



UNPLUGGING FOR A BRIGHTER FUTURE: INTERNET AND SOCIAL MEDIA ADDICTION Animation Theatre – Worksheet

Objective: Pick one of the following movement/metaphor ideas to integrate into your scene. Check the box you will use and describe how you will apply it.

No	Idea	I will use it	How I will apply it in my scene
1	Repetitive/exaggerated gestures (e.g., checking the phone many times, sliding the screen)	<input type="checkbox"/>	
2	Use of space and distance (e.g., character isolated in the centre, others moving around)	<input type="checkbox"/>	
3	Physical symbol or visible metaphor (e.g., digital bubble, rain of “likes”, giant clock)	<input type="checkbox"/>	
4	Freeze-frame / a “frozen image” moment (e.g., everyone stops at a key moment)	<input type="checkbox"/>	
5	Change of rhythm / body-language shift (e.g., normal use at start, fast pace in conflict, slow at end)	<input type="checkbox"/>	

Instructions:

- Mark ONE (or more) ideas you will use.
- Write **one brief sentence** to explain how you will use it in your scene.



**UNPLUGGING FOR A BRIGHTER FUTURE:
INTERNET AND SOCIAL MEDIA ADDICTION**

- During rehearsal, keep your selected idea in mind and make sure the audience can **see** the movement/metaphor without too much explanation.

Quick reflection AFTER your performance:

- Did the selected idea appear clearly to the audience? ☐ Yes ☐ No
- What could be improved for next time?

-
- What impact do you think the movement/metaphor had on the message of your scene?
