

MINDFUL

FADE IN:

EXT. SCHOOLYARD - DAY

RILEY is sitting alone in the school yard. Quinn walks up and stands beside RILEY. RILEY doesn't react so Quinn snaps their fingers in front of RILEY'S face.

QUINN

Hey...what's happening?

RILEY looks annoyed.

RILEY

I'm practising mindfulness.

QUINN looks amused. QUINN clicks their fingers several times in front of RILEY'S face to get their attention again.

QUINN

Any good at it yet?

RILEY

I keep staring into space, hoping something will happen...but I'm still anxious.

QUINN

Have you tried pan pipes?

RILEY gives QUINN a withering glance.

RILEY

I'm not sure that'd help.

QUINN

How about the soothing sound of whales?

RILEY scowls at QUINN.

QUINN

Seriously, though, what's up?

RILEY

Being a teenager is basically the worst.
People have so many expectations, you
know?

QUINN sits down beside RILEY.

QUINN

Like what?

RILEY

Learning tasks, parents, social media...

QUINN

So, your solution to the grinding pressure
of expectation is...

RILEY

Mindfulness.

There is an awkward silence. QUINN looks away for a moment,
then looks back.

QUINN

Mind if I join you?

RILEY

For a mindful moment?

QUINN

For a mindful moment.

They both close their eyes and there is silence. The sound
of wind and birds chirping pleasantly. There are several
shots of the serene schoolyard around them. Music rises.

QUINN

Man, this is boring.

Scene #	Shot #	Shot Size	Dialogue Coverage Setup #	Duration	Location	Description
1	1	LS		00:00:04	School yard	Establishing shot of the school, music in the background.
1	2	LS		00:00:04	School yard	Establishing shot of the school, music starts to fade out...
1	3	MS	2	00:00:04	School yard	... Riley is sitting alone in the school yard, suddenly an arm comes into frame. Quinn's fingers snap to get Riley's attention. Off screen, Quinn's voice says, "Hey...what's happening?" Riley looks annoyed: "I'm practicing mindfulness."
1	4	MCU	3	00:00:04	School yard	Quinn looks amused.
1	5	FS	1	00:00:04	School yard	Quinn's fingers snap insistently in front of Riley's face.
1	6	MS	2	00:00:04	School yard	Quinn's fingers continue to snap.
1	7	MCU	3	00:00:04	School yard	Quinn: "Any good at it yet?"
1	8	MS	2	00:00:04	School yard	Riley: "I keep staring into space, hoping something will happen...but I'm still anxious."
1	9	MS	3	00:00:04	School yard	Quinn: "Have you tried pan pipes?"
1	10	MS	2	00:00:04	School yard	Riley gives Quinn a withering glance. Riley: "I'm not sure that'd help."

1	11	CU	3	00:00:04	School yard	Quinn: "How about the soothing sound of whales?"
1	12	MCU	2	00:00:04	School yard	Riley scowls at Quinn.
1	13	CU	3	00:00:04	School yard	Quinn: "Seriously, though, what's up?"
1	14	MS	2	00:00:04	School yard	Riley: "Being a teenager is basically the worst. People have so many expectations, you know?"
1	15	FS	1	00:00:04	School yard	Quinn sits down beside Riley.
1	16	MCU	4	00:00:04	School yard	Quinn: "Like what?"
1	17	MCU	5	00:00:04	School yard	Riley: Learning tasks, parents, social media...
1	18	MCU	4	00:00:04	School yard	Quinn: So your solution to the grinding pressure of expectation is...
1	19	MCU	5	00:00:04	School yard	Riley: ...mindfulness.
1	20	FS	1	00:00:04	School yard	There is an awkward silence.
1	21	MCU	4	00:00:04	School yard	Quinn: "Mind if I join you?"
1	22	MCU	5	00:00:04	School yard	Riley: "For a mindful moment?"

1	23	MCU	4	00:00:04	School yard	Quin: "For a mindful moment."
1	24	FS	1	00:00:10	School yard.	Both Riley and Quinn turn to face forward, closing eyes...
1	25	CU	6	00:00:05	School yard.	Close up of Quinn, eyes closed, meditating.
1	26	CU	7	00:00:05	School yard.	Close up of Riley, eyes closed, meditating.
1	27	FS or CU		00:00:05	School yard.	Tranquil shot of school yard with relaxing music, the sound of wind and music rising.
1	28	FS or CU		00:00:05	School yard.	Tranquil shot of school yard with relaxing music.
1	29	FS or CU		00:00:05	School yard.	Tranquil shot of school yard with relaxing music.
1	30	FS or CU		00:00:05	School yard.	Tranquil shot of school yard with relaxing music.
1	31	FS	1	00:00:05	School yard.	Shot of the pair meditating.
1	32	CU	6	00:00:05	School yard.	Quinn's eyes open suddenly and music stops abruptly. Quinn: "Man, this is boring!"

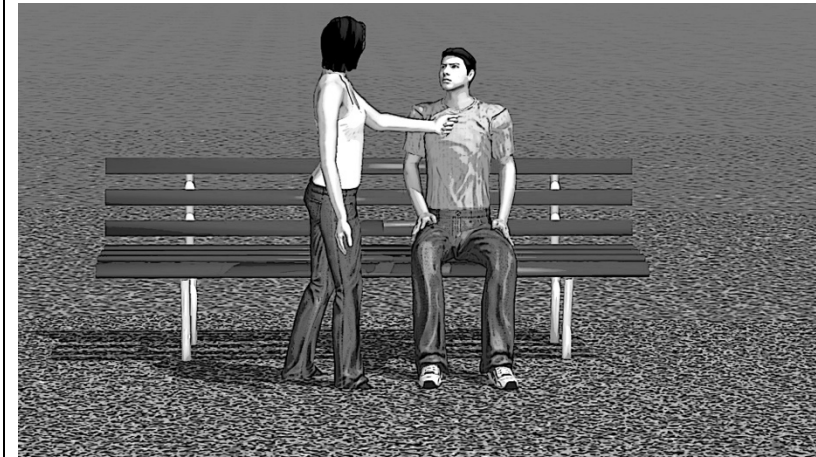
'Mindful' - Dialogue Coverage

Camera Set Up #1 (Master shot)

In this camera set up, you will capture:

- Quinn walking into frame and snapping fingers in front of Riley.
- Quinn sits down beside Riley.
- There is an awkward silence.
- Both Riley and Quinn turn to face forward, closing eyes...
- A shot of the pair meditating, looking forward.

Note: If your actors are confident with their lines, you can film the entire scene from beginning to end. If not, just capture the moments above which will help you edit the scene together.



Camera Set Up #2

In this camera set up you will capture:

- ... Riley is sitting alone in the school yard, suddenly an arm comes into frame. Quinn's fingers snap to get Riley's attention. Off screen, Quinn's voice says, "Hey...what's happening?" Riley looks annoyed: "I'm practicing mindfulness."
- Quinn's fingers continue to snap.
- Riley: "I keep staring into space, hoping something will happen...but I'm still anxious."
- Riley gives Quinn a withering glance. Riley: "I'm not sure that'd help."
- Riley scowls at Quinn.
- Riley: "Being a teenager is basically the worst. People have so many expectations, you know?"



Camera Set Up #3

In this camera set up, you will capture:

- Quinn looks amused.
- Quinn: "Any good at it yet?"
- Quinn: "Have you tried pan pipes?"
- Quinn: "How about the soothing sound of whales?"
- Quinn: "Seriously, though, what's up?"



Camera Set Up #4

In this camera set up you will capture:

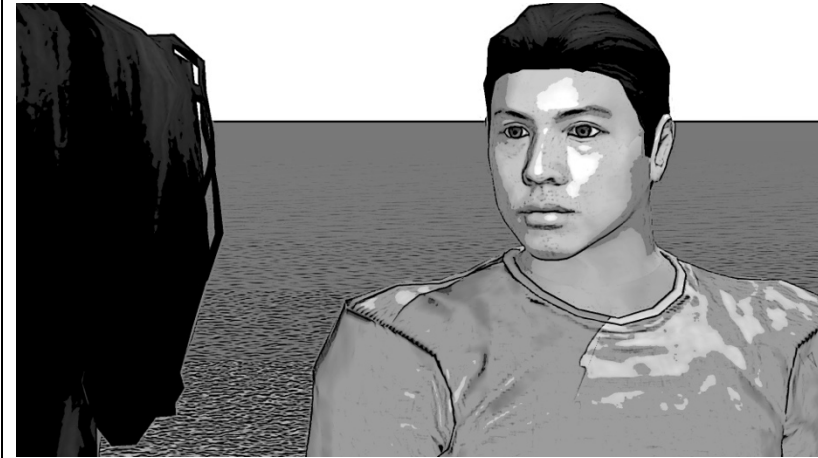
- Quinn: "Like what?"
- Quinn: So your solution to the grinding pressure of expectation is...
- Quinn: "Mind if I join you?"
- Quin: "For a mindful moment."



Camera Set Up #5

In this camera set up, you will capture:

- Riley: Learning tasks, parents, social media...
- Riley: ...mindfulness.
- Riley: "For a mindful moment?"



Camera Set Up #6

In this camera set up you will capture:

- Quinn turning to the camera, closing eyes and meditating.
- Opening eyes and saying, "Man, this boring!"



Camera Set Up #7

In this camera set up, you will capture:

- Riley turning to the camera, closing eyes and meditating.

