

### Description of Supporting Videos

Supplementary Video 1: Localized calcium responses in HEK293 cells treated with **3p** (2  $\mu\text{M}$ ) and Fluo-4 (2  $\mu\text{M}$ ) stimulated by 640-nm light for 250 ms.

Supplementary Video 2: Localized calcium responses in C2C12 myotubes treated with **3p** (2  $\mu\text{M}$ ) and Fluo-4 (2  $\mu\text{M}$ ) stimulated by 640-nm light for 1.5 s.

Supplementary Video 3: Brightfield of C2C12 myotubes treated with **3p** (2  $\mu\text{M}$ ) and Fluo-4 (2  $\mu\text{M}$ ) stimulated by 640-nm light for 1.5 s.

Supplementary Video 4: Brightfield after image subtraction method of C2C12 myotubes treated with **3p** (2  $\mu\text{M}$ ) and Fluo-4 (2  $\mu\text{M}$ ) stimulated by 640-nm light for 1.5 s.

Supplementary Video 5: Localized calcium responses in *Hydra* treated with **3p** (6  $\mu\text{M}$ ) and 640-nm light for 3 s.

Supplementary Video 6: Localized calcium responses in *Hydra* treated with DMSO and 640-nm light for 3 s.