students write their own message or use an A.I. tool such as ChatGPT or the script feature from a tech platform. Use this workbook as a guide for creating an A.I. generated video using beginner, intermediate, or advanced techniques.

Be original, be creative, be innovative!



Video Content Ideas: Olympic Core Values

The following lists offer creative prompts and concepts to help you generate the content for AI videos inspired by each of the Olympic core values. Use these ideas to guide your image selection, script writing and storytelling, or to structure scenes within your chosen AI platform.

Excellence

- High performance sport achievements
- Medal or podium performances
- Achievement after sport
- Weightroom or working to push “one more rep”
- The grind of the off-season workout
- Olympians that give back to the community
- Succeeding after a setback
- Being in the zone



Respect

- Handshakes post-competition (examples of sportsmanship)
- Respecting the referee – (tennis player and umpire)
- Young athletes thanking a coach
- Cleaning up a dugout or field or court after a game
- Silence of a crowd or taking a knee for an injury
- Torch relay participation
- Athlete or coach retiring
- Young athlete working with their idol



Friendship

- The friendship of the USA Gymnastics or similar team
- Camaraderie in the Olympic Village
- Team bonding (team meals, skit-night, etc.)
- Training partners/buddies from different countries
- Overcoming language barriers
- Locker room and chalk talks
- Exchanging gifts (e.g. Olympic pins, jerseys, etc.)
- Selfies with athletes, coaches, etc.



Be original, be creative, be innovative!



Key Terms for Artificial Intelligence (A.I.)

Create flash cards or a Power Point presentation of the following definitions (add to the list).

- **Artificial Intelligence**
The application of a resource or tool to perform tasks generally requiring human intelligence (e.g., problem solving, idea generation, etc.).
- **Algorithm**
The sequence of rules or step-by-step instructions followed to perform a task.
- **Avatar**
An electronic representation (icon) of a person character, or persona used in virtual environments or interactive media.
- **Copyright**
Automatic legal protection for original works (images, music, video, writing). You must ask permission or pay a fee, unless it's clearly labeled for reuse.
- **Creative Commons (CC)**
A set of licenses that creators can use to give others permission in advance.
- **Ethical Use of A.I**
The responsible design, development, and application of artificial intelligence systems that prioritize fairness, accountability, transparency, privacy, and human well-being. Includes citing A.I. tools, avoiding impersonating people or copying styles too closely.
- **Fair Use**
A legal exception (limited use) for education—but not always guaranteed.
- **Generative AI**
A dimension of AI models designed to produce new content such as images, text, audio, or video by learning from existing data.
- **Model**
A framework, system that applies an algorithm trained on data to imitate or perform specific tasks, such as generating text, translating languages, or creating images.
- **Text-to-Image / Text-to-Video**
A generative AI process where a model produces an image or video from written prompts.

Activity: :

1. Divide students into four (4) small groups.
2. Provide each with one of the following scenarios
 - a) You use a song from your favorite artist as your video background music. (Not legal)
 - b) You find a cool image on Instagram and put it in your school video. (Not legal)
 - c) You generate AI images of Olympic athletes for a class project. (Legal)
 - d) You find a CC (Creative Commons) music track from Free Music Archive. (Legal)
3. Groups decide if each is legal.
4. Students should suggest an alternative for each scenario that isn't legal.

Be original, be creative, be innovative!



Best Practices for Using A.I. Responsibly

When selecting AI tools, ensure it is safe by reviewing privacy and transparent data usage practices, verifying it comes from a reliable source, and confirming it does not require access to personal data or sensitive information unless consent is provided.

- ✓ Use sites that offer open-source, public domain, or Creative Commons content.
- ✓ Always credit creators and tools—even if it's not legally required.
- ✓ Avoid copyrighted songs, movie clips, or celebrity images unless you have permission.
- ✓ Check licenses carefully and keep a list of sources for your project.
- ✓ Respect all intellectual property, whether images or words.
- ✓ Choose AI platforms with clear ethical guidelines, safety mechanisms, and privacy standards
- ✓ Treat AI as a creative assistant. Maintain human oversight over final editing, publishing, etc.

A.I. Platforms for Creative Projects

Function	Recommended Tools with FREE versions
Scriptwriting	Chat GPT
Video Creation	Canva Video, Pictory, Lumen5, Hour One, Vidnoz, LTX Studio, Videvo, Mixkit, CapCut
Image Generation	DALL-E, Adobe Family, Shutterstock, Unsplash, Pixaby, Pixels, Wikimedia Commons
Music and Sound	Free Music Archive, YouTube Video Library, Soundraw, Uppbeat, Adobe Stock Music
Voiceover	ElevenLabs, Murf.ai, WellSaid, built-in tools

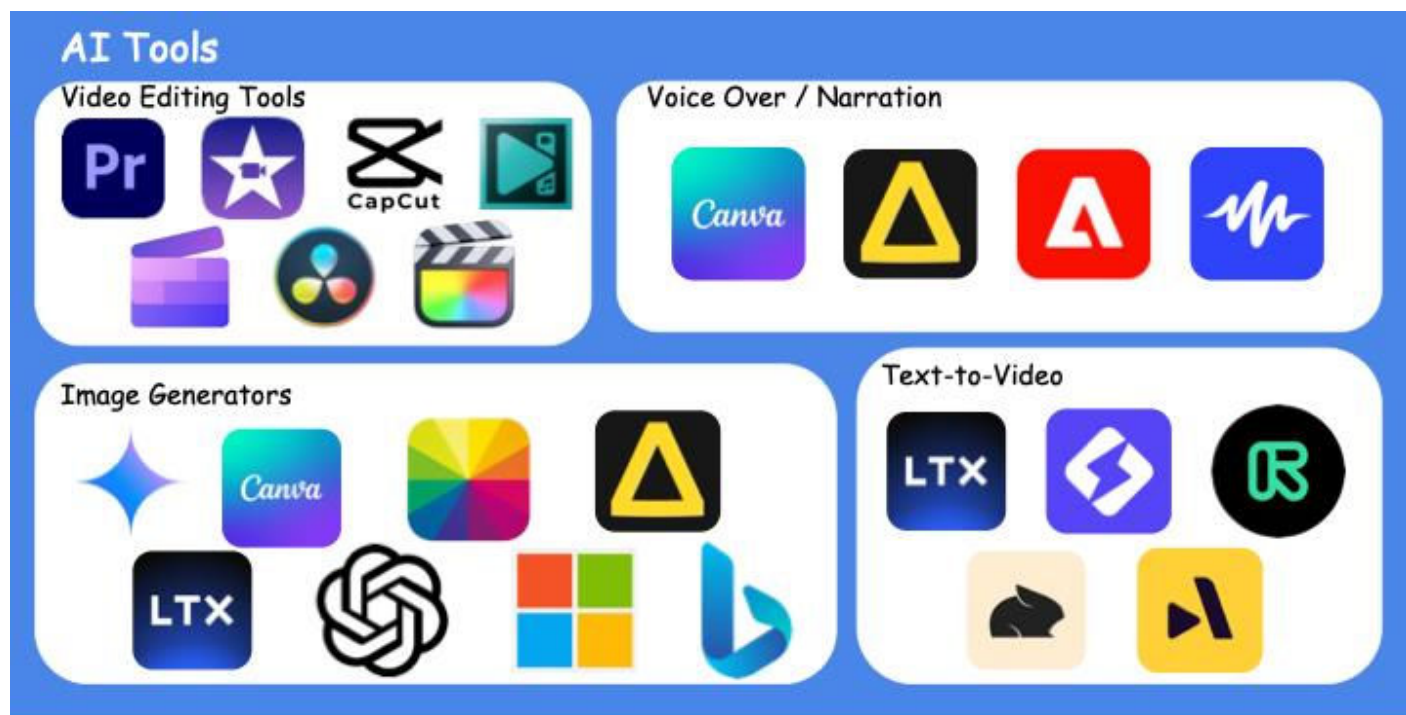


Image created by Dalton McComas, incorporating logos of various A.I. tools sourced from publicly available brand materials. All trademarks and logos are the property of their respective owners

Be original, be creative, be innovative!



TOOL	PURPOSE	WEB SITE
	Premiere Pro Cutting, arranging, and enhancing video footage	https://www.adobe.com/products/premiere
	Final Cut Create, edit, and produce video footage	https://www.apple.com/final-cut-pro/
	CapCut Add text, filters, FX, and edit video (Free)	https://www.capcut.com
	Davinci Resolve Color correction, visual FX, motion graphics	https://www.blackmagicdesign.com/products/davinciresolve
	iMovie Create, edit, and produce video footage	https://support.apple.com/imovie
	ClipChamp Create, edit video. (Free)	https://clipchamp.com/en/
	VSDC Basic cuts, transitions, advanced FX, color grading	https://www.videosoftdev.com/
	Canva Voice over, image generation, visual editing	https://www.canva.com/
	Artlist Video generation, voice overs, sound FX	https://artlist.io/
	Adobe Suite of photo/video generators, and editing software	https://www.adobe.com/home
	Speechify Voice over, text to voice	https://speechify.com
	Synthesis Text to video	https://synthesis.ai

Image created by Dalton McComas, incorporating logos of various A.I. tools sourced from publicly available brand materials. All trademarks and logos are the property of their respective owners

Be original, be creative, be innovative!



	TOOL	PURPOSE	WEB SITE
	Gemini	Image Generation	https://gemini.google.com/app
	LTX Studio	Storyboard, text to image, voice over	https://ltx.studio/
	ChatGPT	Image Generation	https://chatgpt.com/
	Fotor	Photo Generation	https://www.fotor.com/
	Microsoft	Photo Generation	https://microsoft.ai/
	Bing	Photo Generation	https://www.bing.com/images/create
	Pika Labs	Text to video, text to image	https://pikalabs.com/
	Lumen5	Video generation, video editing	https://lumen5.com/
	Animoto	Video generation, video editing	https://animoto.com/
	RunawayML	Generate audio, video, and images	https://runwayml.com/
	DALL-E	Text to image	https://openai.com/index/dall-e-2/
	Research Rabbit	Script writing, literary assistance	https://www.researchrabbit.ai

Image created by Dalton McComas, incorporating logos of various A.I. tools sourced from publicly available brand materials. All trademarks and logos are the property of their respective owners.



Video Creation Instructions - Beginner

Beginner-level instructions are designed to use a single FREE AI platform, making them ideal for first-time users. With just a few steps, users can create an avatar, apply backgrounds, and produce a short Olympic-themed video. No additional publishing platform is needed since each recommended beginner AI tool (Vidnoz or HourOne) generates the final video and provides a shareable link.

For example, at the beginner level, users can write a script for an avatar that defines **FRIENDSHIP**, recognizes it as one of the Olympic core values, and identifies examples of friendship being displayed between athletes. Backgrounds can be selected to show athletes competing and coming together to support one another at the beginning or end of an event.

OVERVIEW

- You can turn scripts into professional-looking narrated videos with avatars.
- You'll need a **free account** for each platform (two platforms suggested).
- Your video should be short and simple (1–2 minutes = around 150–300 words).
- At the end, you can **download the video as an MP4** or get a **link to share** online.

TIPS FOR SUCCESS

- Select one tool you feel most comfortable with using.
- Keep your **script clear and conversational**.
- Use **simple visuals** — don't overcomplicate.
- Test the voice before generating — some are robotic; some sound natural.
- Always preview before downloading or sharing.



✓ Step 1: Access Website: <https://www.vidnoz.com/>

- Click “Sign Up” and create a **free** account.

Step 2: Prepare Your Script

- Write a **short script** (150–300 words). Keep it simple and clear.
 - Example: "Welcome to our overview of the Olympic Core Value - Friendship."

Step 3: Create Your Video

1. Once logged in, click “**Create AI Video**”.
2. Choose a **template** or click “**Start from Scratch**.”
3. Select an **AI avatar** and **voice**. (Pick a tone (e.g., friendly, professional).
4. **Paste your script** into the text box.
5. Choose **language** and **voice style**.
6. Adjust the **background** and **layout** if needed (upload an image or use a preset).

Step 4: Generate and Export

1. Click “**Generate Video**” and wait for it to process (1–3 minutes).
2. Once done, click “**Download**” to get an **MP4**, or click “**Share**” to get a **URL link**.

Be original, be creative, be innovative!



☑ **Step 1: Access the Website:** <https://www.hourone.ai/>

- Click “Get Started Free” or “Sign Up” to make an account.

✍ **Step 2: Prepare Your Script**

- Same as before — keep your message short and to the point (150–300 words).

🎬 **Step 3: Start a New Project**

1. Click “**Create Video**” or “**Create with Reals**”.
2. Choose a **template** or **start blank**.
3. Select a **presenter/avatar** from the free options.
4. Choose a **voice** (male/female, different accents/languages).
5. Paste your **script** into the voice box.

🎬 **Step 4: Customize Your Project**

- You can add:
 - **Images**
 - **Text on screen**
 - **Slides** or backgrounds
- For beginners, stick with 1–2 slides.

🚀 **Step 5: Generate and Export**

1. Click “**Generate**” and let it process.
2. Once done, you can:
 - Click “**Download**” to get your MP4.
 - Click “**Share**” to get a **URL link** to publish or post online.

Be original, be creative, be innovative!



Video Creation Instructions - Intermediate

The intermediate-level instructions are for users who have some experience with AI video generation. The recommended platform, **LTX Studio**, has a free version that offers a more advanced toolset compared to beginner platforms. It enables greater control over visual storytelling, scene composition, and character development. Users can build structured narratives aligned with Olympic core values by integrating dialogue, adjusting camera angles, refining shot sequences, and managing scene continuity, all on a single A.I. platform.

For example, an intermediate level video demonstrating the Olympic core value of **EXCELLENCE** may start with an image of an athlete working out in the morning with a narration about their preparation, then sequence into training struggles (missed jumps or shots or exhaustion) followed by competition where the athlete is performing well and feeling rejuvenated with narration about the meaning of excellence in doing your best, every time. LTX Studio assists with adding creative elements such as dramatic music, etc.



✓ STEP 1: LTX Studio Setup

Sign into LTX Studio

Begin by logging into: <https://app.ltx.studio/>

Select the **AI-Powered Video** option — this will allow you to generate a storyboard and visual assets that will later become your video.

STEP 2: Create a Script

You'll be creating a **2–3 minute video script**. Follow the tips below to craft an effective, story-driven script. You can also use **ChatGPT** to assist with brainstorming or formatting.

Define the Purpose and Format

- Decide on the goal of your video. (Educational, promotional, storytelling?)
- Choose a format: Narrative, tutorial, music with sub-titles only, etc.
- Decide the tone and voice: Formal, conversational, humorous?

Know Your Audience

- Define your audience. (Age group, interest, platform)
- Match your style and pacing to the platform (YouTube, TikTok, training portal, etc.)

Create an Outline

- Structure: **Intro** → **Body** → **Conclusion**
- Define your key messages or objectives per section

Write for Visual Thinking

- Use short, clear visual descriptions
- Example: “Wide shot of empty stadium at sunrise” vs. “cool opening shot”

Step 2 continued on next page



Script with Scene Descriptions (Optional, but Recommended)

- Use a **two-column layout**:
 - **Left column**: Visual cue or description
 - **Right column**: Narration or dialogue
- Make scene directions easy for AI to interpret

Plan Transitions and Flow

- Use cues like: “fade in,” “cut to,” “zoom out”
- Make sure each idea flows smoothly to the next

Be Time-Aware

- 120–150 words ≈ 1 minute
- Aim for ~300–450 words for a 2–3 minute script

Review and Refine

- Read aloud to test tone and pacing
 - Edit for clarity, simplicity, and flow
-

STEP 3: Generate and Edit Your Storyboard

Once your script is ready, use LTX Studio to auto-generate a storyboard. Then, refine it.

Review Auto-Generated Scenes

- Check for relevance to script
- Check for consistent visual style with accurate characters and setting cues

Edit Scene Descriptions

- Click each tile to open its details
- Rewrite or fine-tune vague descriptions
- Example: Replace “pretty nature” with “sunset over desert canyon”

Adjust Visual Prompts or References

- Use the **Visuals** or **Prompt** tab to improve images
- Add details like lighting, emotion, or camera angle
- Example: Change “man walking” → “low-angle shot of man walking in rainy Tokyo at night”

Add or Replace Visuals

- Upload custom images or use LTX's asset library
- Ensure characters and settings are consistent with your story

Reorder or Add Scenes

- Drag to rearrange your storyboard timeline
- Use the trash icon to delete extra scenes
- Click **Add Scene** to insert missing transitions or ideas

Edit Dialogue or Narration (if applicable)

- Tweak timing, tone, or phrasing
- Keep it short and aligned with visuals

Preview Your Storyboard

- Use the playback feature to:
 - Check transitions
 - Test pacing
 - Spot confusing or weak visuals
-



STEP 4: Final Review & Video Generation

Before generating your video, double-check your storyboard and settings.

Pre-Generation Checklist

- Storyboard fully edited
- Visuals and descriptions finalized
- Dialogue/voiceover synced (if used)
- You're logged into LTX Studio

Final Review

- Open your project dashboard
- Review your Scene Strip or Timeline
- Confirm:
 - Prompts are clear
 - Scenes are in order
 - Audio is aligned

Generate the Video

- Click **“Generate Video”** or **“Render Project”**
- Look for the button in the top-right or bottom bar

Output Settings

- Choose your format:
 - **Resolution:** 1080p, 4K, etc.
 - **Aspect Ratio:** 16:9 (YouTube), 9:16 (TikTok), etc.
 - **Frame Rate:** 24fps or 30fps
- Optional: Turn **Voiceover** or **Subtitles** on/off

Assign Voice and Music (Optional)

- Choose AI voice or upload recorded narration
- Select background music or upload your own
- Adjust volumes for clear blending

Submit for Rendering

- Click **“Confirm”** or **“Start Rendering”**
- Rendering time may vary (longer projects take more time)

Preview the Final Video

- Click **“Preview”** once rendering is complete
- Watch for:
 - Smooth scene transitions
 - Synced narration and music
 - Visual accuracy

Download or Share

- Click **Export** to download in MP4/MOV format
- Or choose **Publish** to:
 - YouTube, Vimeo, TikTok
 - Private link or team workspace

REMINDER:

Focus on the **power of storytelling** — not on perfect visuals or polish.
The **message matters** more than flashy effects. *****

Be original, be creative, be innovative!



Video Creation Instructions - Advanced

The advanced level is designed for experienced users ready to create more complex and layered video content using a combination of AI tools. Instead of a single platform, this approach involves integrating multiple AI technologies. At this level, creators are encouraged to think like directors to enhance emotional depth and narrative cohesion.

For example, a video demonstrating the Olympic core value of **RESPECT** might begin with athletes from different cultures training in separate environments. Using voiceover and side by scenery (or cross-over scenes), the story could follow their parallel journeys leading up to competition. A turning point may feature a tense moment during the match — such as a foul or a fall resolved through an act of mutual respect (e.g., helping each other up or shaking hands). The video could end with quick quips of scenes of athletes celebrating respect across sport, supported a soundtrack from A.I. generated sources.

Creating a Mixed Media AI Video – Advanced Guide

✓ Step 1: Choose Your Theme + Brainstorm with ChatGPT

Start by identifying a *core message or value* that your video will promote — whether it's a social issue, a personal story, or a universal theme like perseverance, respect, or creativity.

🔍 Brainstorm Your Concept

- Think of moments, people, or sports stories that connect to your theme.
- Use **ChatGPT** to explore angles, visual metaphors, or storytelling hooks.

Prompt Starters:

- “Give me 5 mixed media video ideas about respect in sports [topic/value].”
- “Describe a powerful moment that reflects [Olympic values/emotions].”
- “Suggest 3 visual metaphors to represent [emotion/theme].”

💡 **Worksheet Prompt:**

“Describe a moment when you witnessed or experienced [Respect, Excellence, Friendship] in sports or life.”

💡 **Tip:** Don't settle on the first idea—explore multiple possibilities before selecting the strongest concept.

📝 Step 2: Write a Script with AI Support

With your concept in hand, it's time to develop a clear, emotionally engaging script.

🌟 Collaborate with ChatGPT

Use AI to draft a narrative with a strong arc:

- Hook → Conflict → Resolution
- Incorporate names, settings, key moments
- Keep it visual and concise

Prompt Example: “Write a 90-second video script about [topic – Olympic Core Value of Respect in Sports] using a storytelling style. Include scene cues and tone direction.”

📌 **Tip Box:**

Use specific details—names, locations, and real or fictional moments of conflict and resolution make stories more powerful.

🕒 **Keep your pacing tight:** Aim for **120–150 words per minute** of finished video. A 2–3 minute video = 250–450 words.



Step 3: Build Your Video with AI Tools

Once your script is ready, you'll bring your story to life using AI-based video platforms.

Choose a Creation Platform:

- **Canva Video** – Great for animated text and stock visuals
- **Pictory** – Converts scripts into short-form video automatically
- **Lumen5** – Ideal for visual storytelling with social formats
- **LTX Studio** – Produce visuals using text prompts, image references, or a mix of both
- **CapCut** – Includes user friendly interface to create and edit videos

Add Visuals:

- Upload your own images, or
- Generate visuals using **DALL·E**, **Adobe Firefly**, or **Adobe Stock**

Add Music + Voiceover:

- **Music Sources:** Soundraw, Adobe Stock Music, Uppbeat, YouTube Video Library
- **Voiceover Tools:** ElevenLabs, Murf.ai, WellSaid, or built-in avatar narration in Hour One/VidNoz

 *Make sure music enhances—not overpowers—the narration.*

 *Match voiceover tone and speed to your story beats.*

Educator Note:

*Prioritize **storytelling** and message clarity. Don't get distracted by flashy effects or perfect visuals. A strong story beats perfect production every time.*

Step 4: Share Your Work + Reflect

Once your video is complete, it's time to publish and think about what you've created.

Publishing Options:

- Export as **MP4**
- Share a **link** from your video platform
- Publish on **YouTube, TikTok, Vimeo, or PhotoCircle**
- Embed in a **digital portfolio** or class showcase

Reflect on Your Message:

"How does your video express or promote the values at its core?"

Reflection Prompt:

Write a short paragraph about what you hoped your audience would feel or understand after watching your video.

Optional Challenge:

Submit your video to a classroom competition, school showcase, or online campaign!

Be original, be creative, be innovative!



Appendix A

Storyboard Template

TITLE: _____

Additional notes: _____

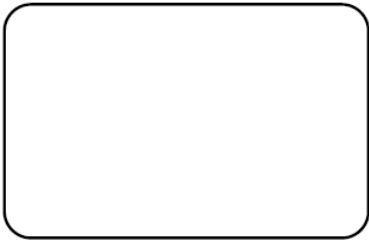
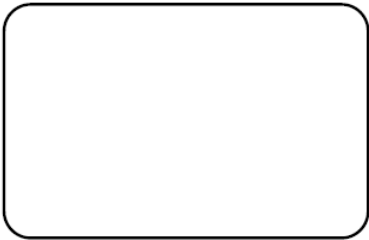
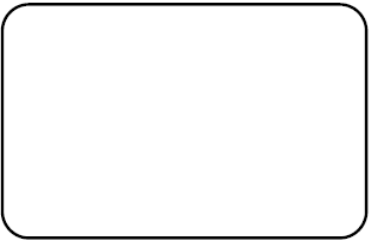
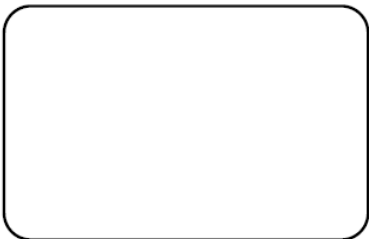
1.	2.	3.
		
_____ _____ _____	_____ _____ _____	_____ _____ _____
3.	4.	5.
		
_____ _____ _____	_____ _____ _____	_____ _____ _____

Image Credit: Foster, D. (2025, July 25). Ohio Northern University. Personal Communication.

Be original, be creative, be innovative!



Appendix B

Tips for Scriptwriting and Audio Selection

Scriptwriting Prompts using ChatGPT

Purpose	Prompt Example
Idea Generation	"Give me 3 original video ideas about [Topic]"
Narrative Arc	"Write a video script with a beginning, middle, and end about [subject]."
Visual Suggestions	"Describe 3 visual scenes that represent [emotion or theme]."
Tone Adjustment	"Rewrite this script to sound more conversational and inspiring."

Script Length Guide

Video Duration	Estimated Word Count
60 seconds	120-150 words
90 seconds	180-225 words
2 minutes	250-300 words
3 minutes	360-450 words

Audio Selection Guide

Video Type	Voice Styles	Music Style
Motivational	Warm, clear	Ambient or cinematic
Educational	Natural, friendly	Light acoustic or minimal
Youth-Focused	Energetic, casual	Lo-fi or upbeat pop
Reflective	Calm, sincere	Soft piano or instrumental

Be original, be creative, be innovative!



Appendix C

Video Creation Assessment

EVALUATION

POINT VALUE: *(Adjust as needed):*

- Excellent (4)
- Good (3)
- Basic (2)
- Needs Work (1)

CRITERIA	POINTS
----------	--------

Olympic Value Focus	_____
---------------------	-------

Creativity & Storytelling	_____
---------------------------	-------

Use of AI Tools	_____
-----------------	-------

Technical Execution	_____
---------------------	-------

Team Collaboration	_____
--------------------	-------

TOTAL	_____
-------	-------

FEEDBACK

- Exemplary Areas:

- Areas for Improvement:

Be original, be creative, be innovative!



ASSOCIATION
FAMILIALE
PIERRE DE
COUBERTIN

For further information or to arrange an in-person or virtual workshop from the creators of this workbook, contact Dr. Bonnie Tiell at btzell@tiffin.edu

© 2025 – All rights reserved



The information contained in the Guide to Creating A.I. Olympic-Themed Videos reflects practices, platforms, and technologies available at the time of publication. Because artificial intelligence tools and media applications evolve rapidly, some content may become outdated or replaced by new or monetized developments. Users are encouraged to verify current features, terms of service (costs), and accessibility of any platforms or tools referenced in this guide.

This publication is protected under U.S. and international copyright laws. © 2025 Dalton McComas, Dr. Liston Bochette III, OLY, Margriet de Schutter, and Dr. Bonnie Tiell. All rights reserved.

Image credit (ski team): Shutterstock free images.