

Thumbnail Worksheet

Name: _____

1



NOTES Person (unnamed and androgynous) sits in bed, overwhelmed by things they have to do. Stressed and exhausted, they cover their face with their hands. Procrastinating, they decide to scroll on their phone (doomscrolling).

NOTES They spend hours scrolling on their phone (depicted by the mutiple angles). From the side of the bed, thorny vines emerge and slither towards the person.

2



NOTES The thorny vines are then seen wrapping around the persons body, planting them to the bed. This portrays the idea of bed-rotting, the feeling of being tied to the bed unable to leave. The thorns depict the pain of this feeling, The vines cover his mouth and eyes.

3



NOTES Zoom out to the person sitting back in their bed, same panel as the beginning but pillow and blanket moves slightly to show passage of time (it is also night). Panels slowly zoom in as the person's expression shifts from tired to sad and they begin to cry. Putting off work only made the overwhelmed feeling grow exponentially, and they question what they've been doing wasting their time.