



# How to...



**WOW!**  
About 68 million Americans listen to podcasts each week.

## Start your own podcast

Learn how to record a show that other people can listen to.

**P**odcasts are audio shows that you download and listen to on your phone, tablet, or other digital device. They're super popular right now, and it's easy to see why. Podcasts are free, simple to access online, and great for on-the-go listening (like when you're in a car or on the bus). Besides listening to them, you can also create your own podcast, and you can do it from home. Here's how to get started.

### Choose a topic

Pick a subject that you're interested in, like animal facts or sports trivia. Then you can plan specific episodes around that general topic. For example, if your podcast is all about amazing animals, you could do an episode about different types of apes and another episode on unusual pets.

### Consider a co-host

Many podcasts have more than one host because it's easier to have a conversation with someone else than it is to talk on your own. Maybe you have a friend or a sibling who would like to work on it with you. Or you could invite a "guest" onto each show, like a cousin who plays on the high school team for an episode about soccer or a sibling who loves Lego bricks for your toy-themed podcast.

### Research and write

Brainstorm a theme for your first episode, then research your topic online or gather books from the library. Organize the most interesting facts you find into an outline. You don't need to write out a full script, but it's helpful to have a general idea of what you're going to talk about, and in what order. Your episode doesn't need to be long. You can aim for 5 to 10 minutes to start. Practice a few times out loud to test whether you have enough material for your show.



**Try to speak clearly and slowly.**

### Record it

Professional podcasters often use expensive microphones and computer programs. But all you really need to get started is a voice recorder, which most smartphones and tablets have. For the best sound quality, try to record your episodes in a quiet room. Keep the phone or tablet's microphone near your mouth to help make sure people can hear you well.

### Share your work

The easiest way to have your family and friends listen to your podcast is to add the audio file to a shared drive (like Google Drive or Dropbox). Then you can email them the link so they can enjoy your show.

## 4 popular podcasts for kids to listen to

Want to learn new things about a subject you love? Try downloading these fun podcasts.

### If you like science

With Brains On!, you'll learn about everything from the science behind sneezing to why cats purr. Find it at [brainson.org](http://brainson.org).



### If you like animals

Earth Rangers gives you amazing facts about animals, including unusual ones such as marmots and pangolins. Find it at [earthrangers.com](http://earthrangers.com).



### If you like mysteries

The Alien Adventures of Finn Caspian tells the fictional story of an 8-year-old boy who lives on a space station and solves mysteries with his friends. Find it at [finncaspian.com](http://finncaspian.com).



### If you like sports

Good Stuff Sports features interviews with real-life athletes and others who work in the sports world, including an Olympic gymnast and the first female coach in the National Football League. Find it at [goodstuff.com](http://goodstuff.com).

