

The Nurse Ninja

Production & Prompt Guide

A complete, repeatable workflow for a satisfying 15-second Pixar-style hospital comedy — four patients ring their call bells at once, and one super-competent nurse ninja handles every task at impossible speed, leaving everyone happy.

15 sec · 9:16 vertical · Pixar comedy · No dialogue · SFX + score · Seedance 2.0

THE IDEA

Four call bells. One nurse. Zero panic.

A bright, modern hospital ward. The nurse is calmly writing notes when — ding, ding, ding, ding — four call bells light up at once. Four patients, four simple needs: a blood draw, a blood-pressure check, a fresh bandage, and a pill. Instead of stressing, she snaps into nurse-ninja mode: grabs a perfectly stocked trolley and blitzes the ward at impossible speed — sliding room to room, drawing blood cleanly, cuffing an arm, re-wrapping a bandage in a stylish blur, delivering medicine — until every bell goes dark and every patient is smiling. The hook: one super-competent nurse making chaos look effortless and satisfying.

WORKFLOW AT A GLANCE

01. Design the cast — The Nurse Ninja & four patients — from GPT Image / Nano Banana.
02. Lock the rules — Clean, family-friendly care — no gore, no graphic needles, everyone happy by the end.
03. Animate in Seedance 2.0 — Paste the master prompt below (as-is) for the 15-sec round.
04. Polish & post — Sync the bells & whooshes to the score, export 9:16, publish.

CHARACTER REFERENCE IMAGES

Design your cast on clean backgrounds. Generate each from the descriptions below and keep them the same recognizable characters throughout — each patient has ONE clear need, so their role reads instantly. Generate the Nurse Ninja + four patients, then upload them into Seedance 2.0 as identity references.

The Nurse Ninja (The hero) — Heroic adult female nurse with a ninja's speed, calm & precision — kind face, focused eyes, confident posture. Light-blue scrubs, white shoes, name badge, stethoscope, gloves when treating, small utility pouch, hair in a neat bun/ponytail. Identical in every shot.

Patients One & Two (Blood draw · Blood pressure) — Patient One — adult, nervous but cooperative, holding out an arm. Patient Two — older, upright in bed, calm, curious, slightly dramatic.

Patients Three & Four (Bandage · Medicine) — Patient Three — wrapped hand/forearm needing a fresh bandage. Patient Four — tired & impatient, waiting for a pill and water. All happy and satisfied by the end.

STORYBOARD THE HOOK, THE ROUND AND THE PUNCHLINE

[THE HOOK] The nurse writes calmly at the station — then four call bells light up at once; quick cuts of the four patients and their needs.

[THE NINJA ROUND] She blitzes the ward — blood draw, blood pressure, bandage master, medicine delivery — hands blurring stylishly, every bell going dark.

[THE PUNCHLINE] All four patients smile and gesture gratefully; she parks the trolley, folds her arms, turns to camera and adjusts her stethoscope.

KEY FRAME · THE HOOK

HOOK FRAME – four call bells, one nurse

[STYLE] Stylized 3D Pixar/Illumination cartoon, 9:16, glossy premium hospital render.

[ACTION] Wide shot of a bright modern ward. The NURSE NINJA (light-blue scrubs, stethoscope, neat bun) stands calmly at the nurses' station – then FOUR call bells light up one after another. She smiles, tightens her gloves, takes one focused breath, a sparkle across her eyes: everyone needs her at once, and she's about to handle all of it.

[ENVIRONMENT] Clean bright hospital ward, central nurses' station, hallway of rooms, blinking call-bell buttons, a stocked trolley nearby.

[NEGATIVE] No gore, no graphic needles, no panic, no text/logos, no doctors, no identity drift.

TIMELINE

0:00–0:03 The hook — the nurse writes calmly, then four call bells light up at once; a focused breath, a sparkle in her eyes.

0:03–0:05 Nurse mode activated — she grabs the stocked trolley, organizes every tool in one ninja sequence, pushes off; BOOM, the score drops.

0:05–0:07 Blood draw + blood pressure — clean and quick; a wince then a smile; cuff, stethoscope, warm thumbs-up.

0:07–0:10 Bandage master + medicine — a stylish blur of hands, one neat finishing wrap; pill + water, instant relief.

0:10–0:12 Super-round — blanket, chart, pillow, monitor; all four settle, every call bell goes dark.

0:12–0:15 The punchline — grateful patients, arms folded, a warm hero smile, freeze-frame with space for a caption.

THE 15-SECOND MASTER PROMPT

This is the whole thing — copy it, swap the hospital for any expert service (clinic, salon, kitchen), and you have your own "ninja" comedy series.

MASTER PROMPT · THE NURSE NINJA

STYLIZED 3D ANIMATED ACTION-COMEDY – THE NURSE NINJA AND THE FOUR CALL BELLS

[STYLE] Stylized 3D animated action-comedy. High-end Pixar / Illumination look, glossy premium render, exaggerated but clean cartoon anatomy, highly expressive faces, cinematic depth of field, dynamic camera movement, fast short-form pacing. 9:16 vertical, 15 seconds, 720p. NOT photorealistic, not live-action.

[CHARACTERS – keep each the same recognizable person]

THE NURSE NINJA (hero): a heroic adult female hospital nurse with the speed, calm and precision of a ninja – warm, competent, efficient and highly expressive, kind face, focused eyes, confident body language. Clean light-blue scrubs, white medical shoes, a name badge, a stethoscope around her neck, disposable gloves when treating, a small medical utility pouch, hair in a neat bun or ponytail. Moves at impossible speed yet stays graceful, calm and professional – never stressed. Keep her identical in every shot. THE FOUR PATIENTS (one clear need each): PATIENT ONE – blood draw: an adult sitting nervously, holding out an arm; slightly anxious but cooperative. PATIENT TWO – blood pressure: an older patient upright in bed, calm, curious, slightly dramatic. PATIENT THREE – bandage: a wrapped hand/forearm needing a fresh bandage, mildly uncomfortable. PATIENT FOUR – medicine: tired and impatient, waiting for a pill and water. All cute, stylized, expressive and non-graphic; happy and relieved by the end.

[LOCATION] A clean, bright, modern hospital ward – a central nurses' station, a hallway with several nearby rooms, hospital beds, bedside monitors, privacy curtains, medical carts, call-bell buttons, a blood-pressure cuff, medicine cup, bandages and a clipboard/tablet. Organized, calm, polished and professional. Busy but not chaotic. No surgery room, no ambulance scene, no panic, no horror atmosphere – a light, satisfying, fast-paced hospital-comedy setting.

[TIMELINE] 0:00-0:03 THE HOOK – everyone rings at once: wide shot of the ward, the Nurse Ninja calmly writing notes; one call bell lights up, then a second, third and fourth. Fast close-up montage of the four patients and their needs. Close-up of her face – she smiles, tightens her gloves, takes one sharp focused breath, a dramatic sparkle across her eyes. · 0:03-0:05 NURSE MODE ACTIVATED: she grabs a stocked trolley (blood kit, cuff, bandages, pill/water cup, sanitizer), eyes narrowing, spins it and organizes every tool in one fluid ninja sequence, then pushes off down the hall at lightning speed. Ambience cuts out – BOOM, the nurse-ninja score drops. · 0:05-0:12 THE NINJA ROUND: blood draw (clean, quick – the patient winces one beat then relaxes and smiles) -> blood-pressure cuff + stethoscope + warm thumbs-up -> bandage master (hands blur stylishly but stay controlled, one neat finishing wrap) -> medicine delivery (pill + water, instant relief). Then a super-round of finishing touches – blanket, chart, pillow, monitor – as all four settle, calm and smiling; every bell goes dark one by one. · 0:12-0:15 THE PUNCHLINE – everyone loves her: all four patients smile and gesture gratefully (thumbs-up, relief, admiring the bandage, resting after the pill). She parks the trolley, folds her arms, then turns to camera with a warm confident smile and adjusts her stethoscope. Freeze-frame with clean negative space up top for a caption.

[CAMERA] Wide establishing ward shots, close-ups of blinking call bells, quick patient-introduction cuts, dramatic eye close-ups, fast hallway tracking shots, whip-pans between rooms, macro medical-tool shots, clean satisfying treatment close-ups, split-second montage cuts, and a final hero freeze-frame. Cinematic depth of field, stylish whip-pans, fast match cuts, dynamic trolley tracking, clean medical-commercial framing, expressive reaction close-ups. Her speed and competence should feel visually exciting and funny – but always readable.

[AUDIO / SFX] No dialogue, no speech, no narration, no lyrics, no on-screen text. Start with soft hospital ambience (light monitor beeps, rolling cart wheels, calm ward tone); the instant all bells ring, shift to a playful nurse-ninja action-comedy score – fast percussion, pizzicato strings, light energetic beats, satisfying medical-comedy rhythm. SFX only: call-bell chimes, trolley wheels, glove snap, soft monitor beeps, cuff inflating, medical-tool clicks, cloth/bandage wrap, pill-cup tap, water sip, blanket fluff, sparkle accents, room-to-room whooshes.

[GUARDRAILS / NEGATIVE] Keep every procedure light, clean and readable. No gore, no graphic needles, no realistic suffering, no body horror, no emergency/trauma, no surgery,

QUALITY CHECKLIST

- ☐ First 3 seconds instantly show multiple patients ringing at once
- ☐ Same Nurse Ninja in every shot; four patients keep their roles (draw / BP / bandage / pill)
- ☐ Every procedure is clean, simple, family-friendly & readable — no gore or graphic needles
- ☐ The nurse performs each task herself — no floating tools, no self-healing magic
- ☐ Ambience cuts to the action score when the bells ring; SFX cut to the beat
- ☐ Ending clearly shows all four patients happy & every call bell off
- ☐ Freeze-frame keeps clean negative space at the top for the caption

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