JT Jérémie TEFA

GUIDE GRATUIT

PROMPTS

# 100 prompts vidéo qui marchent

10 styles, 10 prompts chacun, prêts à copier dans Kling, Hailuo, Grok ou Flow.

Édition 2026

**Jérémie TEFA**

CRÉATEUR DE CONTENUS FACELESS

GUIDE PROMPTS · JÉRÉMIE TEFA

# 100 prompts vidéo qui marchent

10 styles, 10 prompts chacun, prêts à copier dans Kling, Hailuo, Grok ou Flow.

## 01 Comment utiliser ces prompts

Chaque prompt suit la formule Sujet + Action + Décor + Style + Caméra + Lumière + Format. Copie-le tel quel pour tester, puis personnalise le sujet et l'action pour l'adapter à ton histoire.

1. **Copie le prompt**
   Choisis-en un dans la catégorie qui correspond à ta niche.

2. **Change le sujet**
   Remplace l'animal, le personnage ou l'objet par le tien, en gardant la même structure.

3. **Génère d'abord une image**
   Teste en image, puis anime l'image retenue : tu économises tes crédits vidéo.

4. **Ajuste le format**
   9:16 pour TikTok, Reels et Shorts ; 16:9 pour YouTube classique.

> **Le secret des pros**
>
> Ajoute à la fin de tes prompts une ligne de choses à éviter quand l'outil le permet : blurry, distorted faces, extra fingers, text, watermark. Tu réduis beaucoup les générations ratées.

## 02 Animaux comiques (3D cartoon)

Pour les niches humour et animaux habillés. Remplace l'animal ou l'action à volonté.

1. A chubby corgi in a tiny business suit typing furiously on a laptop, office desk, 3D cartoon Pixar style, comedic expression, slow push-in, soft office light, 9:16
2. A chihuahua wearing sunglasses stealing a taco from a picnic table at the beach, 3D cartoon style, exaggerated sneaky face, handheld camera, golden sunset, 9:16
3. A fat orange cat falling asleep in a bowl of noodles at a ramen bar, 3D cartoon Pixar style, steam rising, static shot, warm neon light, 9:16
4. A pitbull in a pink tutu doing ballet on a stage, spotlight, 3D cartoon style, proud expression, slow orbit, theatrical lighting, 9:16
5. A hyena laughing uncontrollably while watching TV on a sofa, popcorn flying, 3D cartoon style, close-up, cozy living room light, 9:16
6. A penguin in a delivery uniform sliding on ice to deliver a pizza, snowy city street, 3D cartoon Pixar style, tracking shot, cold blue light, 9:16
7. A hamster lifting a tiny barbell at the gym, sweating, determined face, 3D cartoon style, low angle shot, dramatic gym lighting, 9:16
8. Two dogs arguing over the TV remote, dramatic facial expressions, living room, 3D cartoon style, alternating close-ups, warm evening light, 9:16
9. A goat in a hoodie skateboarding down a city ramp, 3D cartoon style, motion blur, low tracking shot, bright afternoon light, 9:16
10. A sloth working as a fast-food cashier, extremely slow movements, impatient customers, 3D cartoon Pixar style, static wide shot, fluorescent light, 9:16

## 03 Histoires émotionnelles

Pour les micro-drames et histoires qui touchent. Garde la même description du personnage d'un plan à l'autre.

1. An elderly grandmother waiting alone at a train station with a gift box, rain on the windows, 3D Pixar style, melancholic expression, slow push-in, cold blue light, 16:9
2. A little girl giving her last coin to a homeless man in a snowy street, 3D Pixar style, warm emotional moment, eye-level shot, soft streetlight glow, 9:16

3 A father teaching his son to ride a bike in a quiet park, son finally rides alone, 3D Pixar style, joyful tears, tracking shot, golden hour, 16:9

4 A lonely robot finding a small flower growing in a destroyed city, 3D cinematic style, wonder expression, slow crane shot, dusty sunlight beams, 16:9

5 A boy reading a letter from his late mother, tears falling on the paper, bedroom at night, 3D Pixar style, extreme close-up, warm lamp light, 9:16

6 A young woman hugging her old dog one last time at the vet, 3D Pixar style, emotional, soft focus background, slow push-in, muted warm light, 9:16

7 A school janitor secretly fixing the broken toy of a crying child, 3D Pixar style, kind smile, static medium shot, evening classroom light, 9:16

8 Two old friends meeting again after 40 years at a bus stop, 3D Pixar style, surprised and happy faces, slow orbit, autumn afternoon light, 16:9

9 A mother working late at a sewing machine while her kids sleep, 3D Pixar style, tired but loving, side angle, single warm lamp, 9:16

10 A soldier returning home and his dog running towards him, 3D cinematic style, slow motion, wide tracking shot, golden sunset, 16:9

## 04 Réaliste cinématographique

Pour les vidéos qui doivent ressembler à un vrai film.

1 Cinematic shot of a lone astronaut walking across a red desert planet, shallow depth of field, anamorphic lens, dust in the air, slow tracking shot, film grain, 16:9

2 A fisherman pulling his boat onto a beach at dawn in West Africa, realistic, cinematic color grading, wide shot, soft morning mist, 16:9

3 Close-up of a chef's hands plating a gourmet dish, steam rising, shallow depth of field, slow push-in, warm restaurant light, 9:16

4 A vintage car driving through a neon-lit city at night in the rain, reflections on the road, cinematic, low tracking shot, 16:9

5 A woman running through a golden wheat field at sunset, slow motion, backlight, handheld camera, cinematic film look, 16:9

6 Aerial drone shot of a waterfall in a tropical rainforest, mist rising, realistic, slow forward flight, soft natural light, 16:9

7 A businessman standing on a skyscraper rooftop looking at the city at night, wind in his coat, cinematic, slow orbit, cool blue tones, 16:9

8 A busy African market street at noon, colorful fabrics, people walking, realistic documentary style, handheld walk-through shot, 16:9

9 A lighthouse in a violent storm, huge waves crashing, cinematic, slow push-in, dramatic lightning flashes, 16:9

10 A boxer training alone in a dark gym, sweat drops in slow motion, cinematic, low angle, single top light, 9:16

## 05 ASMR et satisfaisant

Pour les vidéos qui se regardent en boucle. Insiste sur la matière et le son.

1 Macro shot of a knife slicing through a colorful layered jelly cake, satisfying, clean white background, slow motion, soft studio light, 9:16

2 Hands assembling a miniature car piece by piece on a white studio table, ASMR, macro detail, overhead shot, soft diffused light, 9:16

3 Kinetic sand being cut into perfect cubes, pastel colors, macro shot, slow motion, clean studio lighting, 9:16

4 Hot honey slowly pouring over a stack of pancakes, macro, glossy texture, slow motion, warm light, 9:16

5 A hydraulic press slowly crushing a glowing crystal ball, satisfying, macro, slow motion, dark background with rim light, 9:16

6 Soap bar being carved into thin curls, pastel colors, ASMR, close-up, soft pastel lighting, 9:16

7 Tiny tools restoring a rusty miniature motorcycle until it shines, ASMR restoration, macro, overhead shot, studio light, 9:16

8 Paint being mixed in swirling patterns of blue and gold, macro, slow motion, satisfying, top-down shot, 9:16

9 Ice cubes cracking in a glass as soda is poured, macro, slow motion, bubbles, backlit, dark background, 9:16

10 A pressure washer cleaning a very dirty stone path revealing bright tiles, satisfying, top-down shot, daylight, 9:16

## 06 Stickman et explicatif

Pour les vidéos d'explication, d'argent et de psychologie.

1. `Minimalist stickman character with rim light standing in front of a giant stack of coins, dark moody background, 2.5D style, slow push-in, 16:9`
2. `Stickman walking on a tightrope between two cliffs labeled 'risk' and 'safety', minimalist, cinematic lighting, side shot, 16:9`
3. `Giant stickman face close-up with shocked expression, white lines on dark background, dramatic rim light, quick zoom-in, 16:9`
4. `Stickman climbing a staircase made of books towards a glowing door, minimalist, warm light, slow tracking shot, 16:9`
5. `Blueprint-style diagram of a human brain with a stickman exploring inside, glowing cyan lines on dark blue, slow orbit, 16:9`
6. `Stickman trapped in a giant hourglass with sand falling, minimalist, dramatic lighting, slow push-in, 16:9`
7. `Two stickmen on a seesaw, one holding money, the other holding time, minimalist, soft light, static shot, 16:9`
8. `Stickman running on a hamster wheel inside an office, minimalist satire, dark background with spotlight, side view, 16:9`
9. `Stickman planting a coin that grows into a money tree, minimalist, time-lapse feeling, warm light, static shot, 16:9`
10. `Stickman standing at a crossroads with two glowing paths, minimalist, cinematic fog, high angle shot, 16:9`

## 07 Fruits et objets vivants

Pour les mini-films avec fruits, légumes ou objets qui parlent.

1. `An anthropomorphic banana detective with a tiny hat investigating a crime scene in a kitchen, 3D cartoon style, serious face, slow push-in, moody light, 9:16`
2. `A sad tomato watching other vegetables go to a party, 3D Pixar style, emotional, eye-level shot, colorful fridge interior light, 9:16`
3. `An avocado superhero saving a falling egg in the kitchen, 3D cartoon style, dynamic action, slow motion, bright light, 9:16`

4 A strawberry family eating dinner together inside a fruit bowl house, 3D Pixar style, cozy, wide shot, warm light, 9:16

5 A pineapple boxer training for a big fight against a coconut, 3D cartoon style, determined face, low angle shot, gym lighting, 9:16

6 A lemon crying sour tears after a breakup with a lime, 3D Pixar style, comedic drama, close-up, rainy window light, 9:16

7 An old wooden chair telling stories to young plastic chairs, 3D Pixar style, warm nostalgic, slow orbit, attic light, 9:16

8 A smartphone and a book arguing about who is more useful, 3D cartoon style, funny expressions, alternating shots, desk lamp light, 9:16

9 A carrot rescuing a potato stuck in a blender, 3D cartoon style, suspense, close-up, dramatic kitchen light, 9:16

10 A watermelon getting a haircut at a fruit barbershop, 3D cartoon style, funny, medium shot, bright salon light, 9:16

## 08 Éducatif et science

Pour les vidéos qui expliquent le corps, les animaux et la nature.

1 3D anatomical view of the muscles working during a squat, transparent skin, glowing red active muscles, slow orbit, clean dark background, 9:16

2 Cross-section of the Earth showing its layers, realistic 3D, slow zoom-in to the core, glowing lava, 16:9

3 A Greenland shark swimming slowly in dark Arctic water, realistic, underwater light rays, slow tracking shot, 16:9

4 Microscopic view of white blood cells attacking a virus, 3D medical animation, vibrant colors, slow push-in, 16:9

5 A tardigrade walking on a moss leaf, macro 3D render, scientific style, slow tracking shot, soft light, 16:9

6 Time-lapse of a seed growing into a tree with roots visible underground, 3D cross-section, educational style, static shot, 16:9

7 3D animation of the heart pumping blood, transparent view, arteries glowing, slow orbit, dark background, 9:16

8 An octopus changing color and texture to hide on coral, realistic macro, underwater light, static shot, 16:9

9 Wireframe blueprint of a cheetah running showing its skeleton, cyan lines on dark blue, side tracking shot, 16:9

10 Planets of the solar system lining up in space, realistic 3D, slow dolly along the line, cinematic light, 16:9

## 09 Horreur et mystère

Pour les histoires qui font frissonner. Joue sur l'ombre et le silence.

1 An abandoned hospital corridor with a flickering light at the end, cinematic horror, slow push-in, cold green light, fog, 16:9

2 A child's doll slowly turning its head in an empty bedroom, horror, static shot, moonlight through curtains, 9:16

3 A figure standing motionless at the edge of a dark forest, seen from a car window at night, horror, headlights, 16:9

4 Old wooden stairs leading to a basement with a red glow, cinematic horror, slow descending shot, dust particles, 9:16

5 A mirror reflection smiling while the person does not, horror, close-up, dim bathroom light, 9:16

6 An old phone ringing in an empty house, cinematic mystery, slow push-in, single lamp light, 16:9

7 Footprints appearing one by one in fresh snow with nobody there, mystery, high angle shot, cold blue night light, 16:9

8 A lighthouse keeper seeing a ship made of light on the sea, mystery, wide shot, stormy night, 16:9

9 An empty playground swing moving by itself at dusk, horror, static wide shot, foggy orange sky, 9:16

10 A hand knocking from inside a frozen lake, horror, top-down shot, cold blue light, 16:9

## 10 Produits et marques

Pour les publicités, les présentations de produits et les vidéos clients.

1. `Luxury perfume bottle rotating on a black reflective surface, gold particles floating, commercial, slow orbit, studio rim light, 9:16`
2. `A pair of sneakers splashing into water in slow motion, commercial, dynamic, macro, bright studio light, 9:16`
3. `A smartphone floating and rotating with its screen lighting up, sleek commercial style, dark gradient background, 16:9`
4. `Fresh orange juice being poured with oranges bursting around, commercial, slow motion, bright clean light, 9:16`
5. `A coffee cup with steam on a wooden table at sunrise, cozy commercial, slow push-in, warm light, 9:16`
6. `African fashion model walking on a runway in a colorful wax print outfit, commercial, slow motion, spotlight, 9:16`
7. `A burger assembling itself layer by layer in mid-air, food commercial, slow motion, dark background, studio light, 9:16`
8. `A wristwatch in extreme close-up, gears visible, luxury commercial, slow orbit, dramatic lighting, 16:9`
9. `Skincare cream jar on a marble surface with water drops, clean beauty commercial, soft diffused light, static shot, 9:16`
10. `A delivery motorbike riding through a vibrant African city at sunset, commercial, tracking shot, golden light, 16:9`

## 11 Transitions et effets

Pour donner du rythme et des passages spectaculaires entre deux scènes.

1. `Seamless transition: camera flies through a keyhole into a magical library, cinematic, continuous shot, 16:9`
2. `Camera zooms into a person's eye and reveals a galaxy inside, seamless transition, cinematic, 16:9`
3. `A paper drawing comes to life and becomes a 3D scene, magical transition, top-down to eye level, 9:16`

4 Day turns into night in a city in one continuous shot, time-lapse, static wide shot, 16:9

5 Camera passes through a window into the rain outside, continuous shot, cinematic, 9:16

6 A book opens and its pages turn into flying birds, magical, slow motion, warm light, 9:16

7 Ink drop spreading in water and forming a city skyline, artistic transition, macro, 16:9

8 A phone screen expands to fill the frame and becomes the real world, seamless transition, 9:16

9 Shattering glass revealing a new scene behind it, slow motion, cinematic, 16:9

10 Camera dives from the clouds down to a single person in a crowd, continuous drone shot, 16:9

## Rejoins ma chaîne WhatsApp

Chaque semaine, je partage de nouveaux prompts, des outils IA gratuits et mes astuces de créateur faceless. Rejoins la communauté pour ne rien rater.

**Rejoindre la chaîne WhatsApp**

https://whatsapp.com/channel/0029Vb8ZavHBPzjWVZAwjp27

**Mes tutos vidéo**

Regarde les tutos pas à pas sur YouTube : youtube.com/@jeremietefa

**Besoin d'aide ou d'une collaboration ?**

Écris-moi : jeremietefapro@gmail.com