



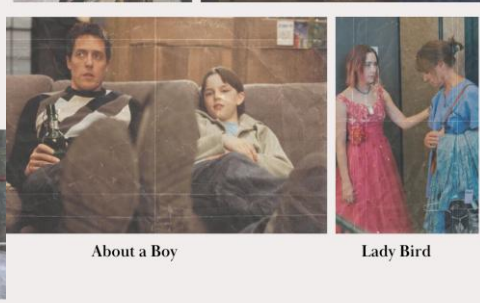
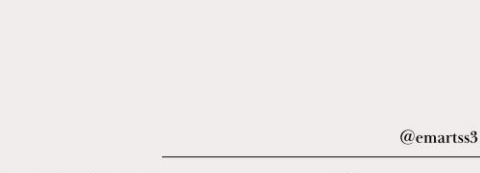
(Manchester by the Sea)



Parallels Pt 1



Parallels Pt 2

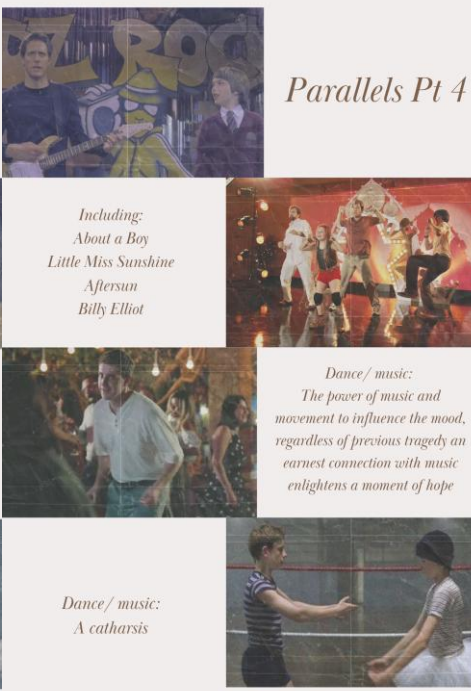


Little Miss Sunshine

About a Boy

Afternoon

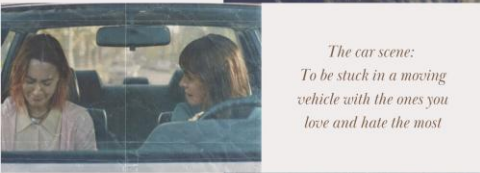
Lady Bird



Including:
About a Boy
Little Miss Sunshine
Afternoon
Billy Elliot

Dance / music:
The power of music and movement to influence the mood, regardless of previous tragedy an earnest connection with music enlightens a moment of hope

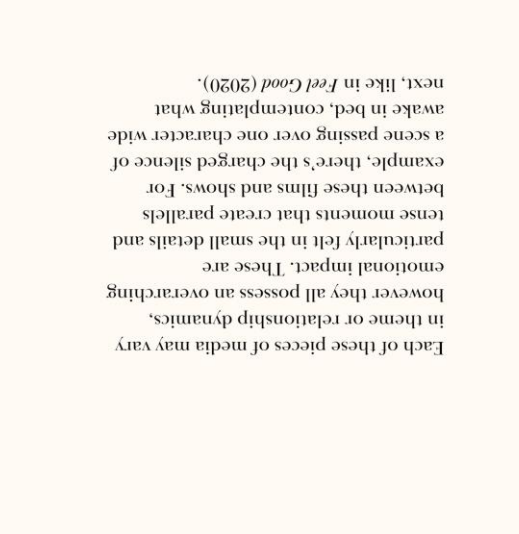
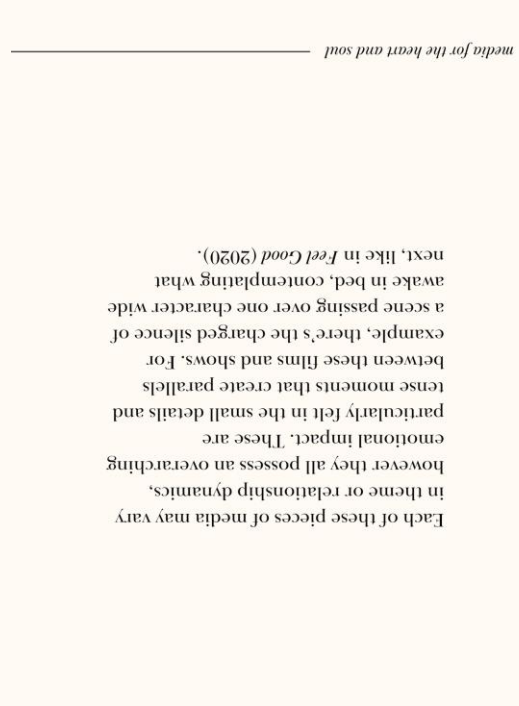
Dance / music:
A catharsis



Including:
Little Miss Sunshine
Beautiful Boy
Lady Bird
Manchester by the Sea

The car scene:
To be stuck in a moving vehicle with the ones you love and hate the most

The car scene:
Going somewhere and looking ahead unable to make eye contact as one drives, the vehicle charged with tension



Each of these pieces of media may vary in theme or relationship dynamics, however they all possess an overarching emotional impact. These are particularly felt in the small details and tense moments that create parallels between these films and shows. For example, there's the charged silence of a scene passing over one character wide awake in bed, contemplating what next, like in *Feel Good* (2020).

Alternatively, there's the noise of anger or frustration that haunts the tiny space of a car or van, as seen in *Lady Bird* (2017) and *Little Miss Sunshine* (2006). These both lead to a furious escape from the enclosed space of the vehicle and some of the most iconic moments in these films and tv shows.

media for the heart and soul



The bed scene:
A moment of reflection, realising the intimacy of getting to be with the other person

Including:
All of Us Strangers
Normal People
One Day
Feel Good

Parallels Pt 1

Red and Blue:
Physical signs of the characters contrast, a distant that follows them

Including:
Normal People
A Real Pain
Aftersun
One Day

Parallels Pt 2

Red and Blue:
Part of the aesthetically pleasing nature of these films / series

Parallels Pt 2

Parallels Pt 2