

An Introvert's Guide for Extroverts in Isolation

Written by

Ben Will Roberts

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Benwillroberts@gmail.com

BEN

So you're lost, you enjoyed the outside. Going to the shops, sitting in the park, clubbing? A cheeky pint down the pub? All of that gone. Snatched away by the villainous clutches of Covid-19. So whilst the NHS fights the virus away, we're locked up, trapped in our own homes?

To some this is a curse, me? This is every day. Hi I'm Ben and I'm an introvert. Today I'm going to show you some tips and tricks to survive quarantine. Welcome to my tips and tricks for an extrovert learning introverted behaviour for social isolation.

CUT TO: TITLES

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INT. LIVING - DAY

The Living Room is fairly average, the walls of living room are green with two sofas located in it. BEN is sat in one sofa, holding a laptop on his lap with a headset on his head.

BEN

Tip one. Just because you're in isolation doesn't mean you can't spend time with your mates. There are plenty of free services for a video call.

BEN presses the call button on his laptop to call his friend, it rings but there is no response.

BEN (CONT'D)

Just uh make sure you have friends to call first.

CUT TO:

INT. BEDROOM - DAY

BEN stands in front of FATHER as he is talking to someone on video on the phone.

BEN

Just remember to make sure you hang
up when you're done.

FATHER

Talk later, I gotta go now.

FATHER puts his phone away into his pocket without turning it
off, walks past BEN and out of the room, into the toilet.
Noises can be heard from inside the toilet as BEN is now
stood outside.

BEN

Because no one wants to hear your
bowel movements.

CUT TO:

INT. HALLWAY - DAY

BEN is standing in the hallway facing the camera as BROTHER
walks out of the toilet, holding a piece of toilet paper in
his hand starting to sneeze as he walks towards BEN, hes's
about to sneeze into the toilet paper when BEN grabs it from
him.

BEN

Remember, in these peculiar times,
some products are scarce and hard
to come by. Substituting and
reserving works best.

BEN hands BROTHER a £10 note which he uses to blow his nose
before holding it back out to BEN.

BEN (CONT'D)

Keep the change.

BEN pats BROTHER on the shoulder and walks off behind him.

CUT TO:

INT. LIVING ROOM - DAY

BEN walks into the living room and MOTHER is sitting there.
She is watching the TV.

BEN

Just because the cinemas are shut
doesn't mean you can't bring the
cinema to you.

Someone throws BEN a bowl of popcorn from off screen. BEN catches it and hands it to MOTHER who begins to eat it.

BEN (CONT'D)
That'll be £8.99

MOTHER looks in shock at BEN.

BEN (CONT'D)
Cinema prices.

MOTHER reluctantly hands over the money.

CUT TO:

EXT. NEIGHBOURS BACK DOOR - DAY

BEN
Exercise is important. Be sure to
offer to take your neighbour's dog
for a walk.

BEN struggles to climb over the wall. A few moments later he reappears holding a small white dog.

BEN (CONT'D)
A cute dog attracts less suspicion
on your second walk.

BEN walks off down the street with the dog.

BEN (CONT'D)
And the lead acts as a great
measurement for two metres, keeping
you safe and distanced on walks.

CUT TO:

INT. LIVING ROOM - DAY

BROTHER is seated in the living room as MOTHER cuts his hair. BEN walks into the room.

BEN
It's tempting to get an isolation
trim, how bad can it be if no one
see's you for the next two months
anyways? Right?

BROTHER looks over at BEN as MOTHER stops what she's doing, he seems to think on it before nodding in agreement.

BROTHER
Ye/

BEN
/Wrong.

BEN clicks his fingers.

CUT TO:

INT. LIVING ROOM - AFTERNOON

Everyone is stood and sat exactly where they were before except now BROTHER has no hair. He touches his head, quite clearly freaking out.

BEN
That's not gonna grow back any time soon.

BROTHER runs out of the room screaming.

BEN (CONT'D)
This is probably a good time to head to the kitchen for some cooking tips and tricks.

CUT TO:

INT. KITCHEN - DAY

BEN is stood in the kitchen in an apron. He has a bowl, a baking tray and some pans out.

BEN
Having fun is important to getting through this period. Try and take up a new hobby. For me, I've taken up baking and would like to show you a simple recipe.

Today I'm going to show you all a lovely carrot cake recipe, but first the ingredients. Now it doesn't matter if you don't have all the ingredients feel free to substitute when necessary...

BEN looks into the cupboards trying to find the ingredients.

BEN (CONT'D)
Okay, we don't have carrots.

CUT TO:

INT. KITCHEN - AFTERNOON

BEN is stood in the kitchen with the same things out as before.

BEN
Today I'm going to show you all a lovely lemon drizzle cake recipe.

CAMERAMAN
We don't have lemons.

BEN
What? You've got to be/

CUT TO:

INT. KITCHEN - AFTERNOON

BEN is stood exactly where he was before.

BEN
Today I'm going to make flapjacks.

BEN makes the flapjacks whilst talking through each step.

BEN (CONT'D)
And they go into the oven and leave them in for 25 minutes... So here's one I made earlier.

BEN holds up a tin of clearly store brought flapjacks.

BEN (CONT'D)
Let's go back to BEN with one final message to end the video.

CUT TO:

INT. LIVING ROOM - DAY

BEN is sitting in the living room with his phone in his hand like he's about to call someone.

BEN
Perhaps the people finding
isolation the hardest are the
elderly. Make sure you check in on
your gran.

CUT TO:

EXT. GRANDPARENTS HOUSE - DAY

BEN is stood outside his grandparent's house as they open the door behind him.

BEN
Though don't be surprised if
they're less than happy to see you.

GRANDMA
Why are you here?

GRANDAD
Bog off.

GRANDMA
Go away.

BEN
That's all we have for you, stay
safe. Keep well and we'll get
through this. Bye for now.