

## **KINDNESS IN LOCKDOWN IDEAS OF SHOTS TO CAPTURE**

Below are some ideas of what you might capture, please don't feel like you have to do all of the shots and feel free to film your own ideas. Experiment and have fun.

Kindness in Lockdown	Poem	To film	Sounds to record
<p><b>Verse 1</b></p> <p>In verse 1 experiment with Point of View shots - see guidance document for examples.</p>	<p>Kindness, what does it mean to you?</p> <p>Is it something of significance, or taken for granted day after day?</p> <p>What does kindness look like, as many of us struggle to feel okay?</p> <p>A smile. A wave.</p> <p>A simple nod of acceptance as we claim,</p> <p>'We are in this together, so don't hide away'</p> <p>'I see you, we've got this' as we continue to endure and not stray.</p>	<ul style="list-style-type: none"> <li>* Smiling faces - different people across the region</li> <li>* Shots of eyes</li> <li>* Point of view shots of people seeing acts of kindness i.e delivering something, someone bringing flowers, or putting a rainbow in the window....</li> <li>* People smiling at each other</li> <li>* Waving at different people</li> <li>* Someone waving through a home window</li> <li>* Someone waving as they walk by a friend/neighbour</li> <li>* Neighbours in the garden/on the front step</li> <li>* Notes of encouragement in the window, rainbows, thanks to the NHS</li> </ul> <p><b>Examples shots to film:</b></p> <ul style="list-style-type: none"> <li>* <b>Wide shot</b> of your local area/street</li> <li>* <b>Long shot</b> of neighbours talking to each other on the street or in the garden</li> <li>* <b>Medium shot</b> of people waving</li> <li>* <b>Point of view shot</b> - someone handing you a gift or cup of tea</li> <li>* <b>Close up</b> Smiling faces</li> <li>* <b>Extreme close</b> + close up of eyes</li> </ul>	<ul style="list-style-type: none"> <li>* People saying hello</li> <li>* footsteps</li> <li>* a knock at the door</li> <li>* doorbell</li> </ul>

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<p><b>Verse 2</b></p>	<p>What's that I hear?</p> <p>The sound of laughter ringing far and near</p> <p>What does kindness sound like in a world full of fear?</p> <p>A knock at the door, a call on the phone,</p> <p>The pings of text messages, emails, and an army of volunteers.</p> <p>'Just checking in' or 'how are you today?'</p> <p>Conversation fills the air as we continue to clap and cheer.</p> <p>On a Thursday night at 8pm sharp, thank you key workers, Thank you, thank you, you are all stars.</p>	<ul style="list-style-type: none"> <li>* Someone on the phone, smiling</li> <li>* Someone listening to headphones</li> <li>* People laughing and smiling</li> <li>* Someone laughing while reading a text</li> <li>* Children playing together or outside (only film your own children)</li> <li>* Splashing in a paddling pool</li> <li>* Someone knocking on the door, delivering something</li> <li>*Volunteers at the food bank - packing bags, boxes</li> <li>* Film someone saying these words - on a phone or in person</li> <li>* Two people chatting at 2m apart,</li> <li>* People having a cup of tea over zoom</li> <li>* Hands clapping</li> <li>* People on their doorsteps</li> <li>* Smiles *Cheering</li> <li>* Film yourself or someone in your house saying/signing/writing THANK YOU</li> </ul> <p><b>Examples shots to film:</b></p> <ul style="list-style-type: none"> <li>* <b>Wide shot</b> of people on the street at doorsteps clapping for the NHS</li> <li>* <b>Long shot</b> of children playing or volunteers at the food-bank</li> <li>* <b>Medium shot</b> of someone listening to music on headphones</li> <li>* <b>Close up</b> Someone talking on the phone</li> <li>* <b>Extreme close up</b> of clapping hands</li> </ul>	<ul style="list-style-type: none"> <li>* laughter</li> <li>* children playing</li> <li>* text or phone ringing</li> <li>* a knock</li> <li>* splashing water</li> <li>* muffled conversations</li> <li>*cheering</li> <li>*claps</li> </ul>

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<p><b>Verse 3</b></p>	<p>Mmmmm.... The smell of freshly baked cakes,</p> <p>Or a bouquet of fresh flowers,</p> <p>What does kindness smell like in a time when we can't give handshakes?</p> <p>Freshly mown grass of a person in shielding, so that they can enjoy some well-deserved breaks.</p> <p>Relax, feet up, but let's all stay safe.</p> <p>A daily wellbeing walk to re-discover nature,</p> <p>Those places of beauty we often forsake,</p> <p>A now essential lifeline in which we can partake.</p>	<ul style="list-style-type: none"> <li>* Someone smelling a cup of coffee, a flower in the garden, some cooking</li> <li>* Baking *Cakes</li> <li>* Bread rising through the oven window</li> <li>* Flowers</li> <li>*Someone mowing the garden</li> <li>* Lying on the grass</li> <li>* Looking at the sky - clouds</li> <li>*Putting your feet up on a stool</li> <li>* Walking through nature - in a park or in the local woods</li> <li>* Bike riding, runs</li> <li>* Plants and wildlife - birds, squirrels</li> </ul> <p><b>Examples shots to film:</b></p> <ul style="list-style-type: none"> <li>* <b>Long shot</b> of people in the garden relaxing</li> <li>* <b>Medium shot</b> putting feet up on a stool</li> <li>* <b>Close up</b> of someone smelling a cup of coffee or their cooking</li> <li>* <b>Close up</b> making cake mix or bread dough</li> <li>* <b>Extreme close up</b> plants, flowers</li> </ul>	<ul style="list-style-type: none"> <li>* cooking sounds</li> <li>* footsteps on the ground, in the mud</li> <li>* bird song</li> </ul>

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<p><b>Verse 4</b></p>	<p>Wait... Who is this I see?</p> <p>Foodbanks, doorstep deliveries, hundreds of food parcels being given out for free.</p> <p>What does kindness taste like as we reach for a nice cup of tea?</p> <p>Barbecue burgers and sausages out in the sun,</p> <p>Handmade packed lunches delivered effortlessly.</p> <p>For those who are struggling, isolated and alone,</p> <p>It tastes like reassurance, comfort and relief</p> <p>As they didn't need to leave the house to face a shopping spree.</p>	<ul style="list-style-type: none"> <li>* someone looking through binoculars</li> <li>* seeing through someones glasses</li> <li>* looking our of the window</li>   <li>* food bank warehouse or parcel delivery to house</li>   <li>* drinking a cup of tea</li> <li>* a cocktail, a glass of wine</li> <li>* pouring a cold beer and drinking</li>   <li>* someone eating, licking an ice cream or lolly</li>   <li>* eating a tasty meal</li> <li>* BBQ - smoke</li>   <li>* lunch boxes or home take away</li>   <li>* Someone standing alone, see them through the window</li>   <p><b>Examples shots to film:</b></p> <li>* <b>Long shot</b> of food bank</li> <li>* <b>Medium shot</b> making a cuppa, BBQ cooking</li> <li>* <b>Close up</b> of someone licking an ice cream</li> <li>* <b>Medium and Close up</b> of clinking glasses</li> </ul>	<ul style="list-style-type: none"> <li>* beer or wine being poured</li> <li>* cheers</li> <li>* kettle boiling</li> <li>* sizzling of food</li> </ul>

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<p><b>Verse 5</b></p>	<p>So, as we stay at home and reflect on the government's plea,</p> <p>Let's think about what kindness feels like for you and for me.</p> <p>As we look forward to the day we can embrace unity,</p> <p>A warm hug of a family member we are so desperate to see.</p> <p>That day is coming, so don't lose all hope.</p> <p>That day is coming when we can all shout, yippee!</p> <p>And when that day arrives let us all agree,</p> <p>That kindness is important and we should make it a priority!</p>	<ul style="list-style-type: none"> <li>* washing hands</li> <li>* someone wearing a face-mask</li> <li>* leaning a head on someones shoulder</li> <li>* hugs</li> <li>* cuddle with your pet</li> <li>* watching a film together on the sofa</li> <li>* reading a book/paper</li> <li>* shouting yippee</li> <li>* jumping in the air</li> <li>* painted rocks, stones</li> <li>* waving out of a window</li> <li>* smiles</li> <li>* rainbows/thank you signs</li> <li>* sunrise or set</li> </ul> <p><b>Examples shots to film:</b></p> <ul style="list-style-type: none"> <li>* <b>Wide shot</b> of sunset</li> <li>* <b>Long shot</b> of people hugging</li> <li>* <b>Medium shot</b> leaning head on a shoulder</li> <li>* <b>Medium shot</b> of people waving out of the window</li> <li>* <b>Close up</b> of someone washing hands</li> <li>* <b>Extreme close up</b> smile</li> <li>* <b>Extreme close up</b> painted stones</li> </ul>	