

Maslow's Hierarchy of Needs



Deficiency needs

Denotes the first 4 layers of the pyramid

If the deficiency needs are not met, the human will feel anxious and tense

The most basic level of needs must be met before the human desire the secondary level of needs

Physiological needs

Physical requirements for human survival

e.g. air, water, food, clothing, shelter

- Food
- Sleep

Safety needs

Physical safety – the absence of which due to war, natural disaster, family violence, childhood abuse, people might experience post traumatic stress disorder/transgenerational trauma

Financial safety – preference for job security, savings accounts, insurance policies etc.

Health and well-being

Safety net against accidents/illness

- Rain
- Checking that the door is locked

Love and belonging

Sense of belonging and acceptance among social groups e.g. clubs, co-workers, religious groups, family members, intimate partners, mentors, colleagues, confidants.

People may be susceptible to loneliness, social anxiety and clinical depression

- Intimate relationship (2.30pm~3pm)
- Pluck the grass and put in circle around her.

Esteem

Self-esteem, self-respect. Human desire to be accepted and valued by others. People often engage in a profession or hobby to gain recognition.

“Lower” esteem: need for respect from others e.g. status, recognition, fame, prestige, attention

“Higher” esteem: self-respect e.g. strength, competence, mastery, self-confidence,

independence, freedom

- Lipstick

Self-Actualisation

- Turn the light on and off

Hokkaido Cheese Tart

5 November 2016

(We gotta be very hurry)

Food availability: cheese tart, convenience store, Binjai canteen, can 1, can 2

Time	Activity	Logistics
10.30~11.00am	Meet at Boon Lay MRT	Cordelia
11.30am	Reach Binjai Hall	
11.30 - 11.45am	Talk about the concept of the film, what we'll be doing throughout the day	
11.45 - 12.00pm	Sleep • (T) One shot: foot of the bed	Grey bed sheets, bed
12.00 - 12.20pm	Checking that the door is locked • (H) Tight, lock door once • (H) Tight, pull on locked door • (H) Tight, unlock 1, lock 1 (loose grip), tighten grip, lock 1	Inside of door
12.20 - 12.45pm	Turning the light on and off • (T) Tight, fiddling with light switch • (H) Bird eye viewish of turning on light • (H) Tight, chest (heart beat), turn off • (H) Tight, nose/mouth (heavy breathing), turn off	Lamp, power socket.
12.45 - 1.10pm	Eating (sprinkles) • (H) Tight, sprinkle pouring, shoot from left side, capture the sound • (H) Spooning the sprinkle into the mouth • (H) Tight, shoot from bottom, capture sound • (T) Wide, sitting with legs up, holding bowl in lap, spooning sprinkle into mouth • Ibid. At the wooden bench	Transparent bowl, metal spoon, sprinkles, glass bottle, metal chairs at open area, trash bag for spitting of sprinkles, sheet of paper
1.10 - 1.30pm	Buffer time for resting and walking to Can 1	
1.30 - 2.30pm	Lunch at amazing Can 1 western food	
2.30 - 2.45pm	Lipstick • (H) Tight, check self out, put on lipstick • (H) Wide, check self out, put on lipstick	Lipstick red and other one, baby wipe
2.45 - 3.00pm	Buffer time to walk to ADM and find Jo	
3.00 - 3.30pm	Love & Intimacy • (H) (Cordelia left, Jo right) Tight, front, hands hovering next to each other, Cords pinkie hook Jo • (H) Ibid. Back • (H) Tight, sitting diagonally opposite each other, Cords pivot from wrist, rest on Jo hand a little bit • (T) Back, right, over shoulder, Cords puts head on Jo shoulder	Josiah (black t-shirt)

Time	Activity	Logistics
3.30 - 4.00pm	Cheese tart (5) • Speed of eating decreases - fast, messy -> small scoops, jelat, left unfinished	Cheese tarts, white plate, white paper, masking tape, extra container if Cords no want to eat all the tarts
4.00 - 4.10pm	Shoot and pluck grass and weeds • (H) Wide, Documentary style, just shoot the plucking	Container for grass
4.10 - 4.20pm	Buffer for walking back to Binjai Hall	
4.20 - 4.45pm	Arrange grass in circle • (T) Tight, arranging grass in a small circle around the body, squatting down • (T) Ibid. Wide.	Grass
4.45 - 5.00pm	Say bye	

HO MY GARD KIM YOU NEED TO KNOW YOUR OWN SYSTEM

T = tripod

H = hover

Shoot preparations:

CHARGE BATTERIES TONIGHT
CHANGE BED SHEET TONIGHT
CLEAR SD CARD TONIGHT
PUT SPRINKLES IN BOTTLE
WASH PLATE, SPOON, FORK
CHARGE LAPTOP TONIGHT

Summary of logistics to carry around:

- Camera
 - Tripod
 - SD card
 - 2x batteries
 - Boom
 - Laptop (for transferring footage)
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- Sheet of paper
 - Transparent bowl
 - Metal spoon
 - Sprinkles
 - Glass bottle
 - Plastic bags
 - Tissue paper
 - Wet wipes
-
- Wet wipes
 - Lipstick x2
 - Cheese tarts
 - White plate
 - White paper
 - Masking tape
 - Plastic bags