

Summer School: Make Your Own Kid Podcast



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Summer School: Make Your Own Kid Podcast



If you enjoy listening to [The Middle School Mind](#) podcast for kids and you've wondered how easy it is to make your own kid's podcast by kids for kids, we are here to help.

Making your own podcast is easy, fun and does not cost a lot to start. We are here to show you step by step how we make The Middle School Mind podcast in hopes that you will start your very own podcast. And, summer is the perfect time to start!

To get started, you will need the help of a parent or responsible adult to help you create your podcast on the podcast app, [Anchor](#) and download graphics and create your own podcast title card, you will need to access free sites like [Canva](#) and [Pexels](#).

Let's get started!

CHAPTER 1

PODCASTING IS AWESOME!

In this episode, Son talks about why he wanted to start a podcast. He originally wanted his own YouTube channel or a Twitch channel to stream video games. Those sites use video and as his parent, I did not feel comfortable with him showing his face and people possibly finding out who he is. Plus, some people on those forums can be rude and unkind.

The podcast allows him to remain anonymous and gives him a chance to talk about his interests and share his thoughts! Plus, as his dad, I can be there with him to have a conversation and make sure he is being kind and respectful.

WHAT KIND OF PODCAST DO YOU WANT TO MAKE?

This is the great part. You get to decide what you want to talk about. If you're really into baseball facts and figures, you can talk about that. If you're all about video game reviews and want to help other gamers level up their game play, you can launch your own podcast on gaming. If you like to draw and talk about all the techniques and artists you like, that works too.

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You decide what kind of podcast you want to make. And if you decide that you want to cover a broad range of topics, that's great too. That's what Son decided when we created The Middle School Mind!

EQUIPMENT CHECKLIST

We are not professional podcasters. Son is a full-time student and I have a full-time office job. So if you are picturing thousands and thousands of dollars of equipment and a fancy studio, that is not us. You don't need a ton of equipment to get started either.

For our little independent tween podcast, we use the following equipment to make our podcast:

- **A Chromebook.** I have a Chromebook that I use for work and we also use it to make The Middle School Mind. Chromebooks are very reasonably priced and can be purchased for a few hundred dollars. Some refurbished Chromebooks are in like-new condition and some can even be purchased for under \$100.

Here are a few Chromebook options for you to check out:

- [Samsung Chromebook 4](#)
- [2022 Newest HP Chromebook 11A G8 Education Edition](#)
- [2022 Acer Chromebook 315](#)

If you have a phone or tablet, you can use the Anchor app to record, edit and publish your podcast. Personally, I find editing, uploading pictures and typing in show notes so much easier using the larger screen and full size keyboard on my Chromebook.

You don't need a Chromebook to get started, however. There are plenty of kid podcasts who create using a phone or tablet, so give it a try if you have that handy.

- **A USB microphone.** Since I have a full-time office job, I am frequently on conference calls and Zoom meetings. When we all worked from home during the pandemic, I bought a USB microphone for work. I never thought I'd use it to make a podcast, but we use the [Logitech Blue Snowball](#) microphone.

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If you listen to the show, you can make up your own mind if you think it sounds good or not. We like it, we already have it, and last time I checked, it was around \$40 on amazon.com.

The one thing I will say is when Son and I are recording, Son is typically right in front of the mic and I am usually off to the side. So Son usually sounds crystal clear, while I may sound like I'm in the background. Overall, we like our [Blue Snowball](#) mic so much so that we want to give away a Blue Snowball to one of our lucky listeners this summer!

Other podcasting microphones to consider include:

- [USB Microphone. TONOR Computer Cardioid Condenser PC Gaming Mic](#)
- [USB Microphone - AUDIOPRO Computer Condenser Gaming Mic](#)
- [Logitech for Creators Blue Yeti USB Microphone](#)
- **Computer speakers.** If you listen to the show, you know that we play some games and trivia on many of our episodes. We use the speakers to play the ding for right answers or buzzers for wrong answers. We get those sound effects for free on a website called [MyInstants](#). And we turn up the speakers and that's what you hear when we are playing our games.

Just a note on MyInstants, there can be some not-so-family-friendly content on there, so please get your parents permission before you use that website.

Like I said, we are not a professional podcast, so we use as much free stuff as possible!

Anyway, here's a few speaker options that you may want to consider:

- [Amazon Basics USB Plug-n-Play Computer Speakers for PC or Laptop](#)
- [Cyber Acoustics CA-3602FFP 2.1 Speaker Sound System with Subwoofer](#)
- **Optional (headphones).** This is not so important for recording, but I use it a lot during editing. Editing is cutting out our mistakes, or when we get the giggles or we have a lot ummms, ahhhs or even long stretches of silence. You want your podcast to sound pretty clean and polished!

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Here's a few headphones that are reasonably priced and would be great for editing:

- [Sony ZX Series Wired On-Ear Headphones](#)
- [Audio-Technica ATH-M20X Professional Studio Monitor Headphones](#)
- [Panasonic Headphones, Lightweight Over the Ear Wired Headphones](#)

So when I edit the episodes, my family doesn't really enjoy listening to the same thing over and over again. The headphones allow me to listen for the things I want to edit out without bothering my family around me.

Again, this is what we use and a lot of it we had already because of school and work, so we did not have a ton of upfront costs to make this podcast.

If you have a phone or tablet and want to get started with that, go for it! You don't have to have a professional studio or equipment to get your amazing ideas out in podcast land!

NAME YOUR PODCAST

Here's where your creative juices start flowing! What do you want your podcast to be called?

- If we think back to our baseball facts and figures example from earlier, you could name your podcast "Kids Talk Baseball" or "Major League Kids".
- For our video game fan, their podcast could be "Kids Level Up" and our artist could call their podcast "Tween Art Techniques".

So, what will you call your new podcast?

PLAN YOUR FIRST EPISODE

So this is Summer School after all so there is some work to be done by you. But hopefully this is fun work and easy for you to start.

Before we record, I ask Son to jot down a few bullet points and we frame it as questions that we want to ask and answer on each episode. For example, in our very first episode [Hello World](#) we had a few questions we wanted to ask and answer:

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-
- *Who are we?*
This is where we introduce ourselves.
 - *What can our listeners expect from The Middle School Mind?*
This is where we talked about the kinds of topics Son wanted to talk about like video games, movies, TV, etc and we also talked about how often we would post episodes.
 - *What's something that's on Son's mind this episode?*
This is where Son talked about Cuphead which is a video game that he found very frustrating.

So that's it. He prepared three questions to give us structure to the episode. We didn't script out our thoughts ahead of time. I played the role of asking the questions, making sure he stayed on track and didn't go off on too many random tangents and I also watched the timer to make sure we didn't go over time.

Anchor has a 30-minute maximum time for each recording session and originally we wanted to keep episodes as close to 20 minutes as possible for a few reasons:

1. *For our first few episodes, we wanted to keep it short.* We had no idea if Son was going to even do an episode two, so the first episode was easy to get 20 minutes of recording out there.
2. *We wanted to keep it short for our listeners.* Listeners are going to find out pretty quickly if they like you or not, so give them some entertainment in 20-30 minutes. It didn't make a lot of sense for us to try to make a 45 minute or an hour long episode.
3. *Selfishly, editing 20-30 minutes of audio takes a lot less time than an hour long episode.* The thing about editing is that you have to listen and go back multiple times. So when you hear a 25 minute episode, I have spent at least an hour and a half editing out all the umms, ahhs and giggles and then listening to the entire episode so it makes sense.

CHAPTER 2

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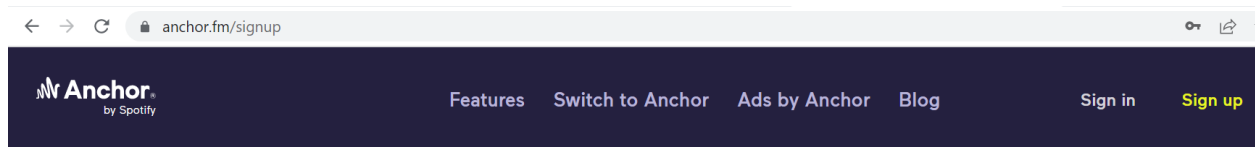
Now that you've got your podcast name and your very first episode mapped out, it's time to claim your podcast and start your very first episode! We started with and continue to use Anchor for The Middle School Mind.

Anchor is free and we think it's got some great tools to build your episode from scratch. There are other platforms out there that many podcasters use, but we will highlight Anchor because it's what we know and what we use.

REGISTER YOUR PODCAST ON ANCHOR.FM

You are going to need a grown-up for this step!

- Go to: anchor.fm/signup



- The grown up will need to enter in the following information: Full Name, e-mail address, Anchor password, date of birth and confirm they are not a robot/spam account. Note, you need an adult to complete this step to register your podcast. Kids are not allowed to do so!

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anchor.fm/signup

Full Name

Name is required

Email

Password

What's your date of birth?

Month Day Year

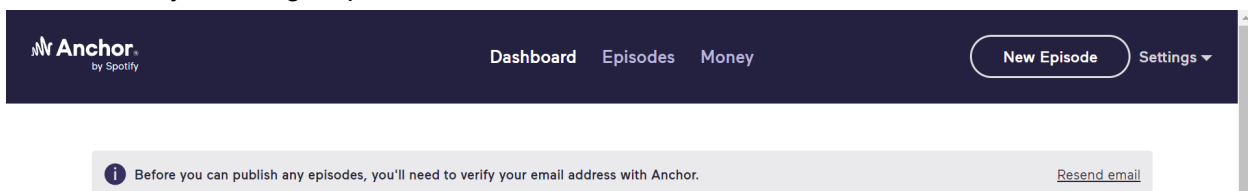
☐ I'm not a robot

reCAPTCHA
Privacy - Terms

Sign up

You can also [import](#) an existing podcast.

- The adult who registered your podcast needs to confirm their e-mail address to complete registration. Anchor will send them an e-mail with a link to confirm their e-mail address shortly after Sign Up.



- Once your parent or guardian has verified their e-mail address, Anchor makes it very easy to set up your first episode

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Welcome to Anchor!

Here's what happens next.

Make your first episode

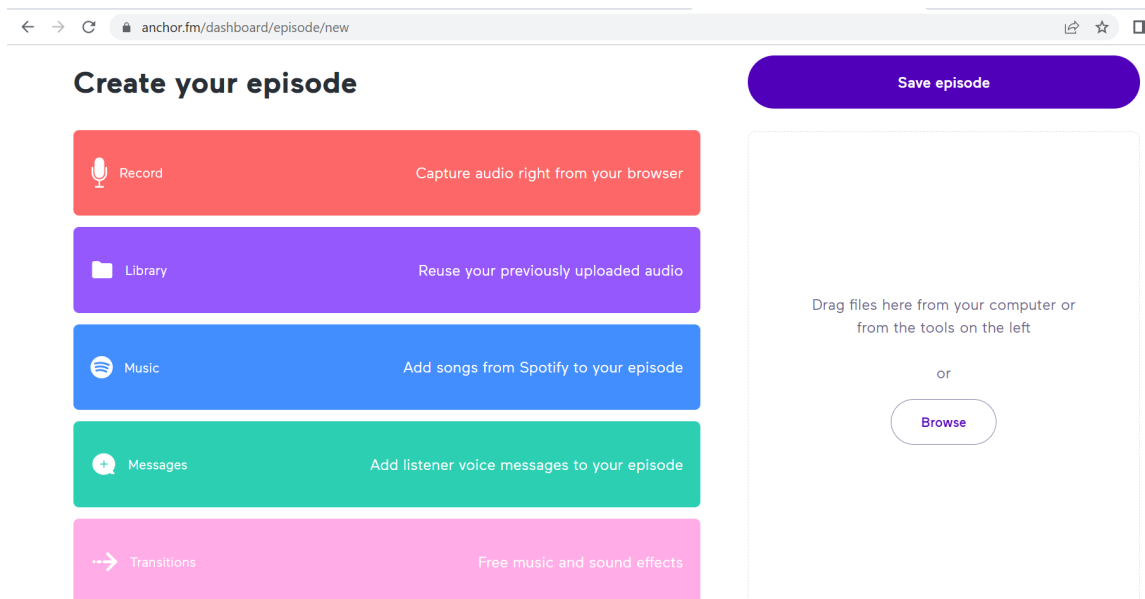
Tip: if you're not totally ready to commit, try making a short trailer to get your podcast out there.

Let's do it

MAKE YOUR FIRST EPISODE

Once you're ready to create your first episode, hit the Let's do it button!

This should take you to the Create Your Episode page that lets you record directly from the Anchor app, find past recordings for you to add to your episode and include great music and transitions to make your show sound like the professional podcasts.



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On the left-hand side, you see a handful of colored tabs:

- The red tab lets your **Record** new content
- The purple tab **Library** allows you to access previous sessions you recorded
- The blue tab allows you to insert **Music** into your episodes. Anchor is associated with Spotify so you have access to the Spotify playlist. We haven't used this feature in the past so we are not familiar with this one.
- The **Messages** tab in green allows you to add listener voice messages to your show. We also have not used this feature in the past, so we won't cover that on this episode.
- Finally, the pink tab gives you some **Transitions** in case you're jumping from segment to segment in an episode or if you are running an ad in an episode. For example, we use the Transition "Smooth" in our episodes where we are running our Anchor ads.

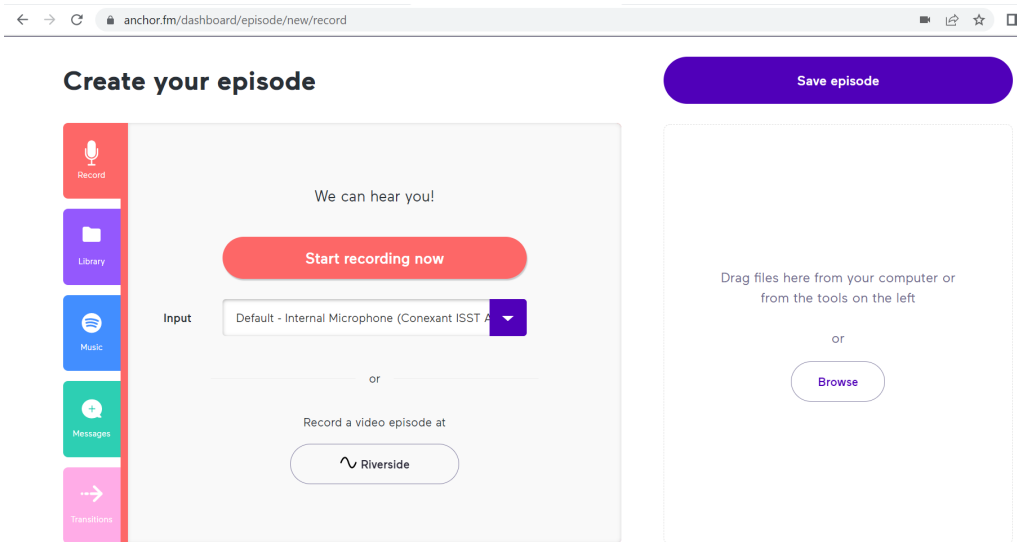
We usually add the transition during a break in the episode when we are switching topics or it's usually the later part in the episode when we are switching over to the game or trivia segment before we close the show.

CHECK YOUR MICROPHONE INPUTS

Ok, get your talking points in front, take a deep breath and hit that Record button!

You should be taken to the following screen.

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In the field Input, it will most likely default to the Internal Microphone that is on your laptop, Chromebook, tablet or phone. If you don't have an external microphone, you should be all set and you can hit the red Start Recording Now button.

If you have a USB microphone, make sure you click on the purple drop-down arrow to the right of the Input field and choose the microphone that you want to use.

For our show, we use the Logitech Blue Snowball microphone so before we start recording, we make sure that it shows up in the Input section instead of the default microphone.

Once you have the correct Input microphone selected, hit the red Start Recording Now button!

YOUR TIME TO SHINE - TELL THE WORLD ANYTHING ON YOUR MIND

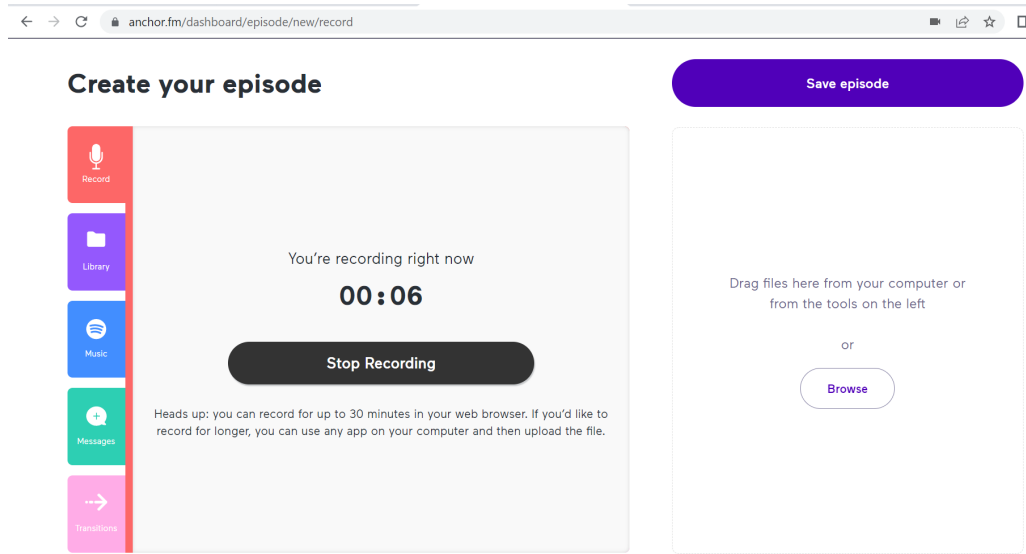
Once you hit the Start Recording Button you are on the clock! Anchor gives you up to 30 minutes to record using your web browser before it cuts you off.

Don't worry, though, you can build your episodes into 30 minutes segments if you really want so it's not that big of a deal.

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For your first episode, record away and hit the black Stop Recording button when you are finished.



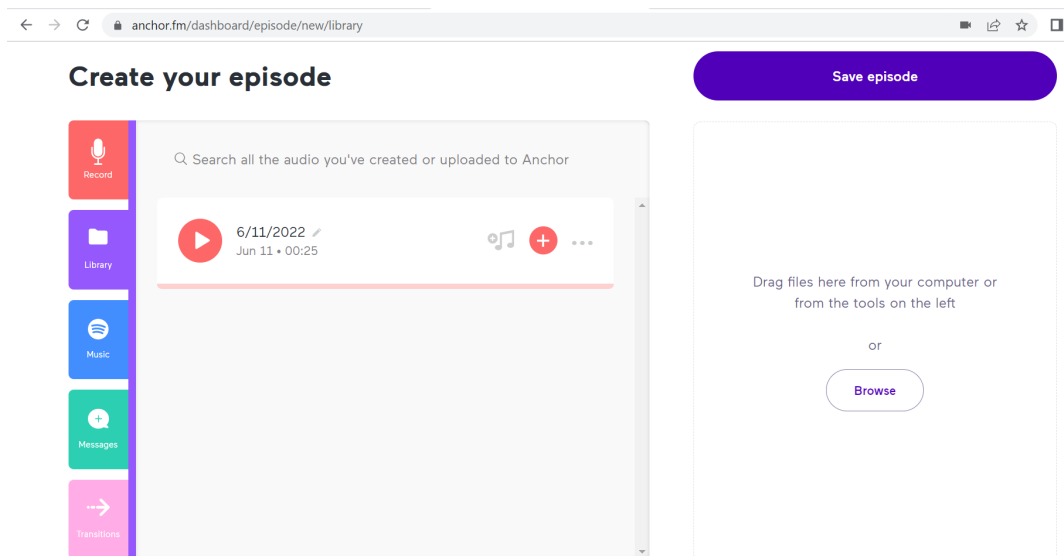
START BUILDING YOUR FIRST EPISODE

Once you hit the Stop Recording button, you are taken automatically to the purple Library tab and the segment you just recreated will take a few minutes to finish downloading. Don't worry if it's not there immediately. Anchor is saving your file to the cloud and depending on how much of the 30 minutes you used up, it may take more time to finish downloading.

Rename Your Files

The file name is automatically the Date when you made the recording. Next to the file name is a pencil icon that allows you to rename the file so you can categorize it much easier.

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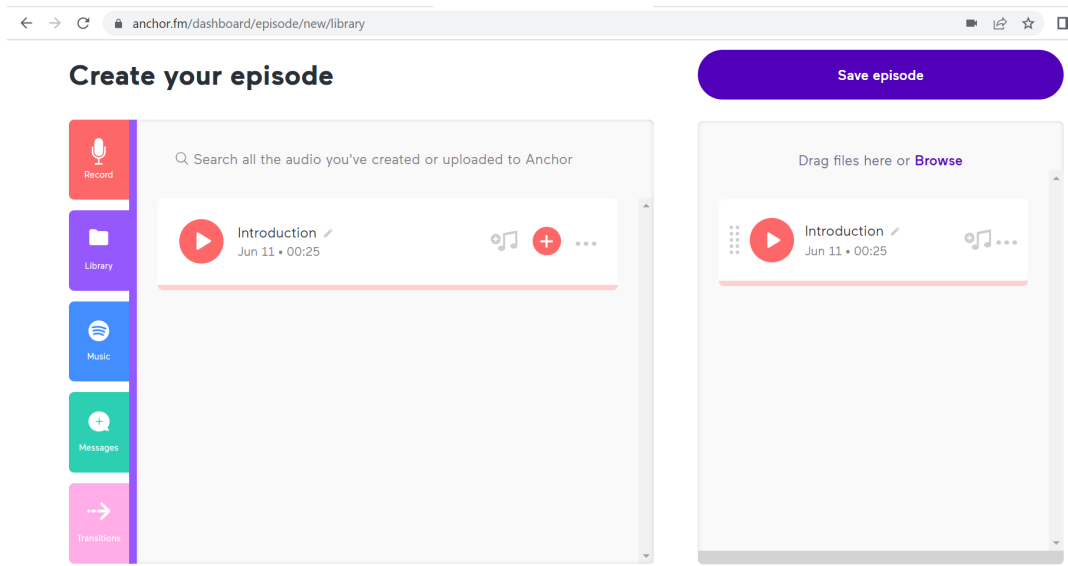


For example, you may want to call it Episode 1 or if you only recorded the Introduction, rename it Introduction.

Add Your Audio Segment to Your Episode

When you have your audio file renamed and ready to add to your episode, click on the red Plus sign on the right side of the audio file. This should add that audio segment to your new episode!

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Use Transitions to Add Intro Music

Anchor is great because it gives you amazing tools to make your podcast sound legit as possible, like the professional, big-time podcasts you listen to.

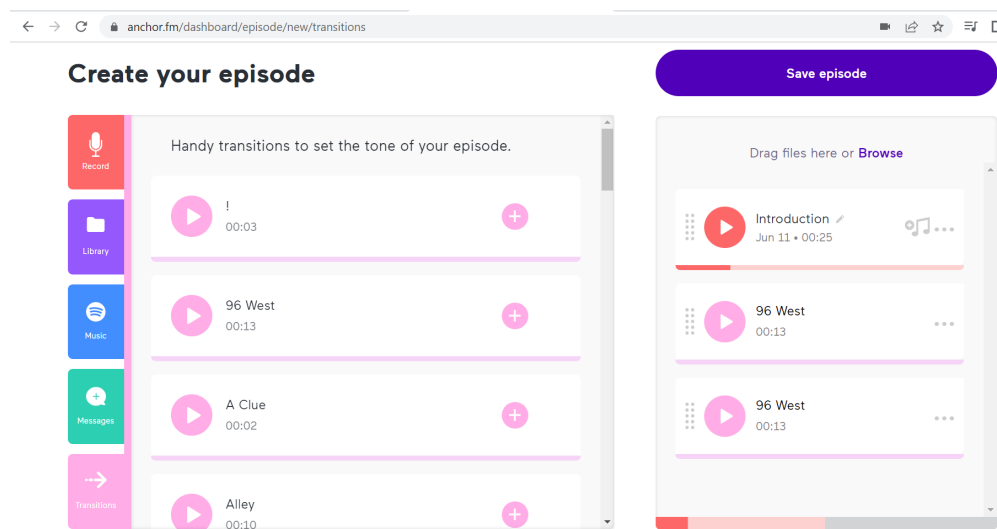
It's easy to do this and click on the pink Transitions tab on the left hand side to check out the available options to add to your show!

There are transitions available with different lengths of time. Some are short 2-3 seconds of transition audio, while others are more long-form.

Take a listen and see what works for your show. For this example, we will use 96 West which is a 13-second clip and sounds kind of fun for an intro song.

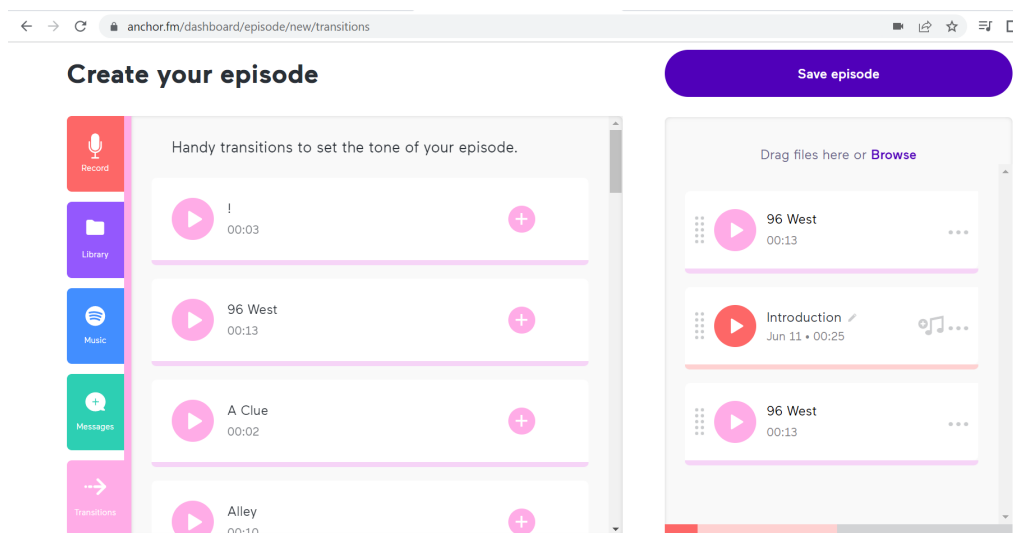
Click on the pink Plus sign at the right to add the audio Transition to the show you are building. If you want your show to start and to end with this clip, add the audio clip twice.

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You will want to rearrange the order of your audio so the first 96 West clip plays ahead of the Introduction segment you recorded and the second 96 West clip plays after your Introduction segment has finished.

It's as easy as dragging and dropping the segments on the right-hand side so it's in the right order that you want them to play.



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Click on that blue Save Episode once you get everything perfect to save all your hard work so far!

NAME YOUR EPISODE AND OTHER EPISODE OPTIONS

Once you save your episode, you are taken to the Episode Options screen.

This is where you name your episode in the Episode Title section.

The Episode Description section is also called the show notes section. This is where we typically enter the key topics from the episode outline that we wanted to talk about.

That's why we recommend creating an outline. It makes it so easy to populate the Episode Description section when you prep your episode before recording.

So in our first episode, we had three talking points for our outline:

- Who are we?
- What can listeners expect from The Middle School Mind?

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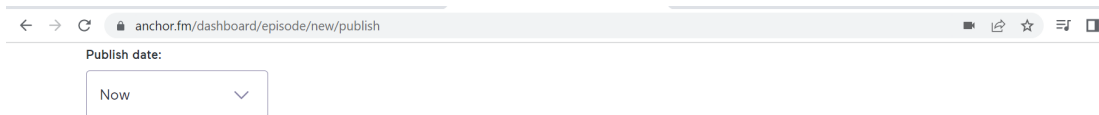
- Son talked about video games that were really frustrating for him.

You can put as much detail as you'd like but Anchor has a limit of 4,000 characters for the show notes section.

WHEN DO YOU WANT TO PUBLISH YOUR EPISODE?

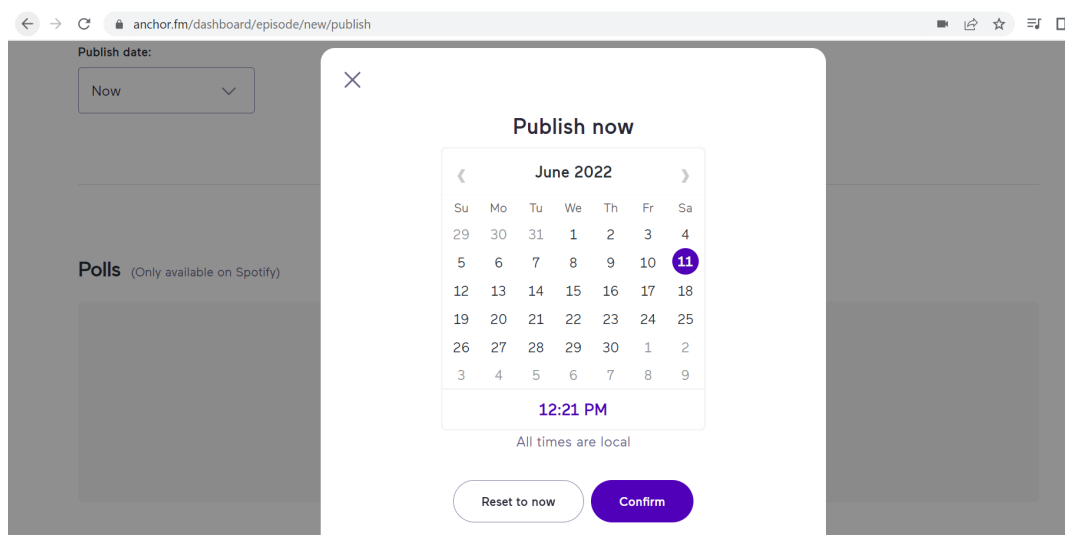
After the episode description, you can choose your Publish Date.

If you want to get your episode out there right away choose Now and click on the blue Next button at the top of the page.



For The Middle School Mind, we typically publish our posts every other Monday at 8am Central Time. So if you click on the drop down in the Publish Date field, a calendar opens up and you can choose the date and time you want your episode to go live on Anchor.

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Once you choose your Publish date, click on the blue Confirm button to schedule your episode.

CUSTOMIZE THIS EPISODE

Since you are a new podcaster with lots of awesome ideas and content to share with your audience, it's a good idea to organize your show.

After you choose your Publish Date, scroll down to the Customize This Episode section.

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← → ↻ anchor.fm/dashboard/episode/new/publish

Customize this episode (Optional)

1 Season number

2 Episode number

3 Episode type ☒ Full ☐ Trailer ☐ Bonus

4 Content ☒ Clean ☐ Explicit

Upload new episode art

Here, you can enter the Season Number, Episode Number, the Episode Type and the Content of your episode.

At The Middle School Mind, we are a kids podcast and we keep the content clean and family friendly so our episodes are always Clean. If you talk about things that maybe younger audiences should not hear, you can choose Explicit if you have some not-so-family-friendly language on your show.

We're not judging, but as a parent, please make sure you flag your episode appropriately so there aren't any surprises if little ones find your show.

CREATE AWESOME EPISODE ART FOR YOUR SHOW

Our goal here is to make you as legit of a podcast as the big time podcasts you listen to. Part of that is to make sure you have awesome episode art to highlight your show.

Episode artwork shows up when your listeners are scrolling through their podcast app and is a good first impression to see if they want to give your show a listen.

We have a few free websites to recommend to help you create your own episode art.

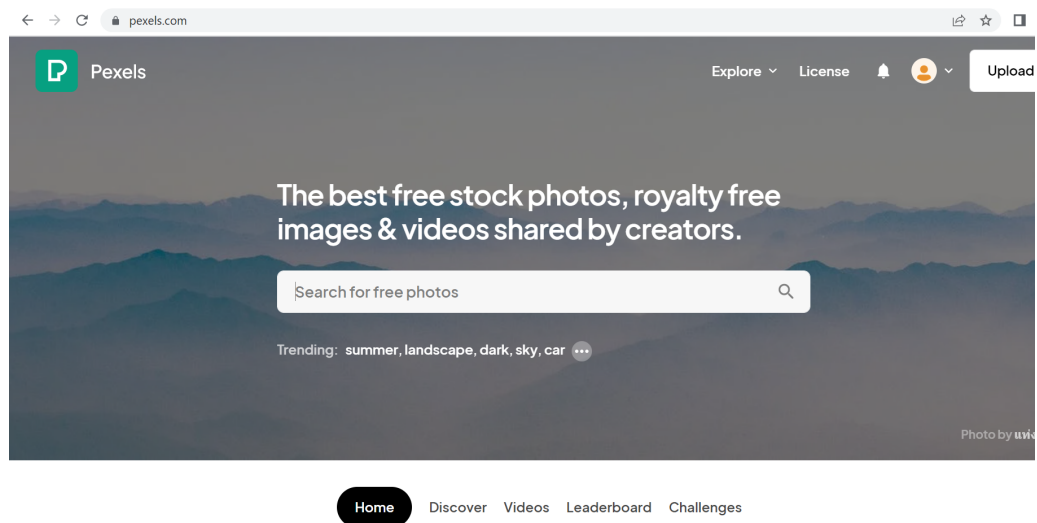
1. [Pexels.com](https://www.pexels.com/)

Again, you need a parent or guardian to register for a free account on Pexels.

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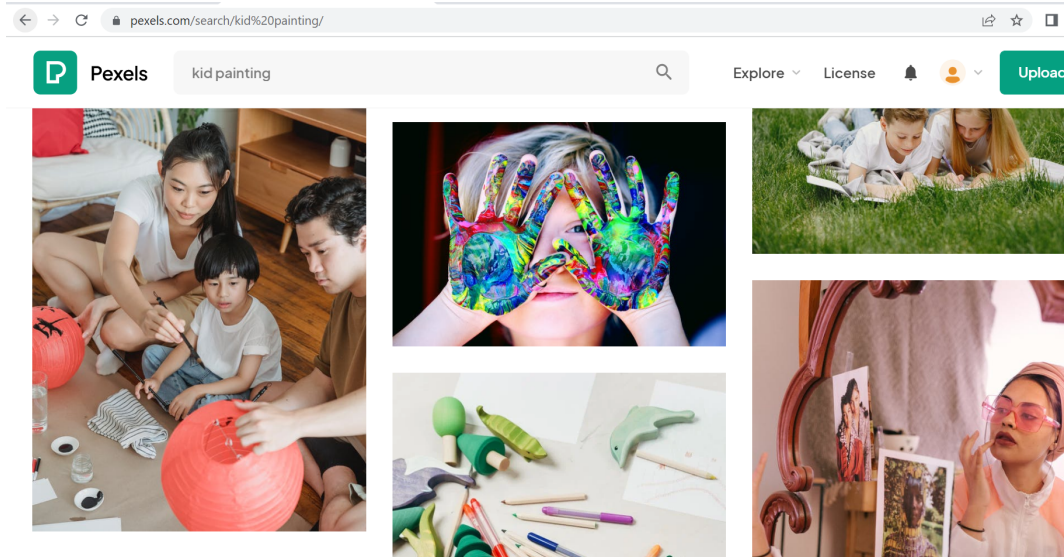


Once you're registered, you can search for free, royalty-free photos that you can use for your own Episode Art.



Going back to our earlier example, I searched Kid Painting in Pexels and found a cool picture of a kid holding up painted hands which would be a good choice for our cover art.

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Hover over the picture that you want to download and click on the Download button on the lower right section of that image. It should download to your computer so you can use it as your Episode Art on Anchor.

Or if you want to get really fancy, you can customize it in another free website called Canva which we cover below.

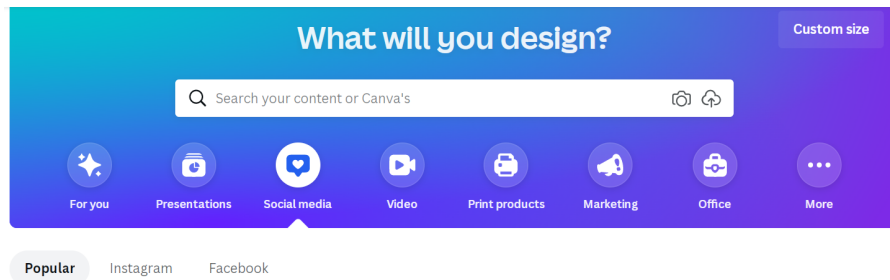
2. [Canva.com](https://www.canva.com)

Canva is another free tool to use to create professional looking Episode Art for your podcast.

Again, you need a parent or guardian to sign up for an account so you can use their free design features.

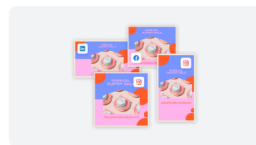
The way we created our Episode Art for The Middle School Mind podcast was to select Social Media and choose the Popular options.

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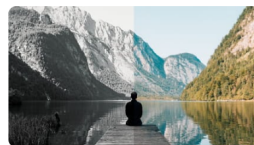
Under the Popular section, click on the option Instagram Post. You don't need Instagram, but we chose this option because the layout is a square 1080 x 1080 pixels which works out great for the Episode Art layout for the podcast.

Popular



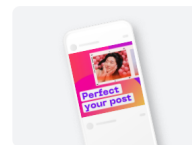
Quick Create

The quickest way to create a collection of designs for social media.

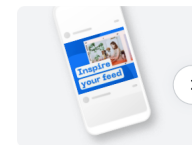


Edit Photo

Change the look of your images with exclusive photo effects and features.

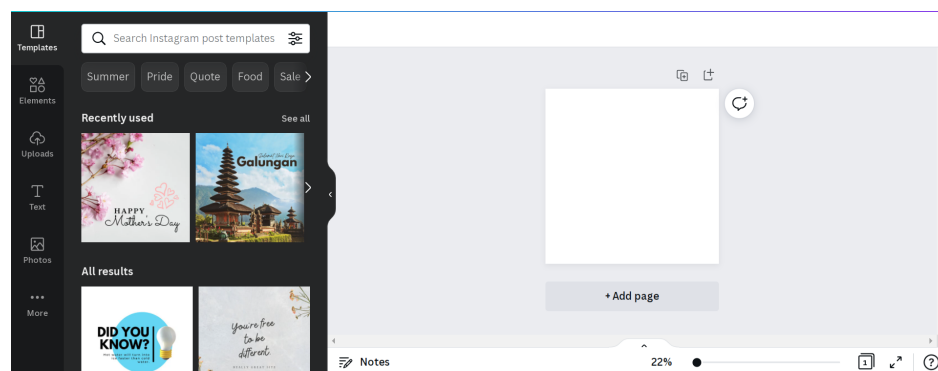


Instagram Post



Facebook Post

On the left-hand side, you have an option to look through a variety of free templates to choose from. You can choose the standard pictures that come with the post and you can also customize the artwork by adding in the artwork you downloaded from Pexels.



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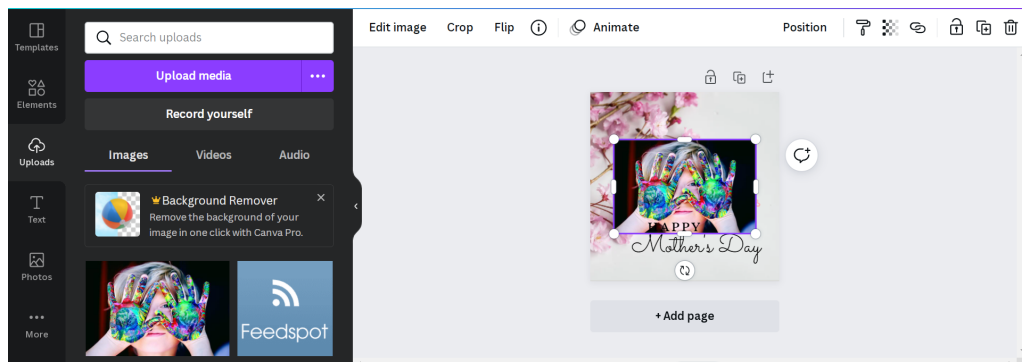


Canva also has some free Photos that you can use as well. On the left-hand side, click on Photos tab to see what Canva has to offer.

For this exercise, we chose this nice Happy Mother's Day Template with flowers and cool looking text that shows script and block text.

Next, click on the Uploads tab on the left-hand side. Here, you can find the picture file that you want to use and upload that image into Canva.

Once it's uploaded, you can click on the image or drag and drop into your template.

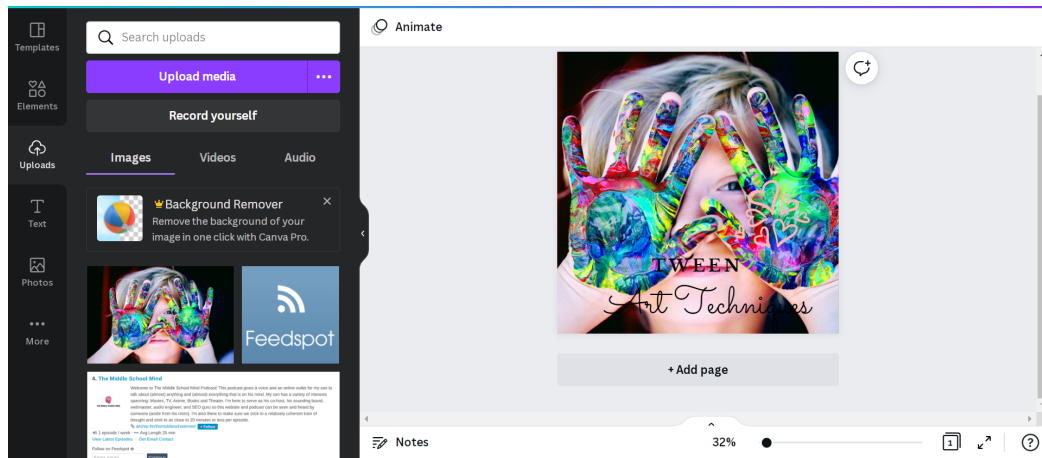


Once the image is added to your template, you can drag the corners so it fits the entire template and the picture is centered the way you want it.

Once the image is exactly where you want it, click on the original Happy Mother's Day text from the template and customize it the way you want.

Here, you can type in the name of your podcast. In this example, let's call it Tween Art Techniques that we talked about before. You can also customize the font size, the text color, how big you want it to be and where you want it positioned on the image.

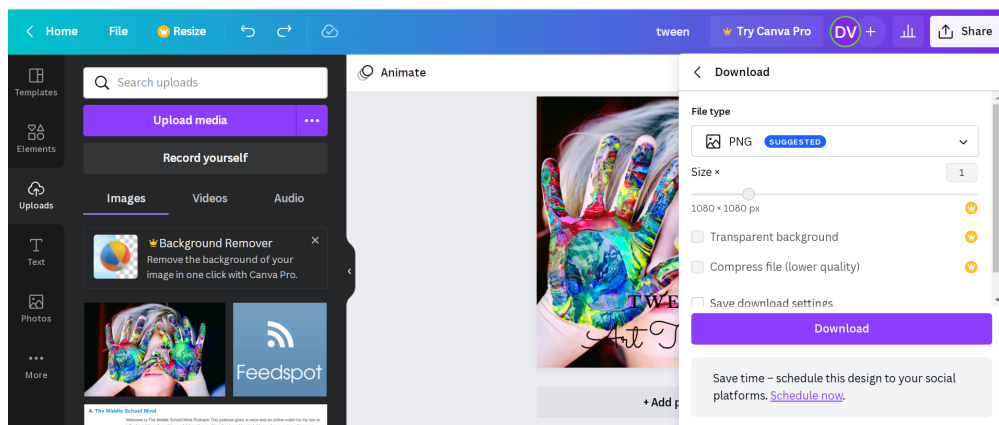
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Once everything looks good to you, click on the Share button in the upper right corner of the page.

You want to save it as an Image file, so we save ours in PNG format.

Once you're ready, hit the Download button and your new Episode Art will be saved to your computer and ready to be used in your Anchor podcast!



UPLOAD YOUR NEW EPISODE ART TO ANCHOR

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Go back to your Anchor account and click on the Upload New Episode Art in the Customize This Episode section.

Select the file you downloaded from Canvo from your computer. Zoom in to the picture if you'd like to get it exactly the way you want and hit Save.

Your awesome, professional-looking Episode Art is now available for you to launch when your new podcast is published to the world!

For right now, Save As Draft so you don't lose your hard work and we will cover Editing Your Audio and Naming and Publishing your first episode in the next episode.

CHAPTER 3

You are almost there! You've planned and recorded your first audio segments for your podcast. You've got amazing looking Episode Art like the pros. You have just a few more (important) steps before getting your first official podcast episode out into the world!

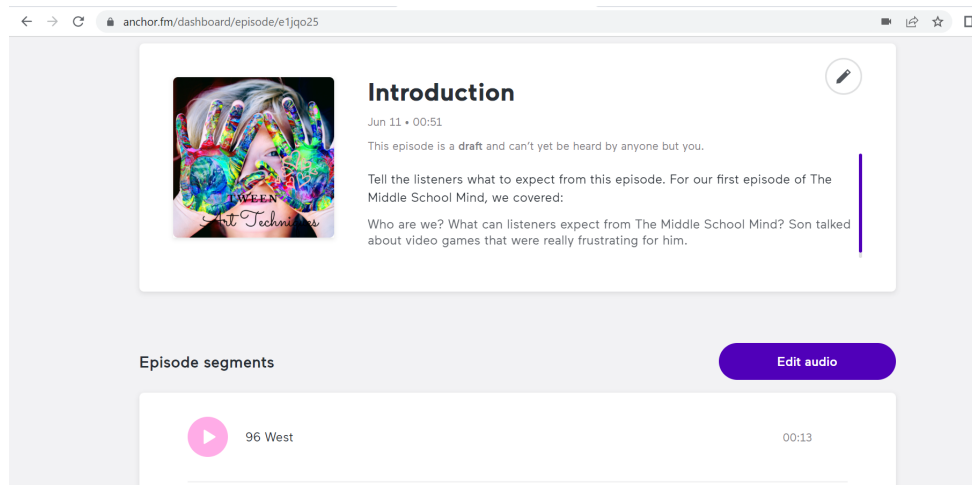
EDITING YOUR AUDIO

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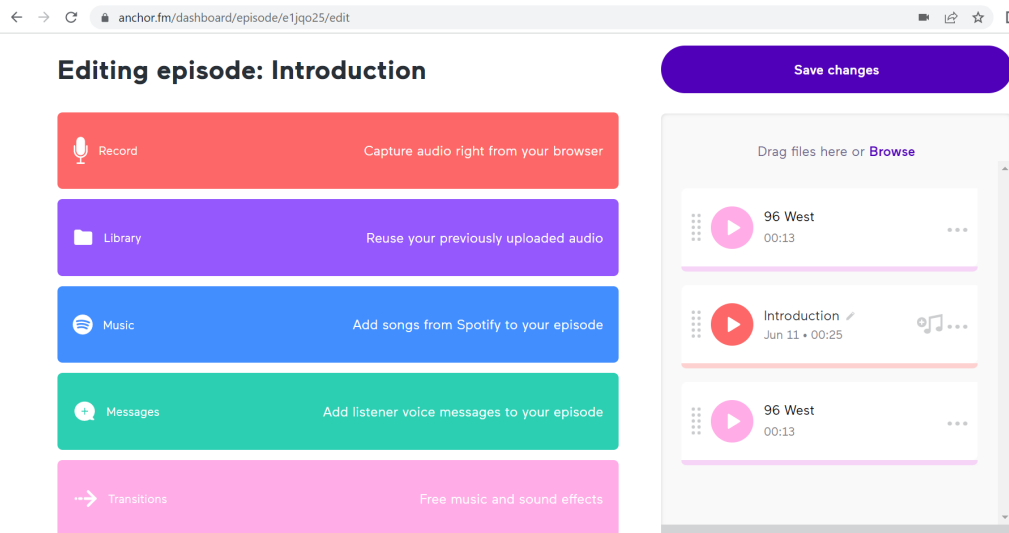
Podcasting is all about the audio! To keep your listeners interested, it's a good idea to make sure all the ummms, ahhs, dead silence or your dog barking in the background are edited out if at all possible.

In the last session, you Saved Your Episode as a draft, so let's get back into your episode and click the blue Edit Audio button.



You will be taken back to the editing page and you should see the Transitions and Audio Segments you added to your episode on the right hand side of the page.

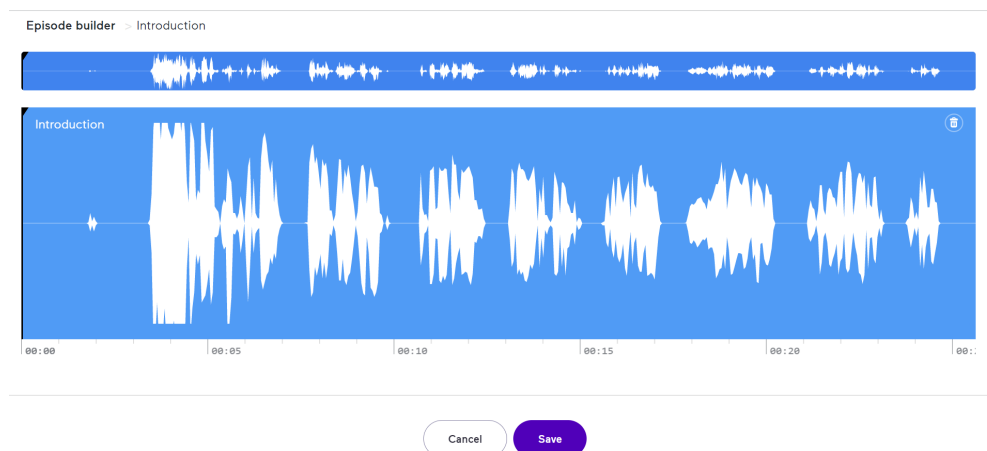
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We used Transitions that came directly from Anchor so there's no need to edit those segments.

What you want to do is to edit the Introduction audio segment you recorded and you can do that by clicking on the three dots on the right side of your audio segment and select Edit Audio.

It will take you to the audio file you recorded and you can see the peaks and valleys which shows a visual of where you were talking and where there were quiet spots.

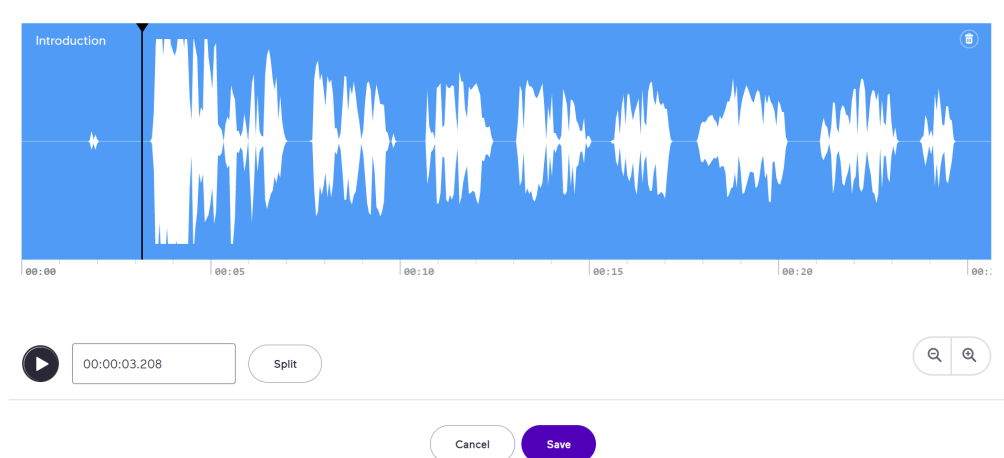


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This is where your Headphones come in handy.

If you scroll below, you will see a black Play button on the lower left-hand side of the screen. If you hit the Play button, the audio will play and a vertical bar that scrolls through the audio to show you the time stamp where you are in the audio file.

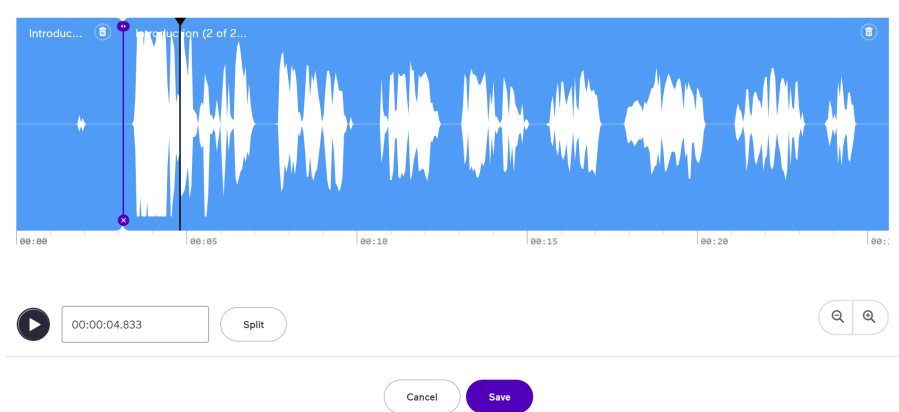


When you get to a section that you want to cut, stop the play button and the vertical bar will stop in the exact location.

Click on the Split button and your one long audio segment will now be split in two separate segments. For example, in my Introduction, there's about 3 seconds of dead space that I want to edit out.

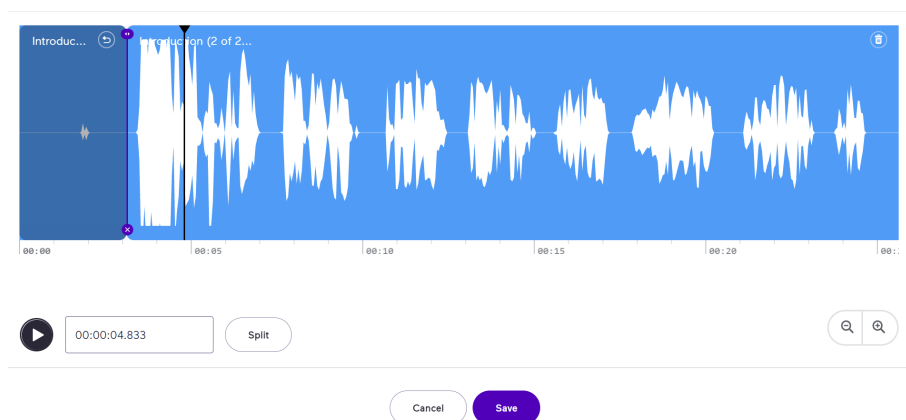
Once you select Split, you'll notice that you've now got two segments. The first segment is the 3-seconds at the beginning where no one was speaking and the second segment is the rest of the audio segment.

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Like I said, I want to get rid of the three seconds of silence at the start.

If you look at the first section you want to delete, there is a Trash icon in the upper right corner. If you select this, the first segment will be edited out and that area will change color to purple/dark blue shade and that portion won't be heard in the final edit.



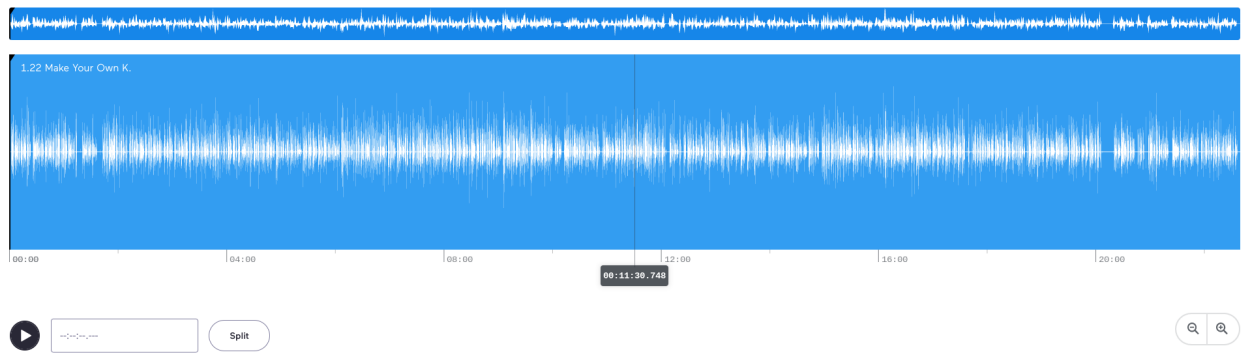
You will also notice that there are two Zoom In and Zoom Out buttons in the lower right corner. For this exercise, I only recorded a short 25 second introduction audio.

Typically, when we record an episode, it can be 30-40 minutes (or longer) of unedited audio. When you open that up to edit that segment, visually, it can be really challenging to edit the

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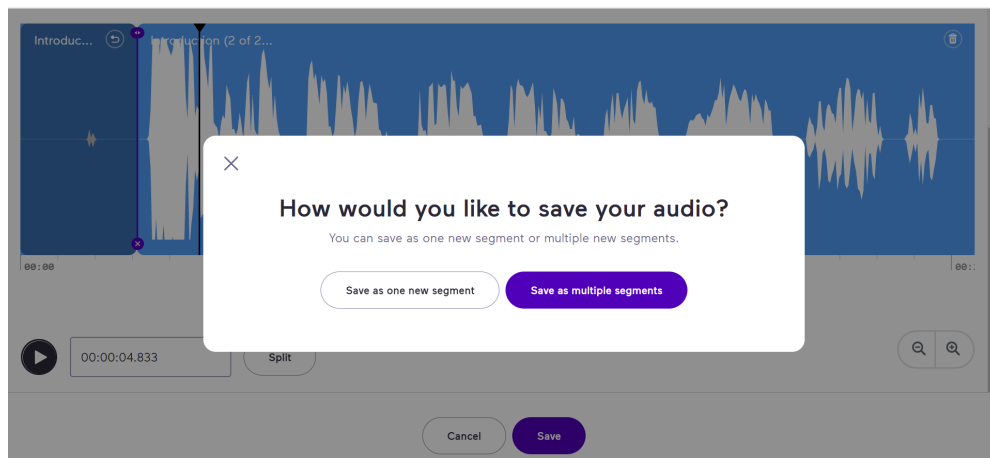


audio. I typically Zoom In a few times so you can see the audio and Split the sections you want to edit out much more easily.



Once you get all the umms, ahhs and dogs barking edited out, hit the blue Save button at the bottom of the screen.

A pop up appears and asks you How Would You Like to Save Your Audio?



Here you have two choices:

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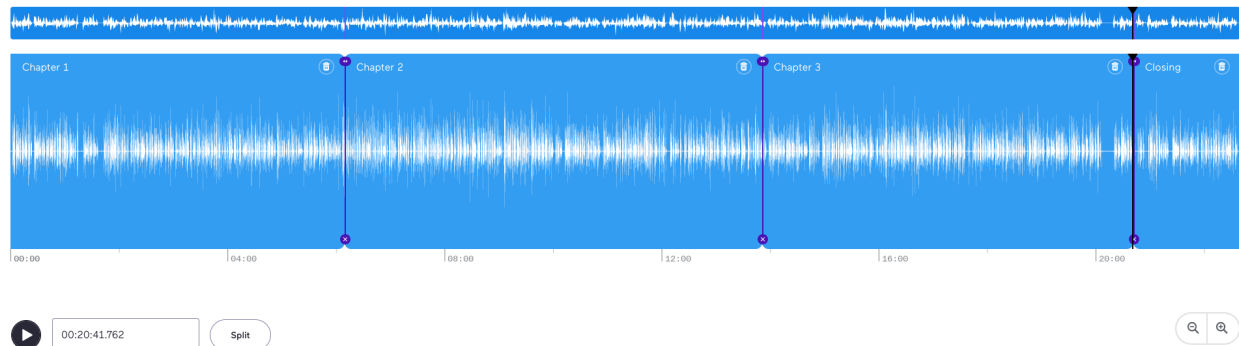


1. Save as one new segment.
2. Save as multiple segments.

When I edit our episodes, I usually do two rounds of editing.

The first is to clean up all the goofs and umms and dead spaces. For that first round of editing, I will usually select Save as One New Segment. This ensures that the audio segment I just edited has one continuous block of “good” audio from a listening perspective.

During the second round of editing, I will usually Split the segment into Chapters as you can see below.



For example, in our very first episode, I went back and Split the segment to break out when we talked about:

- Who we are
- What listeners can expect from The Middle School Mind
- Son talked about video games that were really frustrating for him

Once I split up the segment into these three sections, I select Save and Save As Multiple Segments.

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You don't have to do it this way. When someone is listening to the podcast, they don't know when you are going from one segment to another.

I choose to break out new topics into separate segments because it helps when you are adding a Transition from topic to topic. It's also important to have different segments when we adding in a Transition before and after our Anchor ads that we place in our episodes. It is totally up to you.

Here's one final note about editing your audio on Anchor.

Since all the editing and all your audio segments are saved in the cloud, sometimes when we cut out segments, we notice that some parts we didn't want to cut get cut out. I'm not 100% sure why that happens, but I think it has something to do with the size of the file and all that data that has to get saved in the cloud.

That's why I like to listen to the final cut of the episode to make sure it's all there before I hit publish. It's just something I choose to do because there were some portions during a trivia segment where the answer got cut out and the show didn't make sense. I had to go back in and add that section back in so the listeners weren't confused.

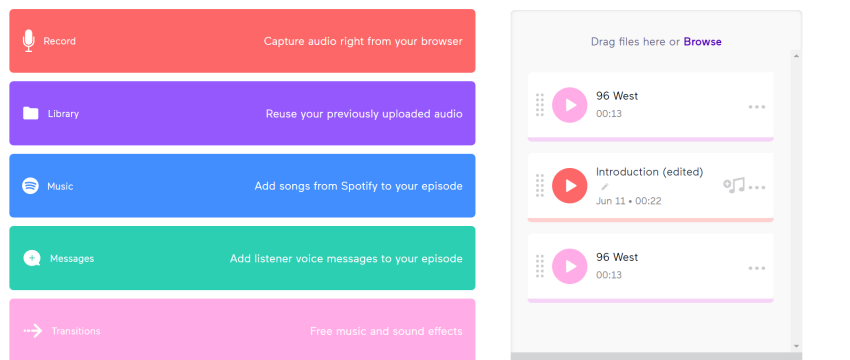
That's just me, though, since I try to be a perfectionist. You can decide how detailed you want to be when you edit your shows.

Once you're done editing, make sure to click on the blue button to Save Changes and you should be ready to Publish.

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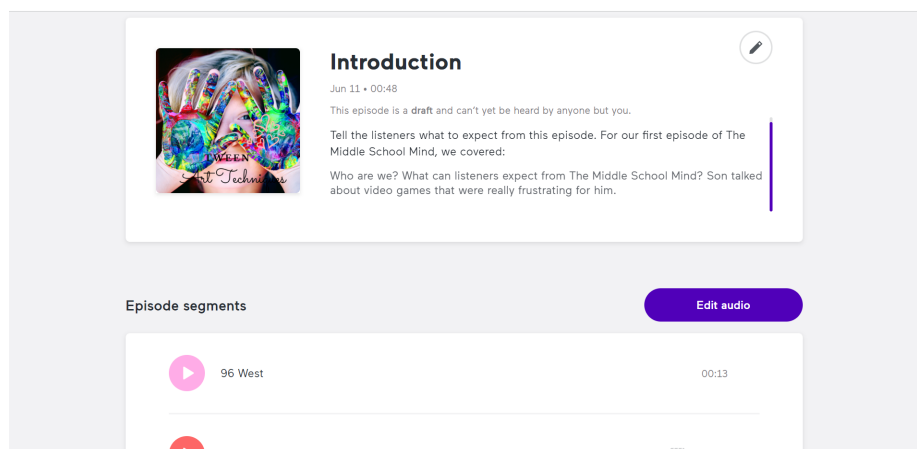


Editing episode: Introduction



CLAIM YOUR PODCAST ON ANCHOR

Once you are ready to Publish your first episode, click on the Pencil icon in the upper right corner to edit your episode again.



Click on the blue Next button and it will take you to the section to name and claim your podcast on Anchor! You only have to do this the first time you are publishing your podcast.

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Episode options

Created on: 06/11/22 at 11:35 AM

Update saved draft Next

Introduction 587.27 KB | 00:49

Delete Edit your audio

Episode title*

Introduction 12 / 200

Episode description* SWITCH TO HTML

B I [List Icon] [Link Icon] [Image Icon]

Tell the listeners what to expect from this episode. For our first episode of The Middle School Mind, we covered:

- Who are we?
- What can listeners expect from The Middle School Mind?

In this section, you will be asked to Setup Your Podcast.

Here you will enter your podcast's name, provide a description of your podcast, choose which category your podcast best fits and what language your podcast is in.

Episode options

Introduction

Episode title* Introduction 20 / 100

Episode description* Describe your podcast 21 / 600

Tell the listeners what to expect from this episode. For our first episode of The Middle School Mind, we covered:

- Who are we?
- What can listeners expect from The Middle School Mind?
- Son talked about

Set up your podcast

Before we can distribute your podcast to additional listening platforms, you just need to fill in a few things.
(You can always change these later.)

Podcast name Tween Art Techniques 20 / 100

Podcast description Describe your podcast 21 / 600

Podcast category Kids & Family

Next

Edit your audio

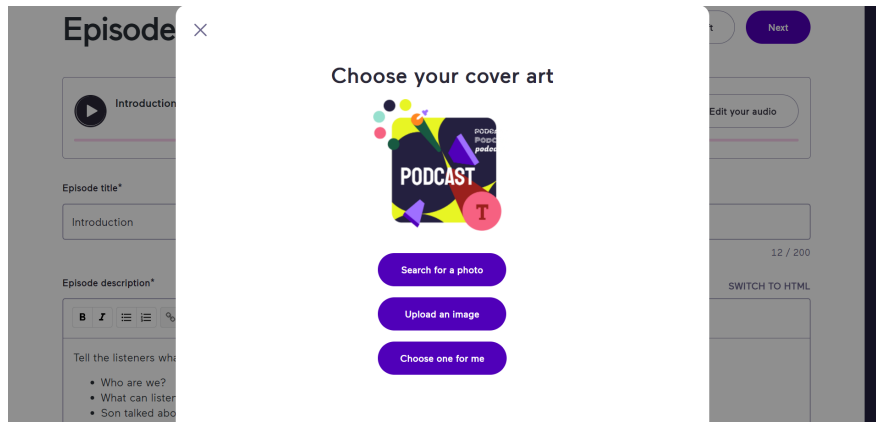
12 / 200

SWITCH TO HTML

Click the blue Continue button at the bottom for the next step.

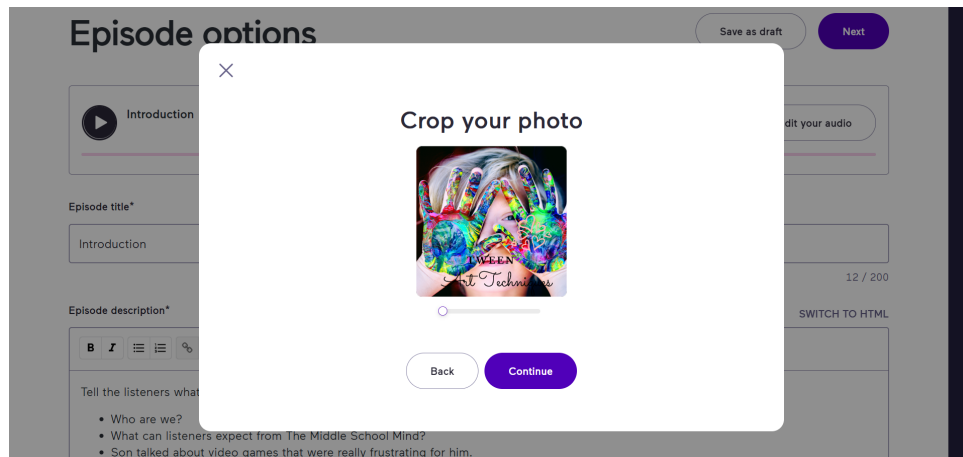
Next you will choose the Cover Art for your podcast by selecting Upload An Image. This is the main image associated with your podcast. You can select the Episode Artwork that you created using Canva earlier or you can create a brand new one using Canva that reflects your podcast.

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Some podcasts create a new Episode Art for each of their episodes. For The Middle School Mind, we have a standard Cover Art that says the show name, The Middle School Mind, and we update the Episode Art to show the name of each episode.

You can Crop Your Photo by zooming in if you'd like. But since you downloaded your art from Canva in the 1080 x 1080 pixel format, you should not need to do anything else at this time.

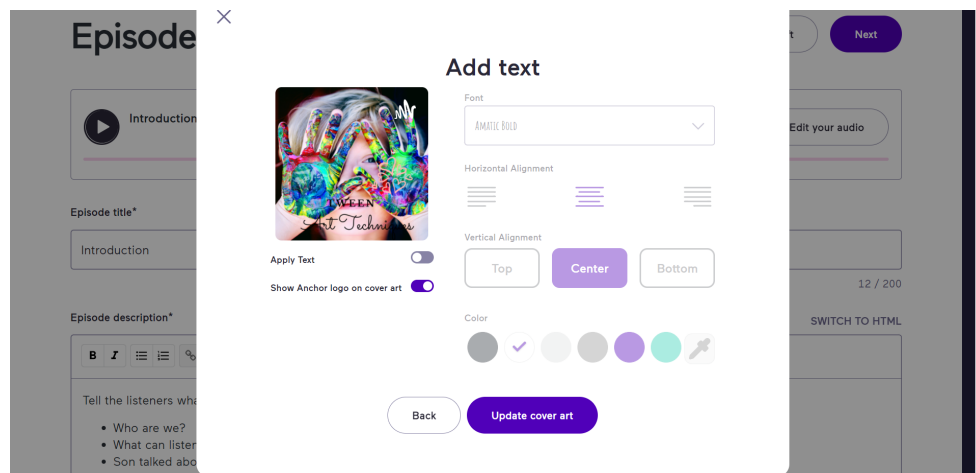


Click the blue button Continue to go to the next step.

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You can Add Text to customize your Cover Art at this stage. However, if you customized your artwork using Canva earlier including your podcast name, this is not necessary.



You can just uncheck the Apply Text field and select the Update Cover Art button.

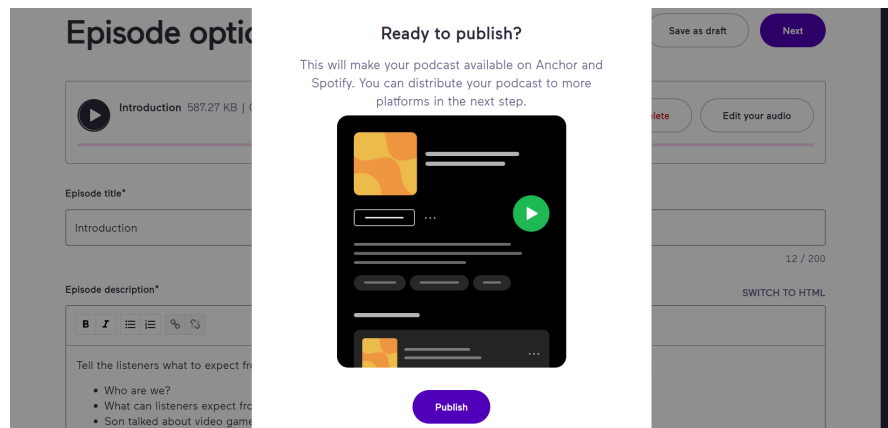
You can also choose to uncheck the section that says Show Anchor Logo on Cover Art. This is your call if you want to leave it in or not.

On The Middle School Mind, we show the Anchor logo on our Cover Art. Since Anchor is a free service, we are more than happy to promote Anchor to all would-be podcasters out there, like you!

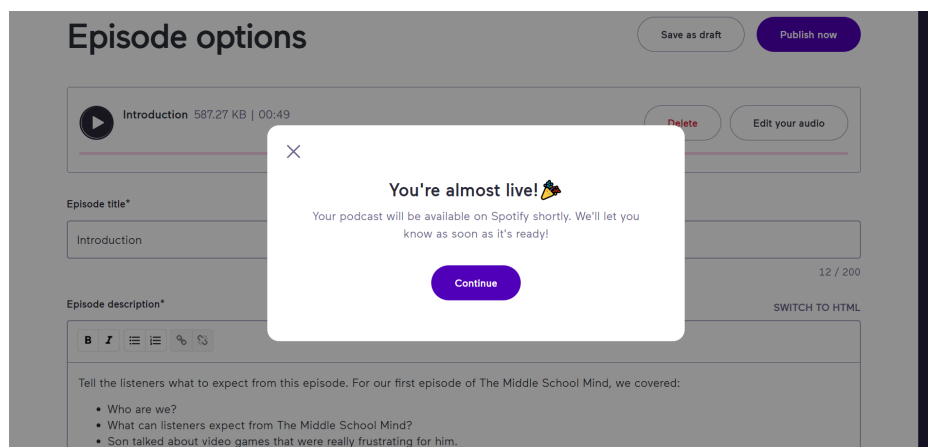
READY TO PUBLISH?

If you're ready to get your message out to the world, hit the blue button Publish at the bottom of the page!

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Hit the blue Continue button!




That's it! You did it! Congrats, new podcaster!


You will see the link to your podcast where it can be found on Spotify and on Anchor.

Under the section RSS Feed, there is a blue button Enable. I would recommend you select Enable. This allows you to submit your podcast for submission to platforms aside from Spotify and Anchor.

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 Spotify

 Anchor

RSS Distribution

RSS Feed

Copy

FAQs

What does my RSS feed do?

Your RSS feed allows your podcast to appear in other podcast apps, in some cases automatically. This feed is public and contains your email address. [Learn more](#)

Chat

People find podcasts on so many different platforms like [Apple Podcasts](#), [Google Podcasts](#), [Amazon Music](#) and so many different places.

If you want to grow your audience, you should try to get listed on all the major podcast platforms. Enabling your RSS Feed is the first step to that process!

If you scroll down on this page, you can find out how to submit your podcast on those platforms. You may need the help of a parent or guardian to help. They will need to submit their e-mail address to verify the ownership of your podcast.

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RSS Distribution

RSS Feed

<https://anchor.fm/s/6d39cde0/podcast/rss>

Copy

Add email to RSS feed

This allows you to verify your feed on other platforms. Your email address will be publicly available.

Add



FAQs

What does my RSS feed do?

Your RSS feed allows your podcast to appear in other podcast apps, in some cases automatically. This feed is public and contains your email address. [Learn more](#)

How do I distribute my podcast elsewhere?



Use your RSS feed to submit your podcast to other platforms. Specific instructions are available in the dropdowns below for each platform.


 Apple Podcasts 

To submit to Apple Podcasts, use [Apple Podcasts Connect](#).

<https://podcasts.apple.com/us/podcast/the-middle-school-mind/id1602690648>

Copy

 Google Podcasts 



It takes time to get your podcast listed on these other platforms so please be patient.

6 TRUTHS ABOUT PODCASTING (FROM OUR PERSPECTIVE)

Now that you are a full-fledged podcaster, you are probably excited about the potential, fame, fortune and your chance to go viral! We want to share with you our experience podcasting since we started over 9 months ago.

We started The Middle School Mind in September 2021 and as of June 2022, we have published 16 or 17 episodes and we are still growing and trying to figure out how to grow our audience.

Here's some learnings from our side when making this kid's podcast:

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1. **Have fun with it.** We started out because Son wanted a way to get his thoughts out. It's not a job for him and for me as editor, producer, publisher and promoter, I love doing it. I love having these random conversations with Son and putting it out there on our podcast. We do it because we want to, not because we have to. If our podcast ever feels like work, I think that will be the time to stop and do something else. So far, so good.
 2. **Don't expect to get 100,000 followers in one month or even 6 months.** We've been doing this for over 9 months and we can tell you that we just hit over 1,200 total downloads and averaging 50-60 downloads per episode. We are happy without numbers and are enjoying the ride. Don't give up if people are not finding your show right away. If you do go viral and get 100,000 followers - please tell us your secret!
 3. **Don't expect to make a ton of money (or any money) podcasting.** After we published our 10th episode, the advertising option on Anchor opened up for us. We have been running an ad promoting Anchor on our episodes since March of this year. The deal we have is \$10.50 for every 1,000 downloads of our shows where we have ads placed.

That was in March and as of early June, we have made about \$8.35 total for those ads. Here's the funny part, you can't cash out until you have at least \$10.00 in earnings. Think about that for a second. We've made about \$8.35 in three months and we've been doing this for 9 months. So, if you're in it for the money. Just know that, from our experience, there's not a lot of money in podcasting. Do it because you like it.

4. **Having your own website is not necessary when starting out.** I'm not a professional web designer but I also post our episode on our website themiddleschoolmind.com. Maybe I'm not good at it, but I don't think it's important for you at the beginning to have your own. Stick with the free tools like we described and see how you like it.
5. **Being a podcaster will improve your communication skills.** You don't have to be a comedian or have a professional newscaster voice to do well in podcasting. You gain amazing skills on how to talk about a topic, improve your storytelling and try to keep your audience engaged. Whether you become a professional podcaster in the future or you only do 10 episodes, becoming a great communicator will help you tremendously in your future.

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6. **Just be you.** You've got great ideas and thoughts in your head. Use your podcast to tell it to the world. Someone, somewhere is bound to learn something from you, or be entertained by you or you just might be the friendly voice they needed to hear that day. Be kind and be you.

CONCLUSION

See, making a podcast is not that hard and not that expensive. Plus, summer vacation is the perfect time for you to start your very own podcast.

If you need help, go to our website at [themiddleschoolmind.com/about us](http://themiddleschoolmind.com/about-us) and at the bottom of the page you can [Contact Us](#). It may take some time, but we will get back to you.

When you launch your very own podcast, please contact us as well and let us know where we can find you. We would love to listen to your podcast and maybe Son could be a guest on your show in the future.

Thanks so much for reading and we can't wait to hear what's on your mind.