

# GDL Salina Ringel and Caela Crawford

<https://silosolo.com/206127>

## Summary

The video is a discussion about a stand-up comedy special featuring Selena Ringel and Kale Crawford. The idea for the special came from Selena when she was pregnant. The special is being filmed with a live audience and has three showings. Selena and Kale discuss their experiences as mothers and how it has influenced their comedy material. They talk about the process of coming up with stand-up material and how they tweak and test their jokes. Kale shares her journey from improv to stand-up comedy and her initial hesitations about pursuing comedy. Selena reflects on her childhood interest in acting and how she eventually realized her passion for comedy.

## Silo sample questions

- What was the inspiration for the stand-up comedy special?
- How do Selena and Kale come up with their stand-up material?
- How did Kale get into stand-up comedy?
- What did Selena originally want to pursue as a career?

## Topics

Stand-up comedy special  
Motherhood and comedy  
Creating stand-up material  
Personal journeys into comedy

## Key Takeaways

- The video is a discussion about a stand-up comedy special featuring Selena Ringel and Kale Crawford.
- The idea for the special came from Selena when she was pregnant.
- The special is being filmed with a live audience and has three showings.
- Selena and Kale discuss their experiences as mothers and how it has influenced their comedy material.
- They talk about the process of coming up with stand-up material and how they tweak and test their jokes.

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