AIFreeForever

The Sora Video Prompt Guide for 2026

A Sora prompt is a short description of one scene that an AI video tool turns into a video. The clearer the scene, the closer the video comes to the one in your head. This guide covers the seven parts of a strong video prompt, the camera movements and when to use each, style and mood pairs, the six kinds of video prompt, five checks, ten ready prompts and a page to plan your own scene.

The seven parts of a strong video prompt

1. **Subject and action.** Who or what is on screen, and what it does. "A small robot crosses a broken bridge," not "a robot."
2. **Setting.** Where it happens: a city, a forest, space, a desert, under water or a place from history.
3. **Camera movement.** How the camera moves: still, tracking, from above, close up, a zoom or a quick montage.
4. **Lighting.** Golden hour, soft morning light, neon at night or one lamp in a dark room.
5. **Colours.** Warm, cool, faded, bright or one main colour.
6. **Mood.** Epic, dark, dreamlike, tense, emotional or uplifting.
7. **Visual style.** Cinematic, realistic, anime, 3D render, watercolor, cartoon or claymation.

Camera movements and when to use each

Movement	What the viewer sees	Use it for
Static shot	The camera stays still while the scene moves	Products, calm moments
Tracking shot	The camera follows the subject as it moves	Stories, action, journeys
Aerial view	A slow view from high above, like a drone	Opening scenes, landscapes
Close-up	A face, a hand or one small detail fills the frame	Feelings, product details

Style and mood pairs that work

Style + mood	What you get
Cinematic + Epic	A big film moment with sweeping light and scale
Realistic + Uplifting	Bright, true-to-life footage for brands and products
Anime + Dreamlike	Soft, magical scenes with floating light
Surreal + Mysterious	Strange, beautiful images that make people look twice
Claymation + Lighthearted	Handmade, funny scenes with a warm feel
Realistic + Emotional	Quiet character moments told in close-ups

Six kinds of video prompt

- **Cinematic.** A short film moment with a character and a story.
- **Product and marketing.** The product is the hero, in clean, bright light.
- **Educational.** A clear scene that shows how something works.
- **Abstract and artistic.** Shapes, colour and motion, with no story needed.
- **Character-focused.** One person and one feeling, often in close-up.
- **Concept art.** A big idea shown in a stylized or surreal world.

Five checks before you make the video

1. **One scene.** Describe one continuous moment, or a short montage in order. Too many ideas in one prompt confuse the tool.
2. **Say what moves.** Name what the subject does and how the camera moves.
3. **Show, do not tell.** Write what the viewer sees, not what they should think.
4. **No names.** Describe a look instead of naming a real person, a film or a brand.
5. **Try small changes.** If the video is close but not right, change one word at a time.

Ten ready prompts to try

1. A small rusted robot walks alone through a ruined city at dusk. The camera tracks beside it at knee height. Warm orange light breaks through the haze, cinematic and hopeful.
2. A slow aerial view over a misty pine forest at sunrise, golden light breaking through the trees, soft warm tones, calm and peaceful, realistic style.
3. Close-up of an old baker's floury hands shaping bread in a quiet kitchen, morning light through the window, warm colours, gentle and emotional.
4. A white running shoe turns slowly on a clean studio floor, a slow push-in, soft even light, bright and uplifting, realistic product style.
5. Anime style: a girl on a rooftop watches paper lanterns rise into a purple night sky, the camera rises with them, dreamlike and warm.
6. A seed splits open underground and a green shoot pushes up into the sunlight, close-up time-lapse, clear and bright, 3D render style.
7. Floating glass shapes drift and glow in a dark, empty space, the camera holds still, cool blue and violet light, surreal and mysterious.
8. Claymation: a tiny clay chef chases a rolling tomato across a kitchen table, static shot, bright warm colours, lighthearted and funny.
9. A montage: a train leaves a snowy station, a passenger looks out of the window, the sun rises over white hills. Soft cool light, emotional, cinematic.
10. An astronaut steps out onto a red desert planet as two moons rise, a slow tracking shot, dusty orange light, epic and quiet, cinematic.

Plan your scene

Fill this in, then turn it into Sora prompts on the Sora Prompt Generator.

Your subject, and what it does

The setting, camera movement, light, colours, mood and style you want

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