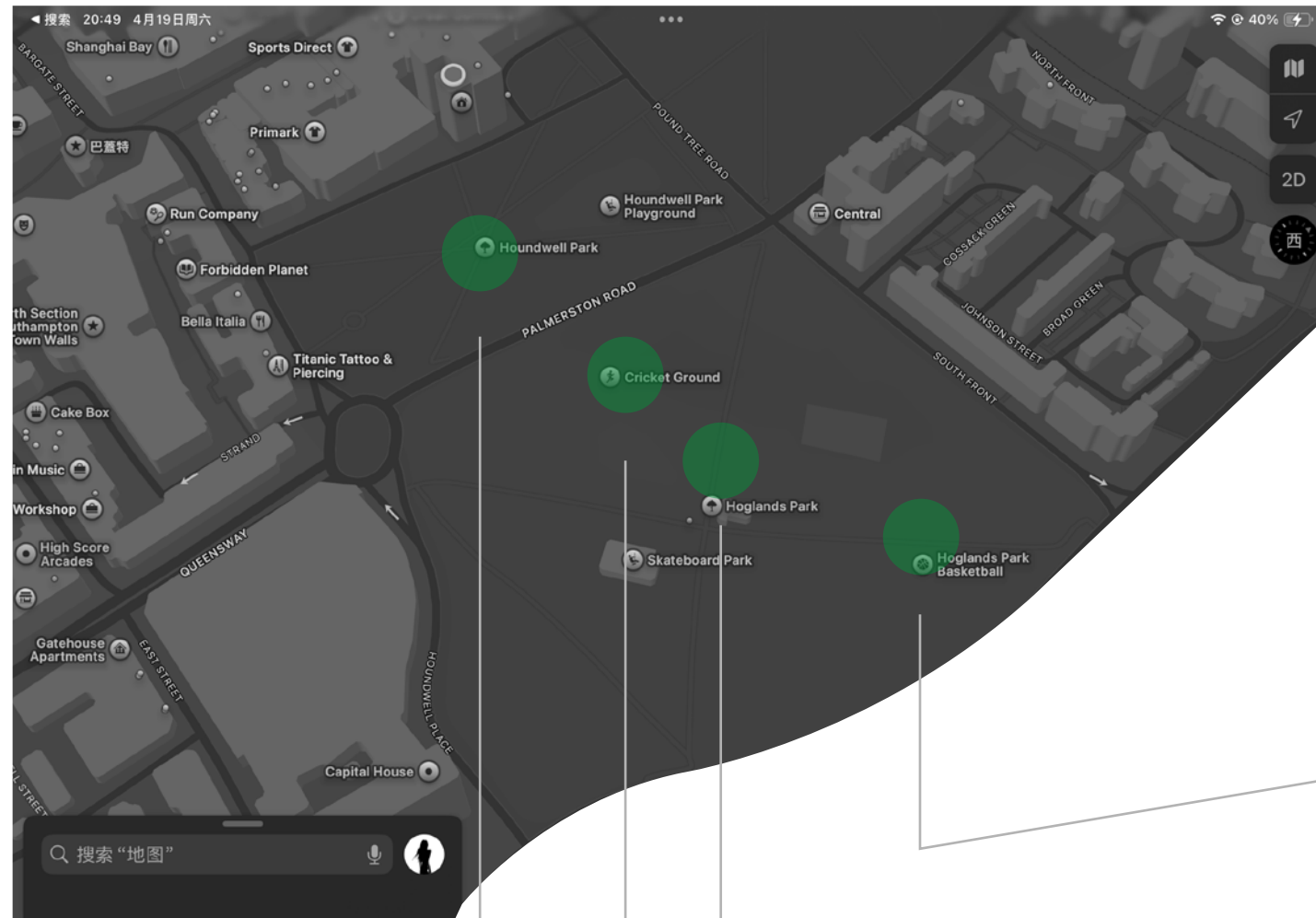


PROJECT2

PSYCHOGEOGRAPHY



Research



Basketball is also a great way to relax, relieve stress and get in touch with nature. Everyone enjoys nature in different ways, so the energy they obtain is also different



This is the first place I observed when I entered the park

There are no benches for people to rest here. Instead, there are all kinds of thriving plants



Many people rest here, enjoy the sunshine and do some things of their own



Many children are playing on the children's amusement facilities here, seeking their own happiness

Reason

■ *Connection and sense of Belonging*

In nature, people often feel that they are part of a larger world. This sense of connection can enhance a sense of belonging.

■ *Relaxation and stress reduction*

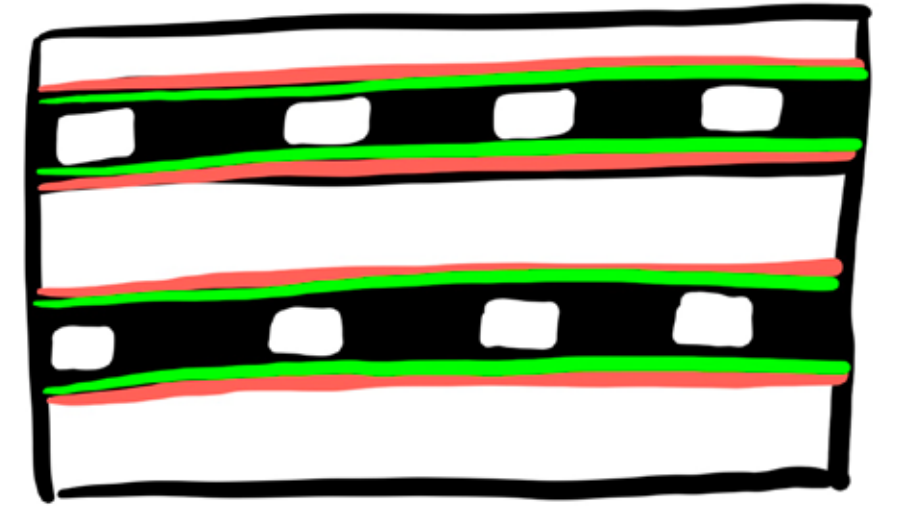
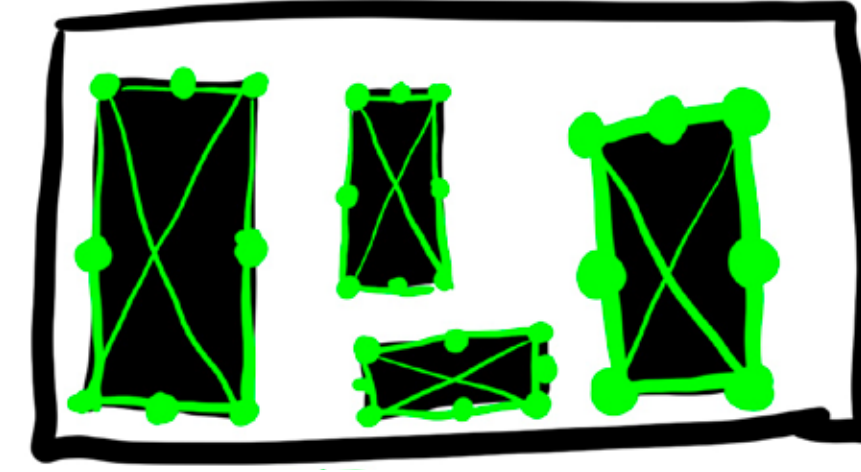
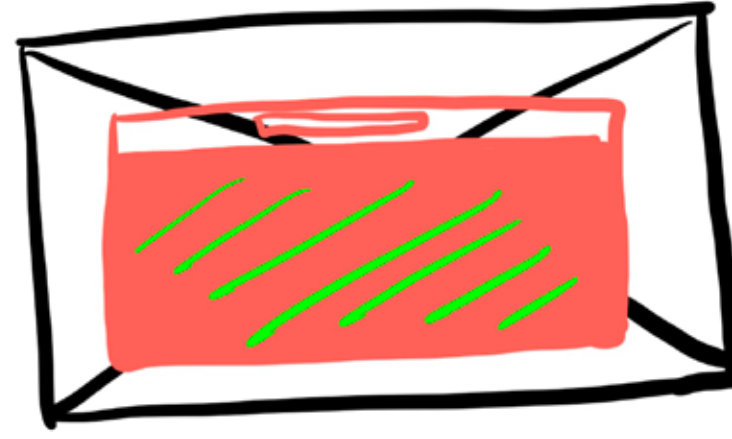
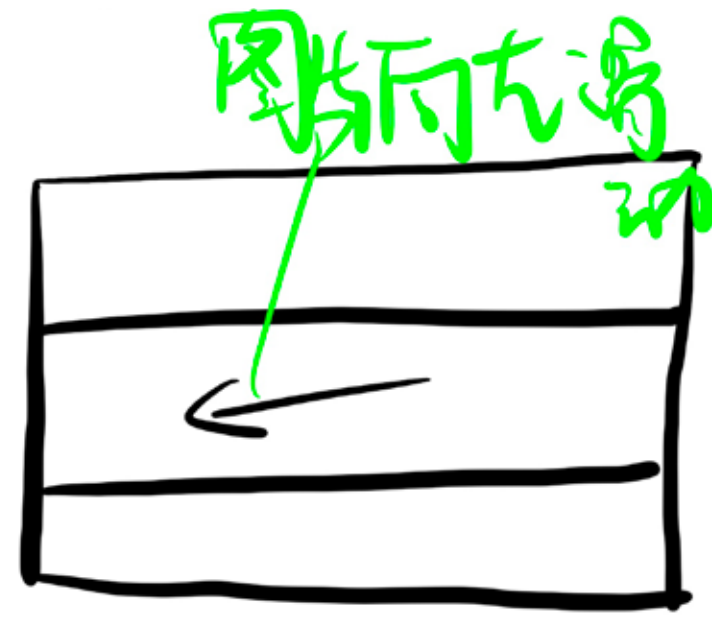
The natural environment is usually associated with tranquility and peace, which can help relieve stress and relax both the body and mind.

■ *Physical health*

Engaging in activities in nature, such as hiking and cycling, can promote physical health and thereby enhance one's mood.

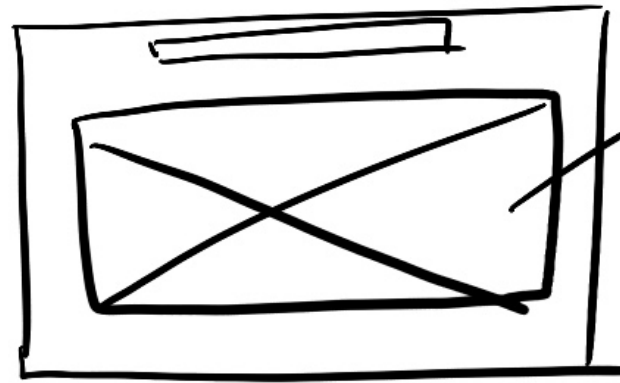


Research



感受自然

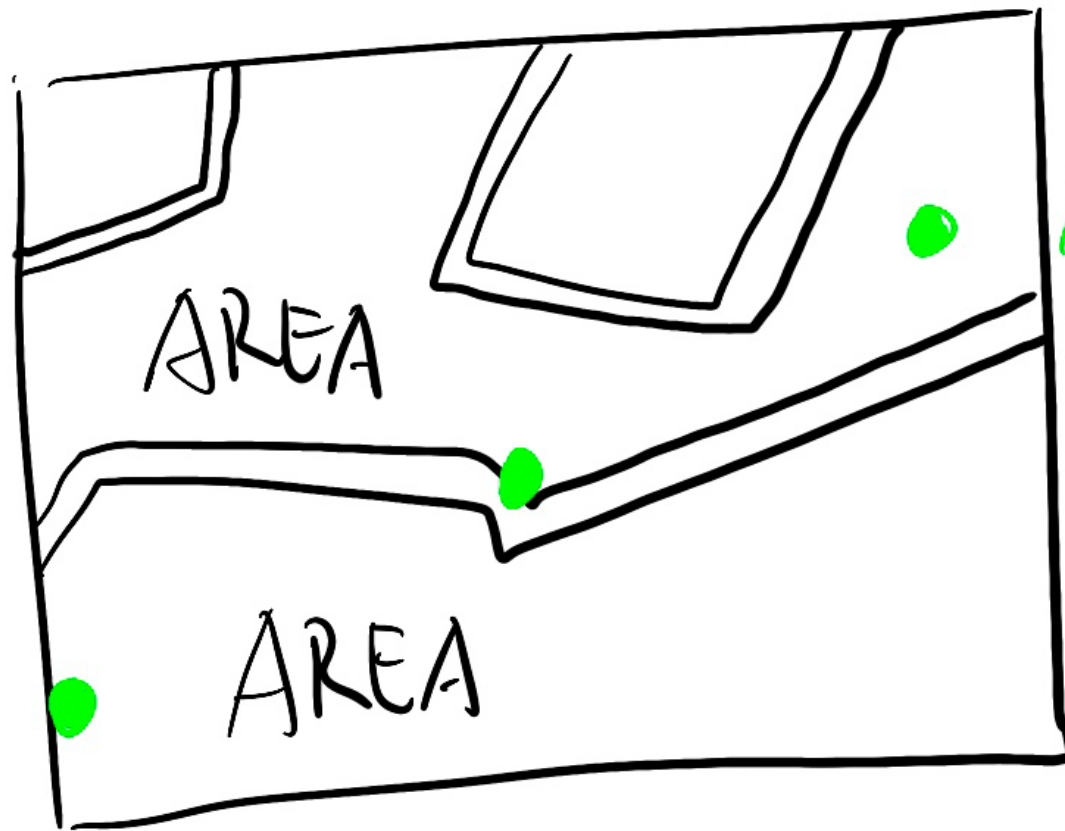
touchdesigner



How do plants sway with wind?

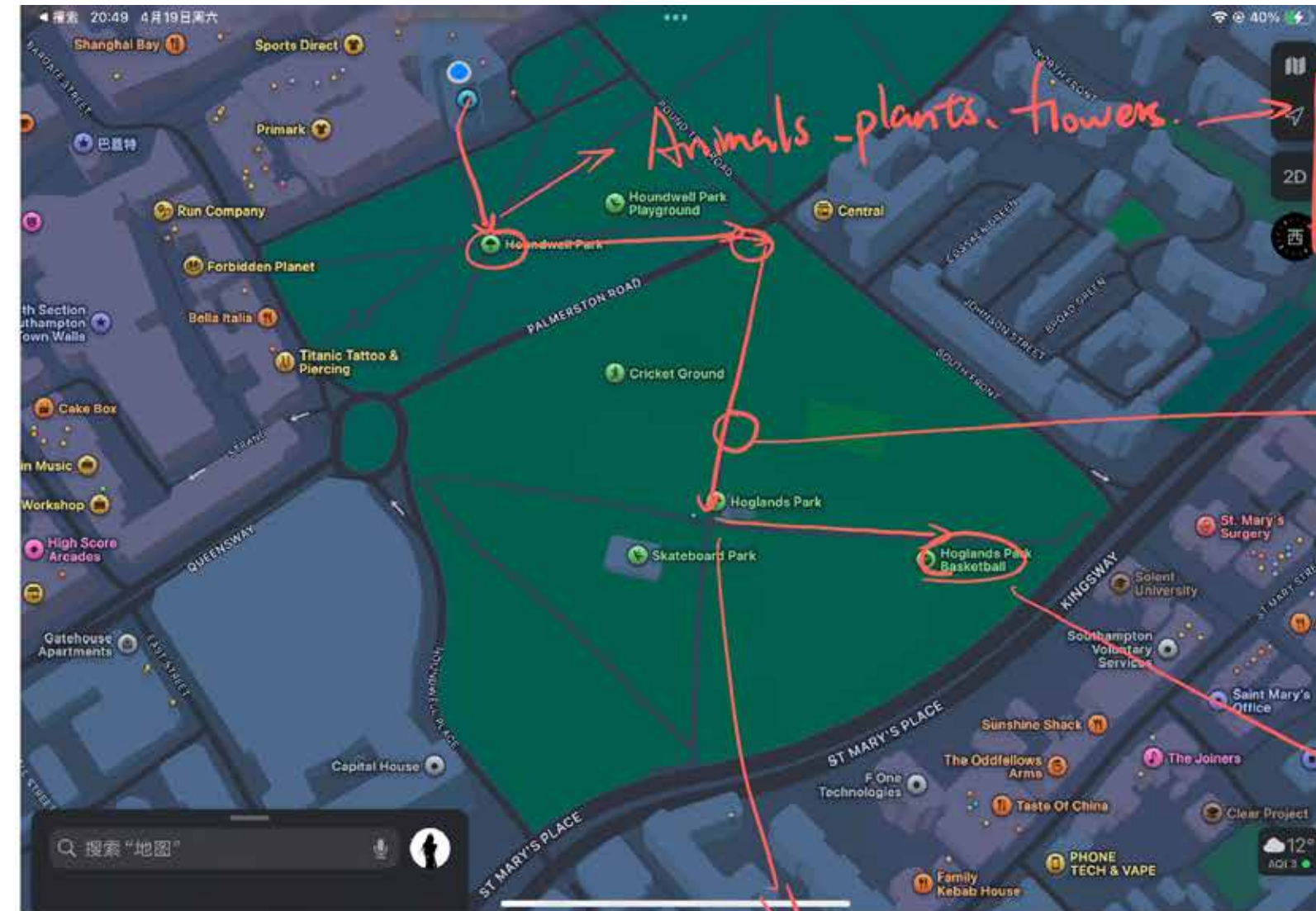
link with feelings, behavior

How to let the reader know what area is it?

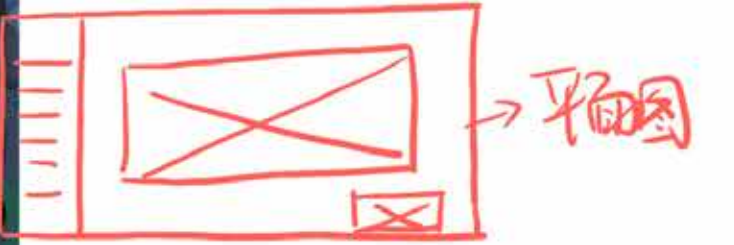


Moving with lens

做出互动感



Animals, plants, flowers

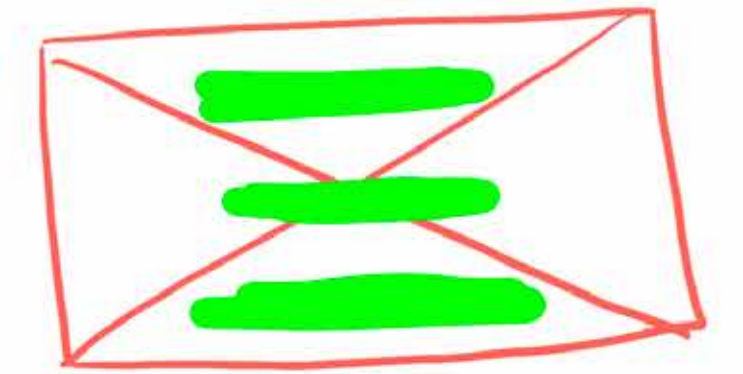
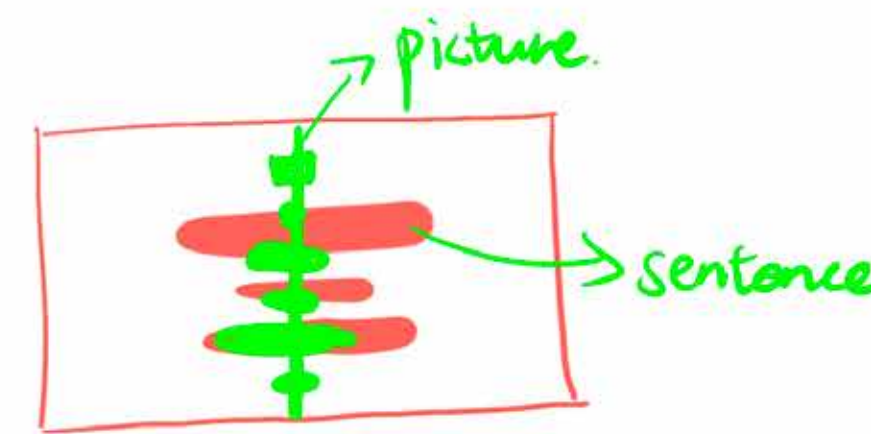


平面图

记录行为?
不同人物?
不同年龄段?

basketball

鸟? 天鹅?
路过的人?



Observe the nature

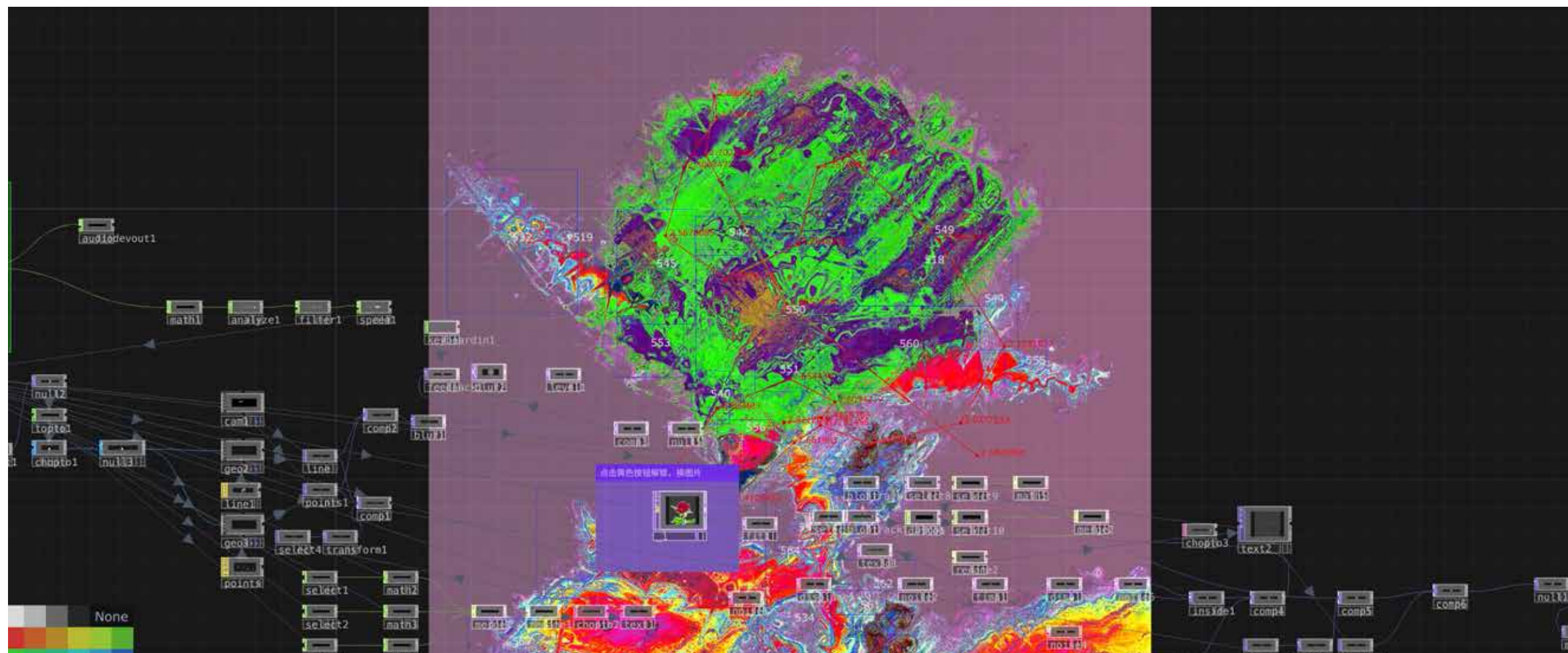
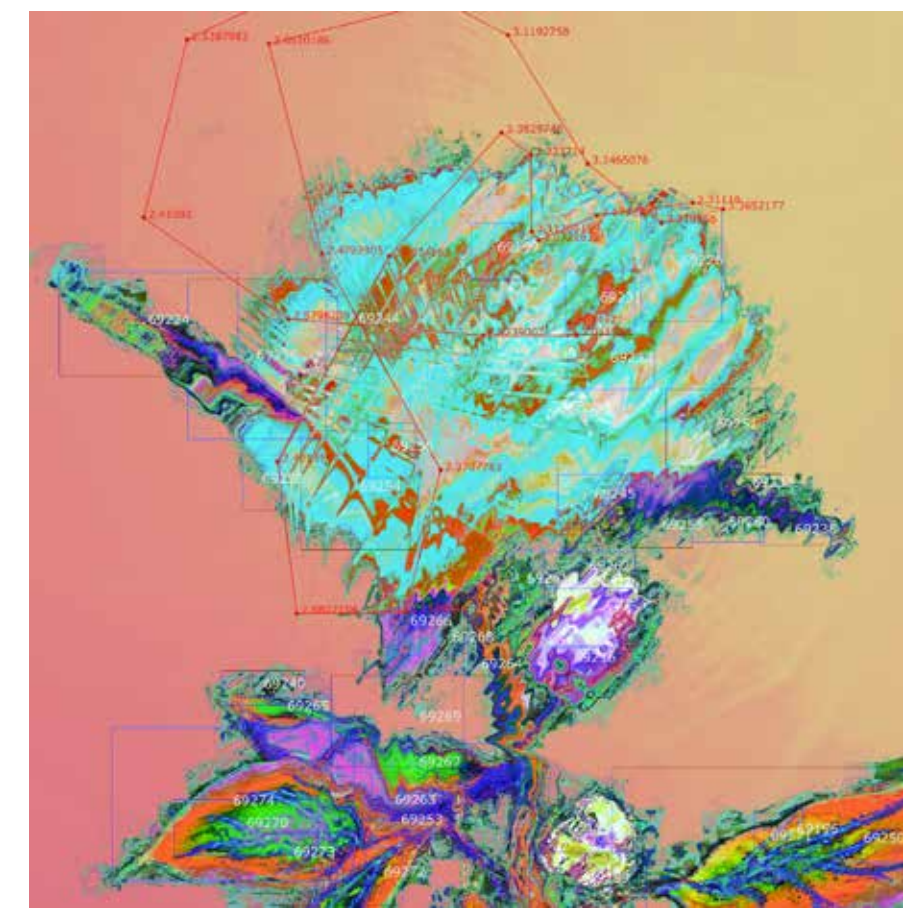
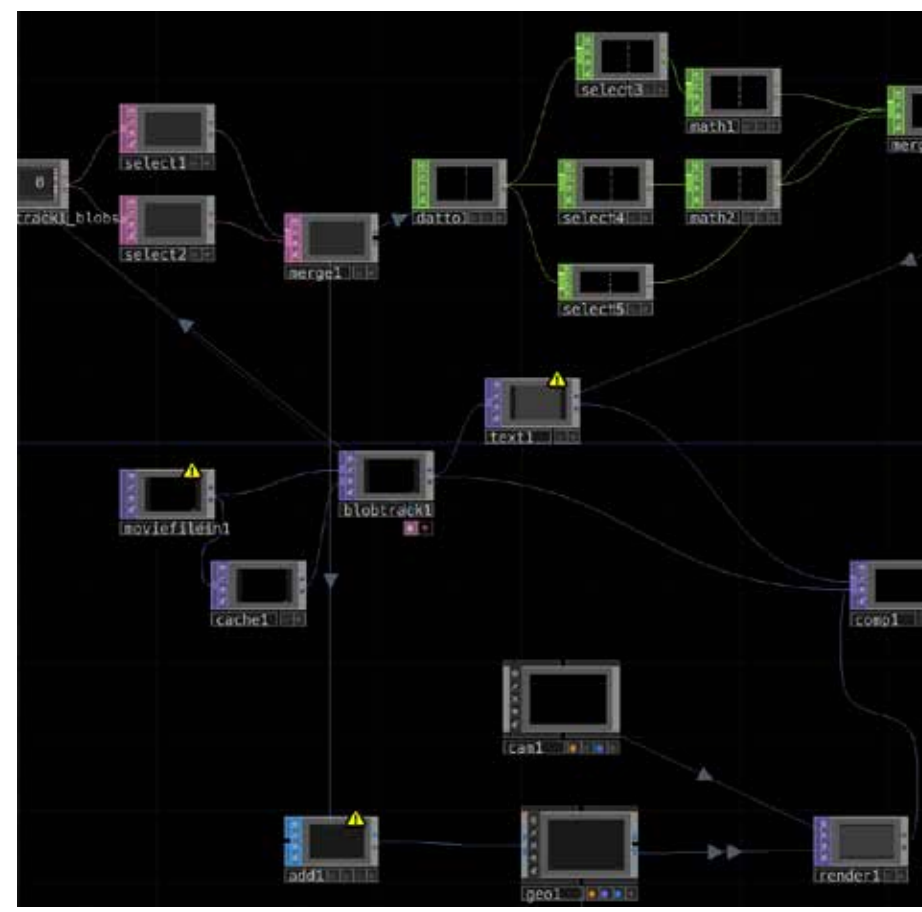
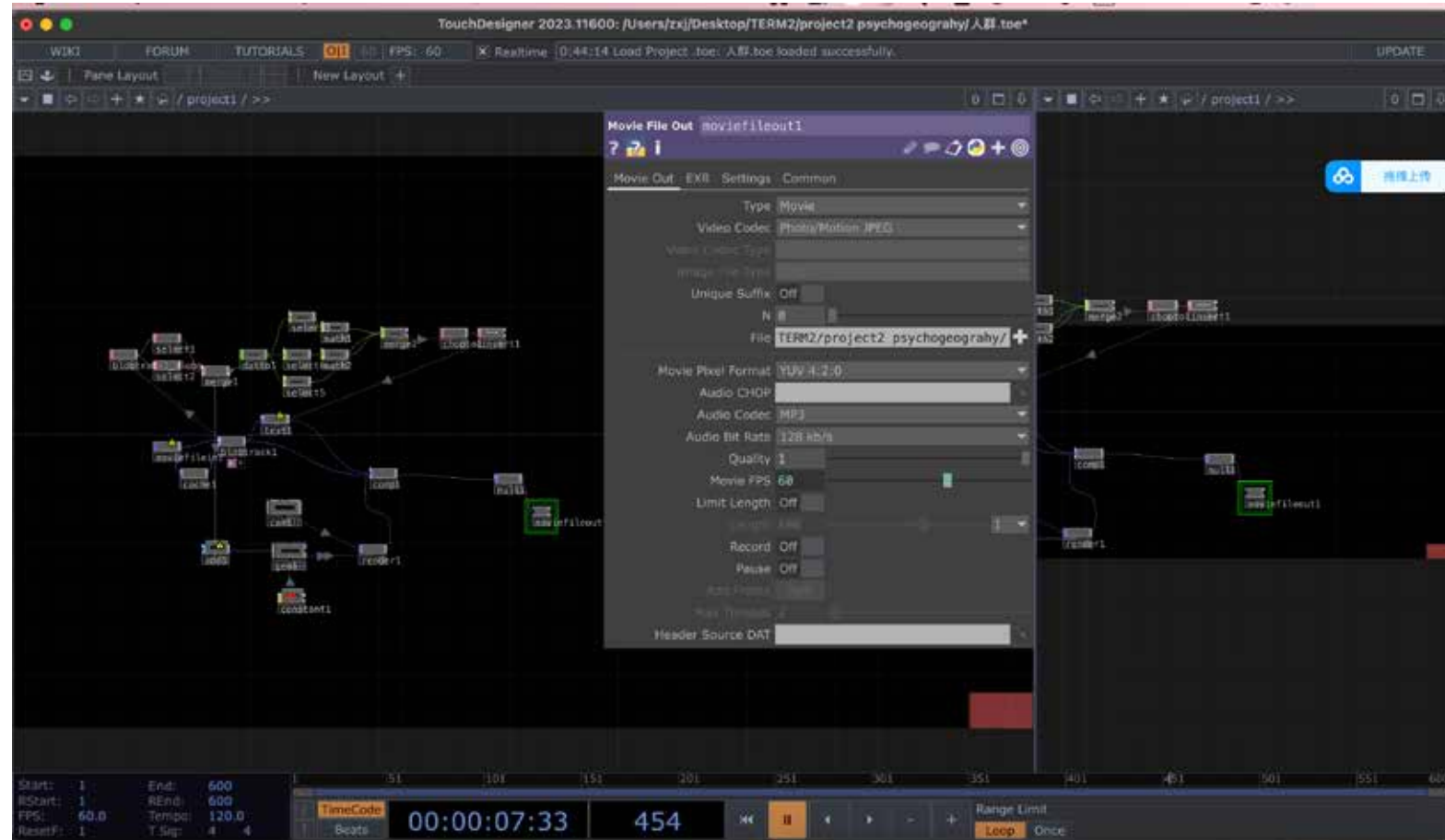
Observe what plants look like in nature, and how people draw energy from the natural environment, and how can one find oneself in nature

Just like animals, both humans and animals need a space to relax and be alone. Carefully observing nature, every place is worth our individual appreciation and marveling at the power of nature. Every plant and tree in the park has its own energy. This is the often mentioned 20-minute park effect

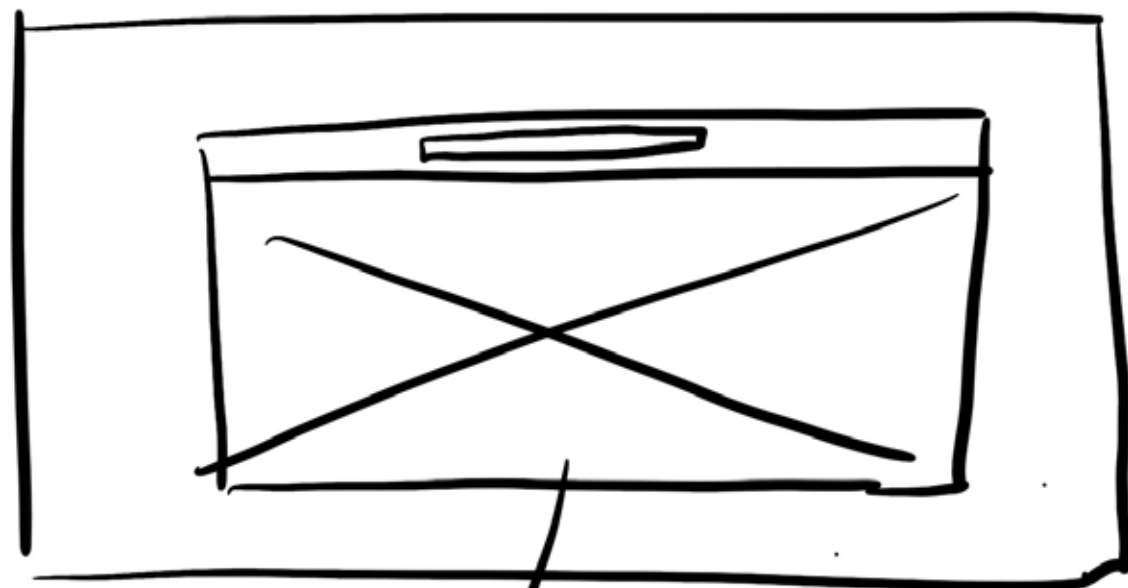
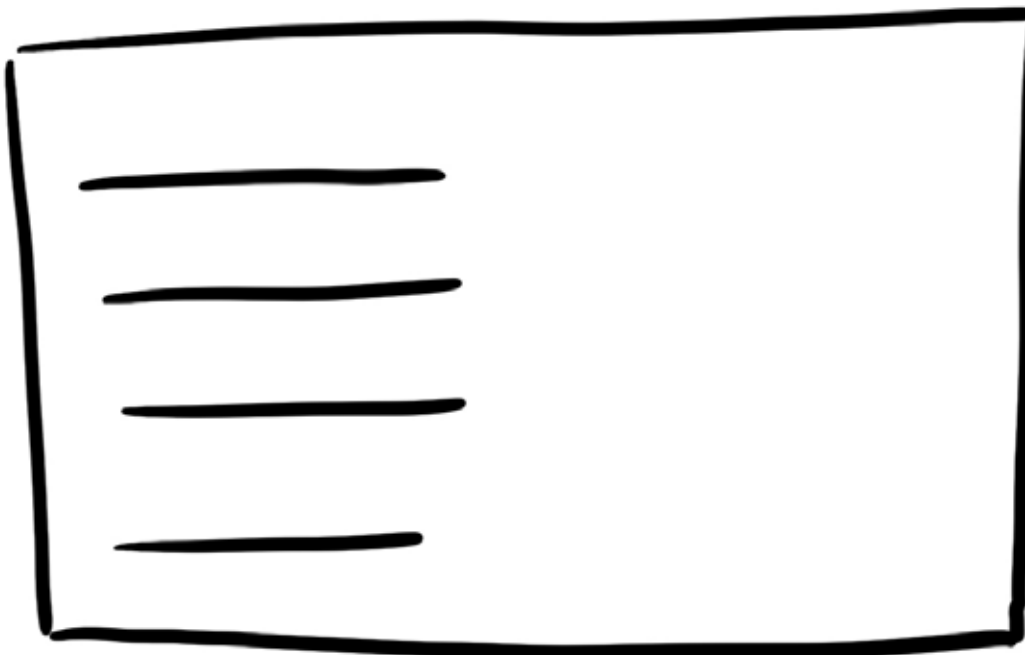
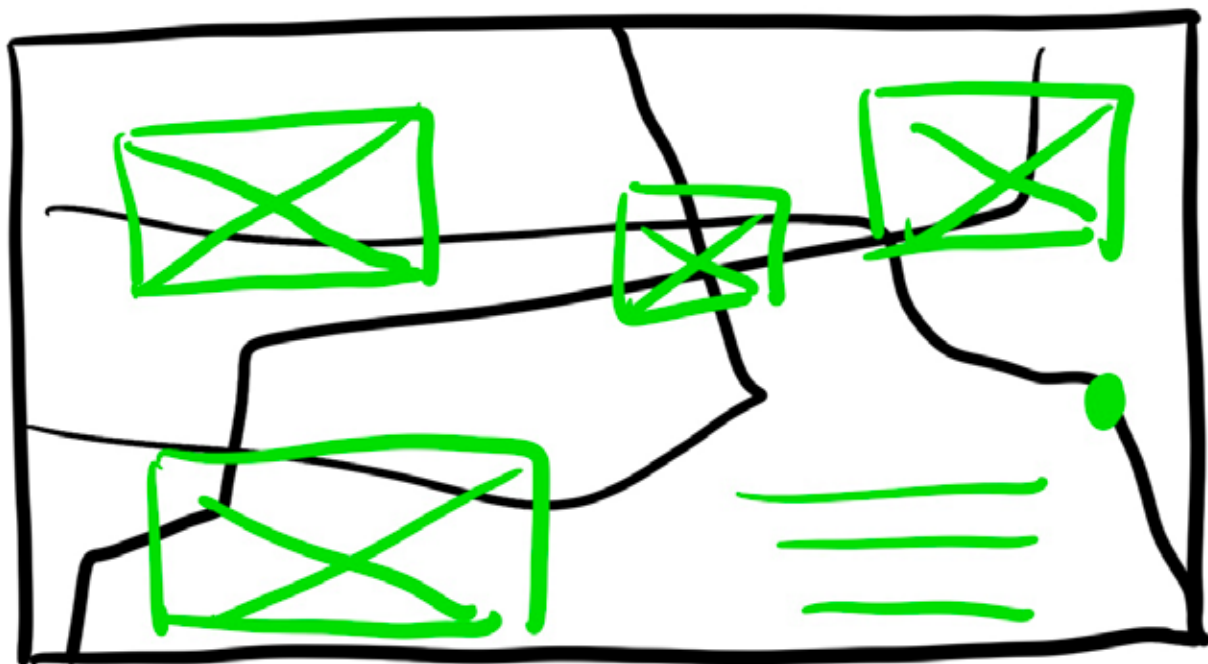
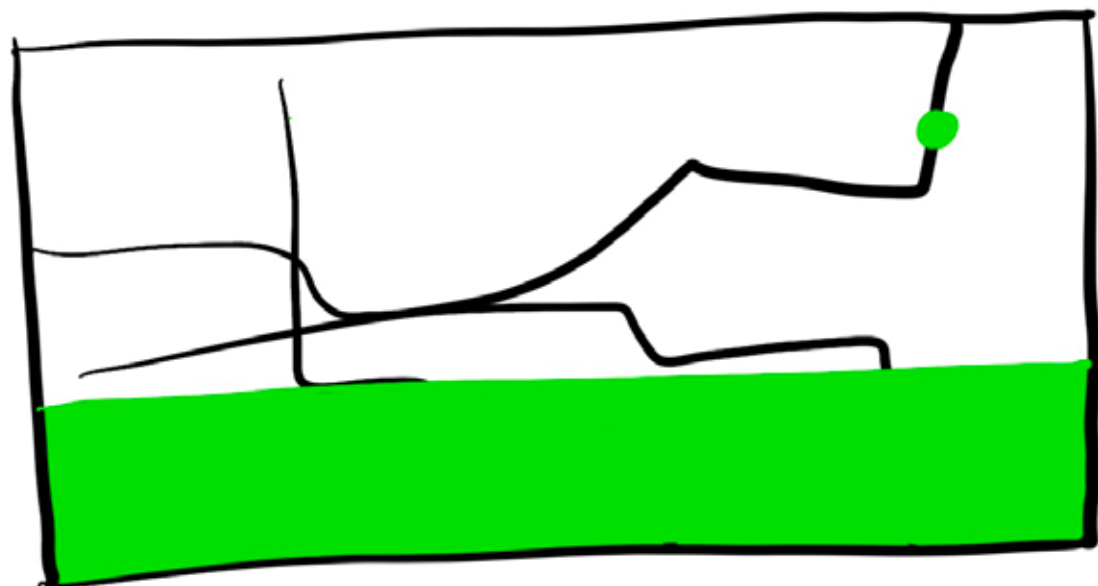
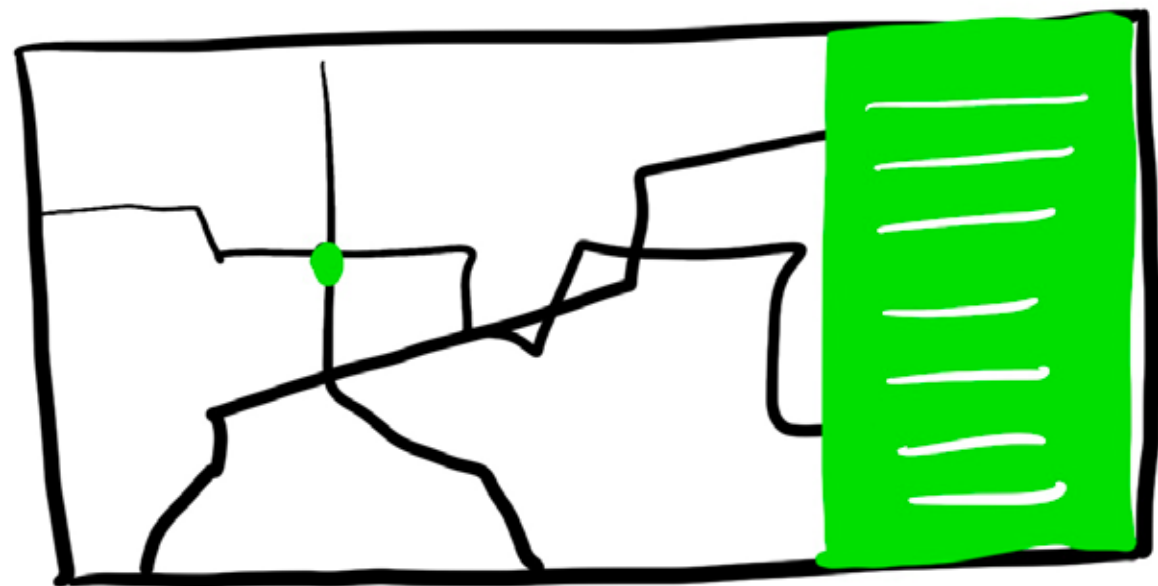
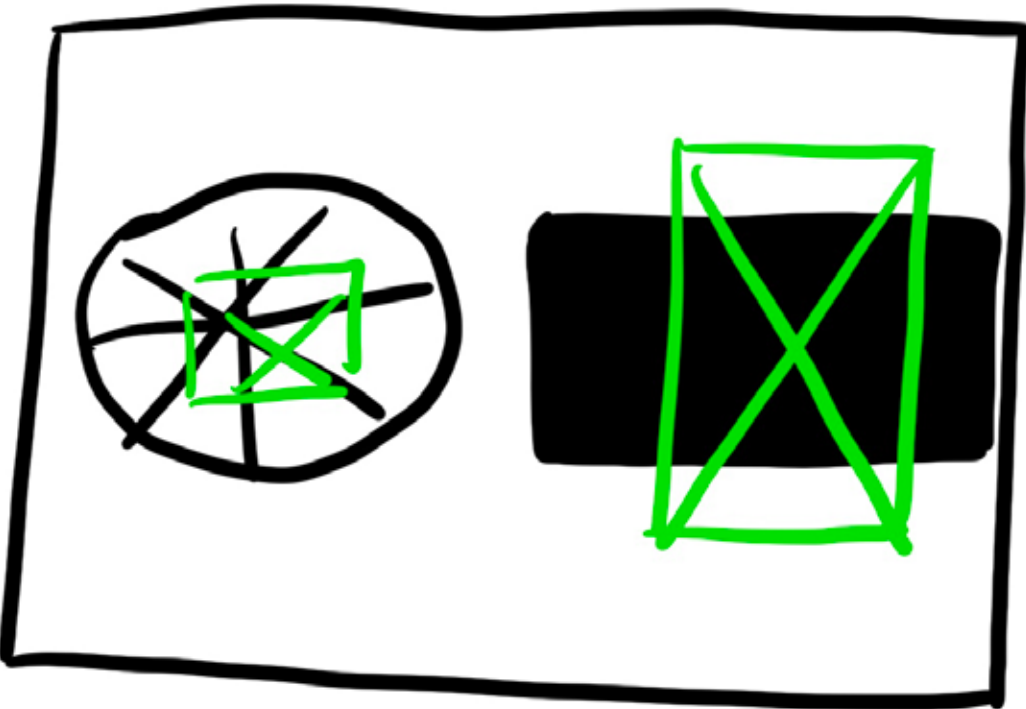
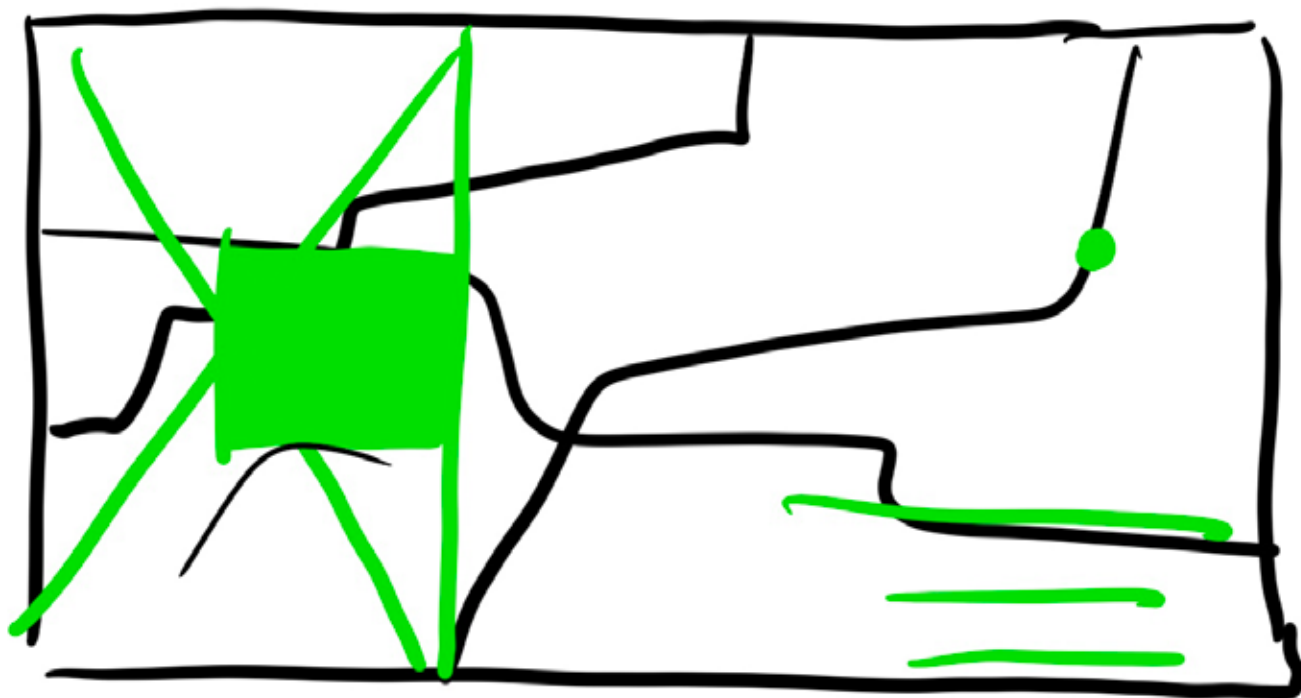
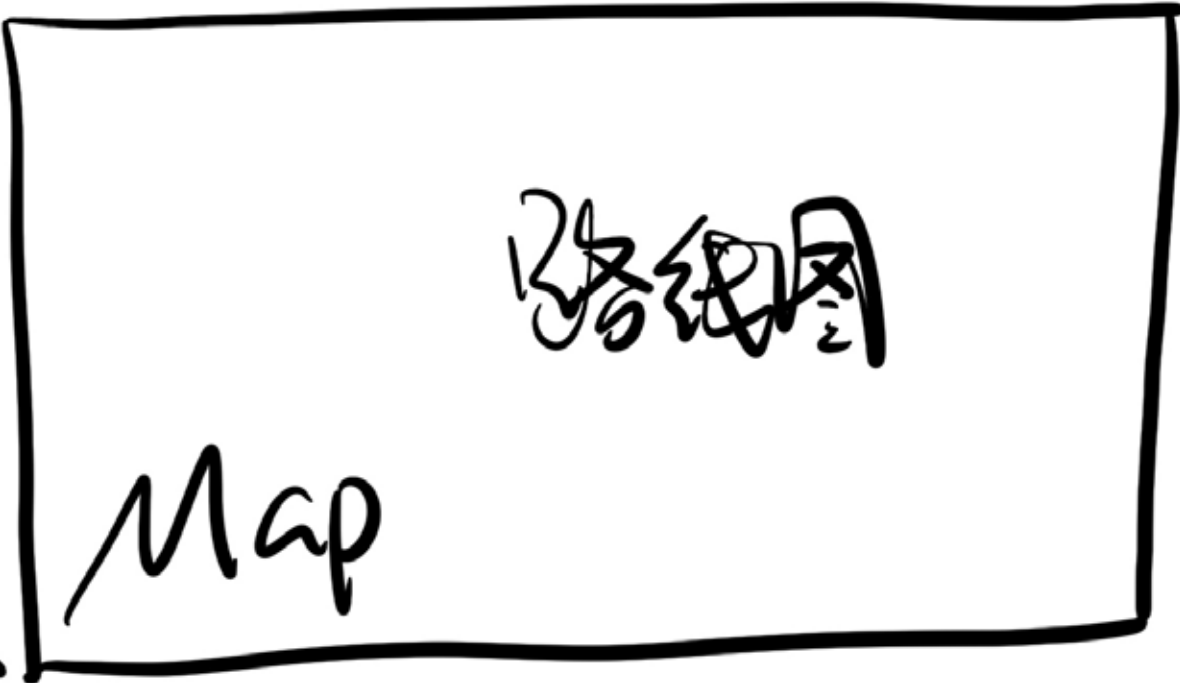
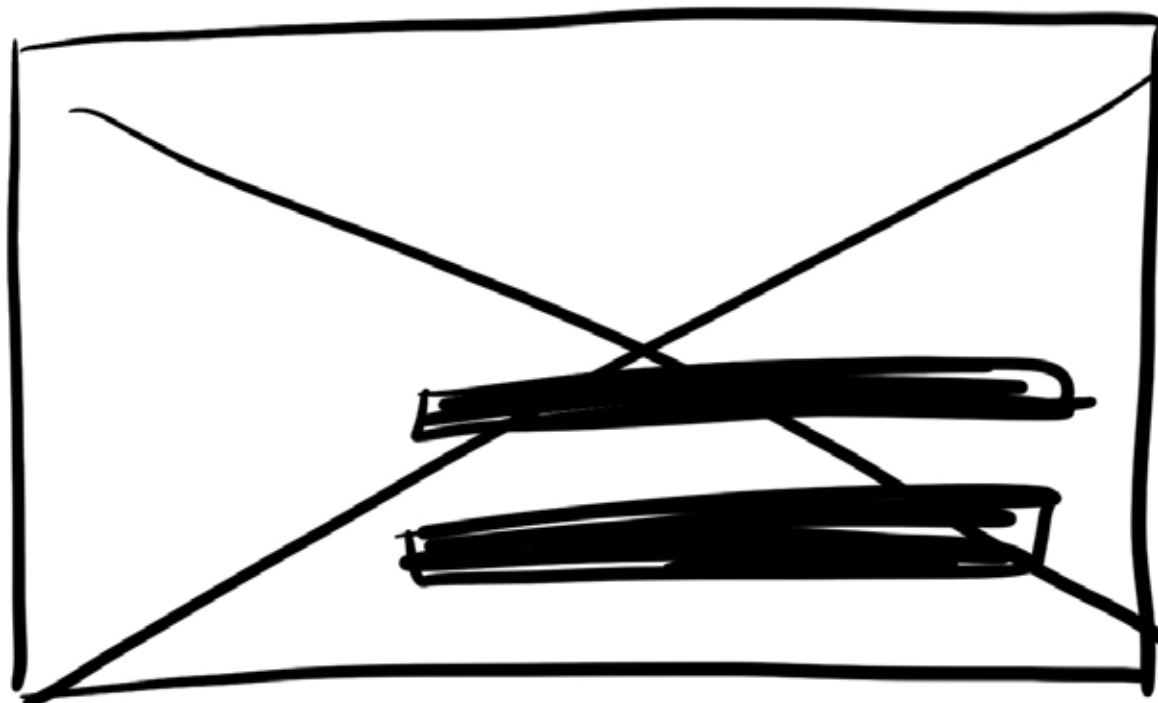


Content

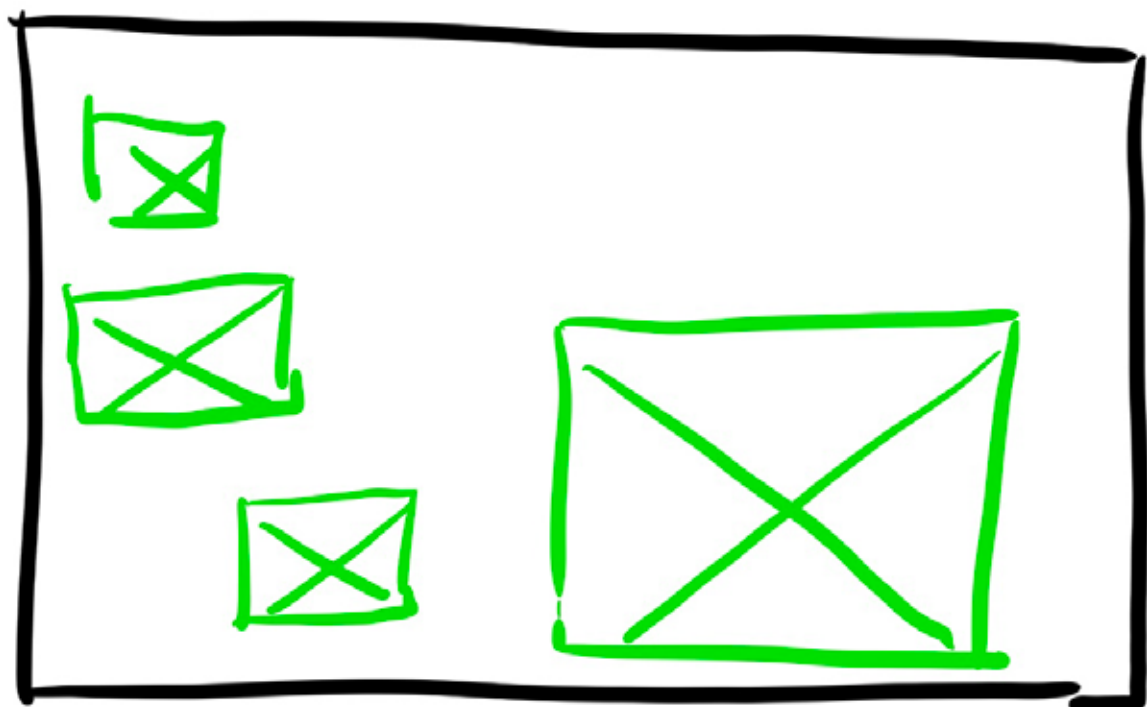
Using the touch designer software to create interactive videos, by capturing the swaying movements of flowers in the wind, I express that I can draw energy from plants at any time. In my opinion, their swaying in the wind is the greatest freedom, the freedom I yearn for.



Draft



TD Flower



These sketches are the basic framework of the video and will be changed according to the actual situation because the comfort that the park brings to people should be emphasized and highlighted

WHY DO HUMANS NEED PARKS



A psychological connection with nature can lead to higher levels of well-being and lower levels of psychological distress and the use of antidepressants, and its impact goes beyond mere physical contact

People who frequently visit green Spaces have higher psychological well-being and lower psychological distress (such as the risk of depression)



Final

<https://youtu.be/xtzitfjsqLY>

The entire video mainly consists of these parts, and there are also some changes in the layout form. The video link is above

