

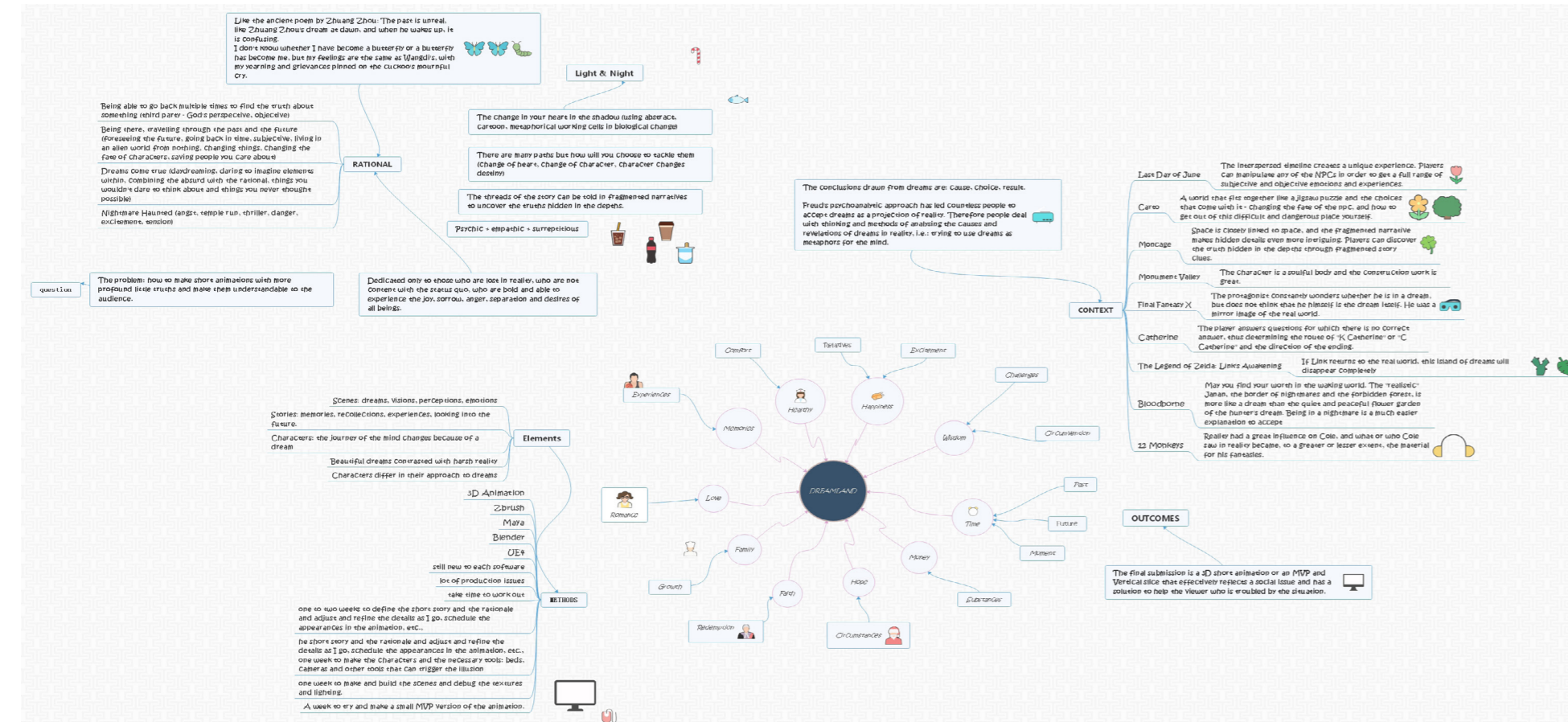


Dance of Flowers

# Inquiry and question

How to create a soothing environment through images as well as sound effects to achieve a relaxing effect?

studio2 Minor project pitch development Profile:



link: <https://teams.microsoft.com/l/message/19:46b60d7e819440bfa59d62a95fcd4d06@thread.tacv2/1626753403144?tenantId=d1323671-cdbe-4417-b4d4-bdb24b51316b&groupId=822451b8-e77e-4f98-8a2e-0ceba321877d&parentMessageId=1626753403144&teamName=Studio%20%20Semester%20%202021&channelName=Minor%20Project%20Pitch&createdTime=1626753403144>

This image is the original version of the first week. The initial idea was that dreaming is a mysterious field widely explored by human beings and there are many works exploring this field, and I would start from studying Freud's psychoanalysis to make a short film of a work about the difference between dreams and reality. After the feedback I have adjusted my four questions to be oriented to.

Destiny is the 'parabola' between birth and death. When time and space meet there is a point of inevitability, where character and our choices create unknown variables, thus creating a butterfly effect. All change comes from that point of intersection.

When people are too absorbed in their dreams to wake up to the reality of their problems, they may also lose some of the opportunities of reality.

By analyzing and speculating on the information obtained from immediate phenomena, i.e. by observing patterns and characteristics of things, one can avoid some of the risks that are yet to come.

If something is not so simple. There is always something hidden behind it, and when analysis and observation are not clear through frosted glass, we always use philosophy to answer our doubts. If philosophy is a dead end, a deception and self-congratulation. Here it is simply assumed that gods and ghosts exist in search of answers that are unanswerable at this stage. For example: a small worm in a tree, which cannot understand what the sea or the desert looks like. For it is beyond its comprehension. It wouldn't care if it caught this worm and put it on another tree; it would continue to eat and crawl. It doesn't care how different everything is around it, it just has something to eat. But one day one worm asks another worm: How do you prove the existence of the sea? Maybe by becoming a butterfly you can see it?

If we could see a cat from the perspective of a cat, a dog from the perspective of a dog, a flower from the perspective of a flower, a cloud from the perspective of a cloud. It is just that our thinking is also limited, a wall that limits us. Like religion, theology, philosophy, science, in one way or another the pursuit is just one thing. If you find this thing and tell it to others in a fragmented and stammering way according to past practice, someone confusedly remembers it and starts spreading it to others. The cycle repeats itself. According to the "three-self structure" of the personality, the ego is at the bottom of the personality structure, an energy system of instincts and desires. It is non-rational, non-social, chaotic, unconscious and yet follows the principle of pleasure. In order to survive in civilisation, human beings have to suppress their instinctive desires. Religion, according to Freud, is a proxy or alternative for satisfying those instinctive desires that are not satisfied in social life. And art, as in Shakespeare's The Merchant of Venice, where Bassanio courageously fights against fate to choose his own destiny. Cordelia, the youngest daughter in King Lear, whose reticence also foreshadows her tragic fate. Awareness is thus crucial to one's choice of disagreement or path. I will be shifting my thinking and perspective to look at, ponder and analyse a mundane thing that could not be more mundane. This incident is probably a widespread phenomenon, accepted by all and widely circulated. And I will try to reinterpret it with a different thought and perspective.

[https://teams.microsoft.com/l/file/F980EF2E-83DB-48A1-A9E8-B6C728C67A79?tenantId=d1323671-cdbe-4417-b4d4-bdb24b51316b&fileType=pdf&objectUrl=https%3A%2F%2Fmiteduau.sharepoint.com%2Fsites%2FStudio2.Semester22021%2FShared%20Documents%2FWeek%201%20-%20Introduction%20to%20Studio%20%20FYourfullname\\_Week1\\_submission%2FBingqian%20Guo\\_week1%20submission.pdf&baseurl=https%3A%2F%2Fmiteduau.sharepoint.com%2Fsites%2FStudio2.Semester22021&serviceName=teams&threadId=19:a7d65c6d1a34f08a989c2f4ed41f1c1@thread.tacv2&groupId=822451b8-e77e-4f98-8a2e-0ceba321877d](https://teams.microsoft.com/l/file/F980EF2E-83DB-48A1-A9E8-B6C728C67A79?tenantId=d1323671-cdbe-4417-b4d4-bdb24b51316b&fileType=pdf&objectUrl=https%3A%2F%2Fmiteduau.sharepoint.com%2Fsites%2FStudio2.Semester22021%2FShared%20Documents%2FWeek%201%20-%20Introduction%20to%20Studio%20%20FYourfullname_Week1_submission%2FBingqian%20Guo_week1%20submission.pdf&baseurl=https%3A%2F%2Fmiteduau.sharepoint.com%2Fsites%2FStudio2.Semester22021&serviceName=teams&threadId=19:a7d65c6d1a34f08a989c2f4ed41f1c1@thread.tacv2&groupId=822451b8-e77e-4f98-8a2e-0ceba321877d)

After talking with Evan and Jadd in my second and third week, they encouraged me to choose the storyboard inside my Final Minor Project Pitch and try it out through sketches, so I learned simple harmony drawing techniques to make small animations about the dream theme in the process of trying it out. Since they were first attempts, they looked very one-dimensional, simple and uninspired. So Evan suggested me to give novelty to the animations through abstract things. I spent the next week drawing a storyboard to try to create a story about the structure of the three worldviews, and tried to use the aesthetic school of conceptual design to make an abstract statement about it. But Jadd and Evan always said it was too complex to be done in a short time. It's worth mentioning that Evan suggested that I try to think about what the piece will show rather than what I want to say when I refine my storyboard, because it's hard for the audience to catch my thinking. So I tried to refine my storyboard in the third week and made an animation showing the life state of a transformed person in a mirror world. And have been adding cause-and-effect relationships to make the plot complete. So I added that the transformer was a science and technology developed by the girl to extend her life, and the government killed one of the scientists who was close to the girl after the project was completed in order to keep it a secret. After that, the girl reversed the technology and rescued: human behavior and thought due to information limitations and the push to hide thinking, imitate others, do not dare to violate the concept, let the world back to freedom. To make it easier to understand, I also dubbed it and posted it on youtube at: [https://youtu.be/\\_aMUjCd0k1s](https://youtu.be/_aMUjCd0k1s) Then, list the screenshots in video



Afterwards, Matthew thought that I should not give the animation of studio2 a not simple story in two minutes and should keep compressing it into a one-minute animation, and that my animatic was so crude in its movements and expressions that it did not represent my plot very well. I proposed to focus on showing the process of change in the gene chain, but this made us feel less creative. So I reconsidered my four questions from week one and reworked them around the four questions.

Inquiry and question: How to create a soothing environment through images as well as sound effects to achieve a relaxing effect?

## Rationale

People's lives are currently fast-paced and stressful, which is often detrimental to mental health and even to physical health. For example, the best and healthiest way to rest afterwards is to walk slowly instead of sitting down, as this is better for blood circulation. I think the same is true for the human brain, where the best way to rest after a high frequency of thinking is to slowly reduce the pace of thinking. Obviously, this video is not very long and will have a gentle rhythm of thinking, and the speed of thinking is slowed down to reach the stage of relaxation. Therefore, the inquiry and question I am exploring is how to create a soothing environment through the images and sound effects to achieve a relaxing effect over a period of time.

## Context

It is well known that in the early days of animation its purpose was not to educate children but to please stressed out adults. I think that today, with the rapid development of society, this need still exists and is even greater. However, it is important to note that, unlike in the past, adults now have less free time and more fragmented time instead. Therefore, the length of time should also be a key consideration in the design of this video. With the above statement in mind, I aimed to create a relaxing atmosphere with a combination of soft images and appropriate sound effects within a limited time frame.

According to the argument in 'More than a feeling: Autonomous sensory meridian response (ASMR) is characterized by reliable changes in affect and physiology "It is a warm, tingling and pleasant sensation that starts at the top of the head and spreads down the body, often accompanied by a feeling of calm and relaxation. There have been many attempts to do something similar in art. For example, the work of Japanese anime master Hayao Miyazaki has always been characterised by sleek lines, warm and unsharp colours, combined with soft music to create a healing and refreshing style. This is not only seen in anime videos, but also in games where the game designer tries to put this concept into a game, where there is no fast moving story, but rather a scene that the player can relate to through the art and music, for example Journey (2012 video game) aims to make the player feel intuitively what the game is showing them through its minimalist style. This allows them to explore and feel the surprises without direct instructions. At the same time, the music in the game changes in response to the player's actions. The game establishes a separate theme through the music, which corresponds to and illustrates the emotions of the game's story.

Based on the above theories and the attempts of pioneers in this area, I believe that it is possible to relax the viewer by reducing the pace of thought through the combination of graphics and audio.



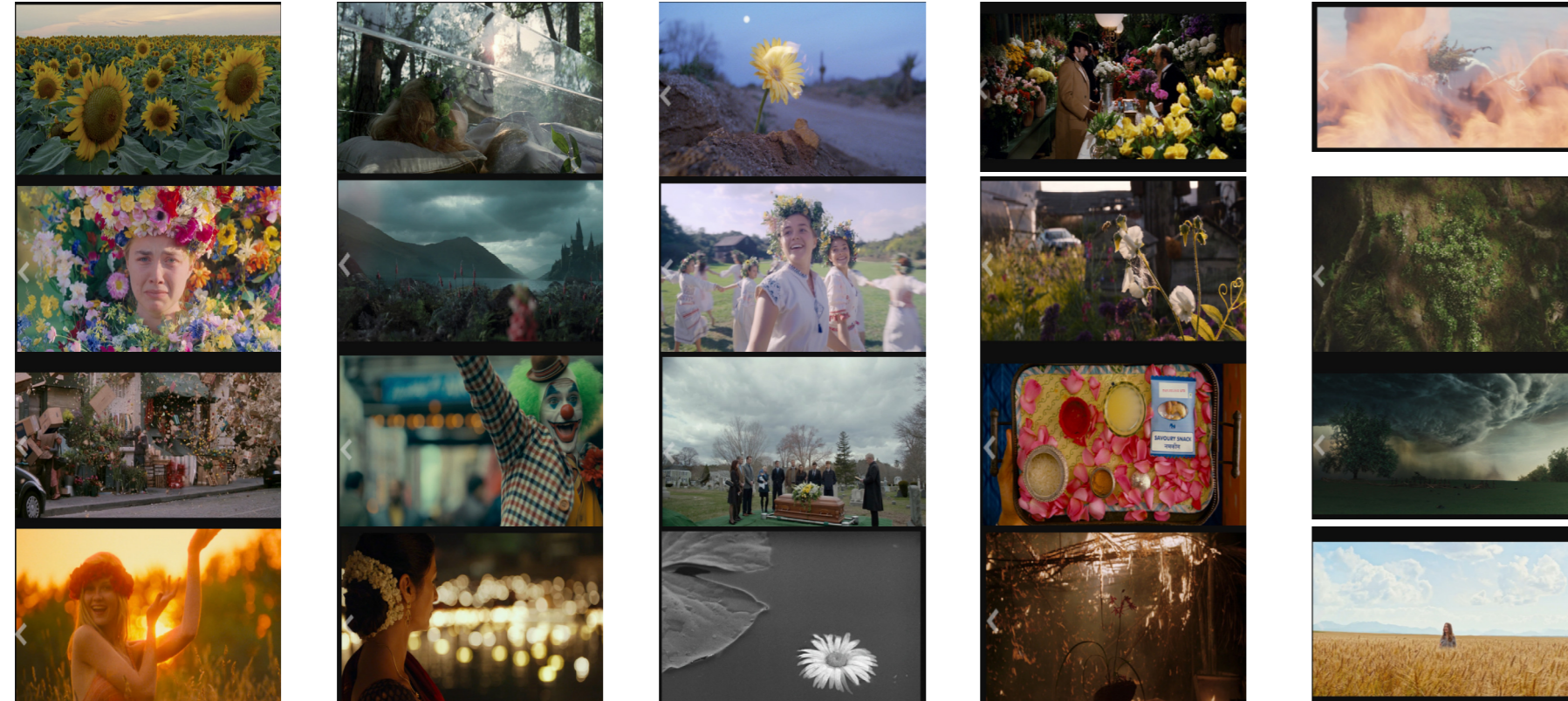
## Method

Purpose: To relax the viewer by reducing the pace of thought through the combination of picture and audio.

Planning the story: Firstly, I could not set the length of the final video too long due to the previous explanation, but it was not easy to tell the story in a shorter time. Secondly, according to research on ASMR, ASMR reactions are more likely to occur when a scene is portrayed as similar experiences for the viewer. Combining these two points, and after much thought, I decided that the theme of the story would be wind - naturally occurring wind. The wind comes from nature and is free and unfettered. Although it is invisible, it moves and combines with other elements in the environment to take on a form. Of course, in order to make the wind visible, other parameters need to be added and I chose grass, petals and clouds. Grass is a symbol of life and the sound made by the wind when it blows is often chosen to trigger ASMR effects. When combined with the wind, the petals and clouds transform the wind from invisible to tangible, and the petals and clouds use the wind to reach places they were never intended to go.

Their mutually fulfilling relationship is more akin to that of friends helping each other rather than the sinister cunning of reality, which in another way makes you feel less guarded and relaxed.

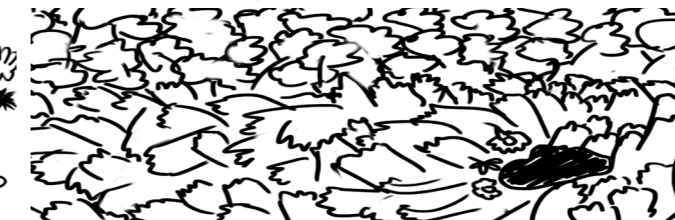
## Moodboards



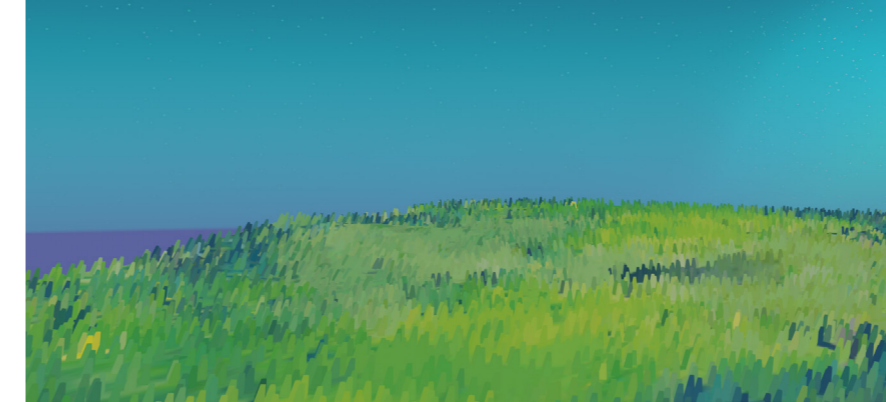
character design



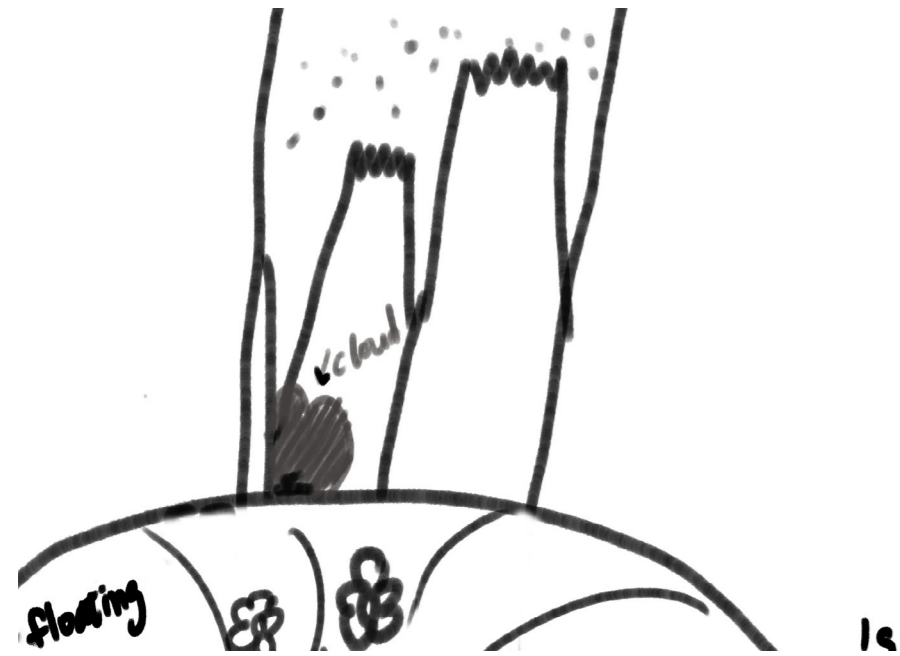
Environment design



rhythm and time: in order to achieve the purpose of slowing down the speed of thinking, the background of the whole story will be a quiet night. At the same time, the overall lens movement rhythm on the screen will slow down. Sketch and preliminary scene design and simple coloring through photoshop and blender

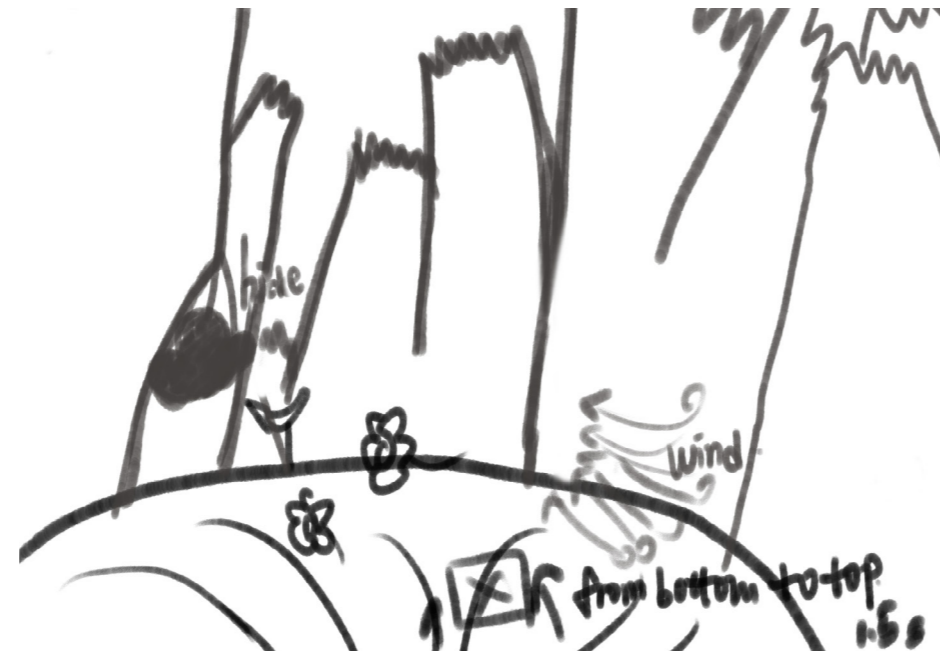


# storyboard



Time: 1 seconds

Description: The petals are blown like little elves from the bottom to the clouds by the wind



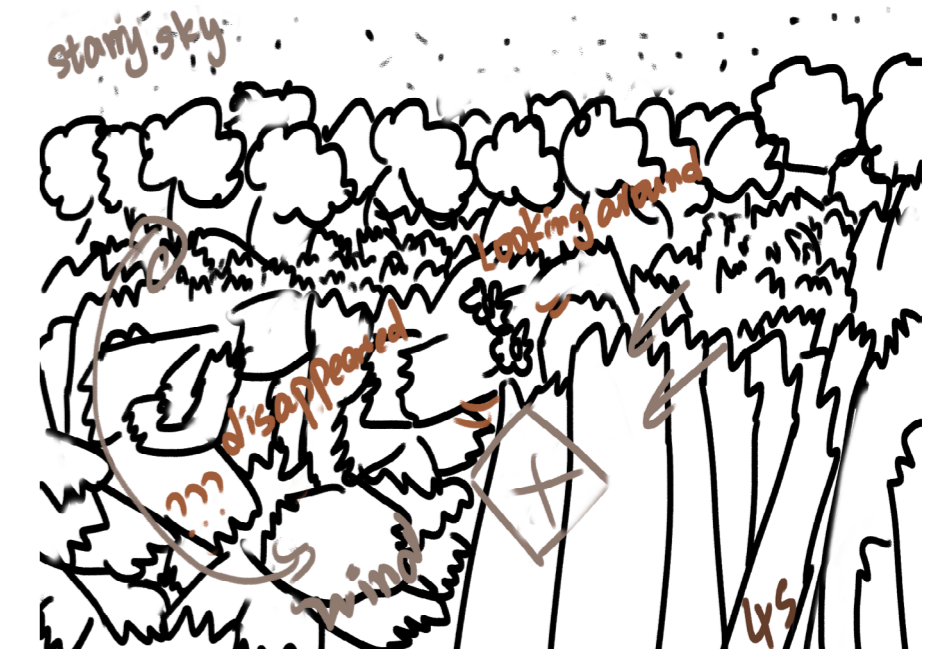
Time: 1.5 seconds

Description: The petals are blown like little elves from the bottom to the clouds by the wind



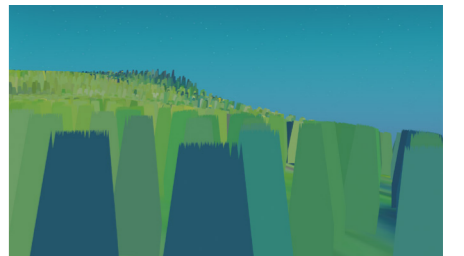
Time: 1.5 seconds

Description: Because of the high winds, the wind is blowing the grass. The petals are looking for clouds covered with grass



Time: 4 seconds

Description: Because of the high winds, the wind is blowing the grass. The petals are looking for clouds covered with grass





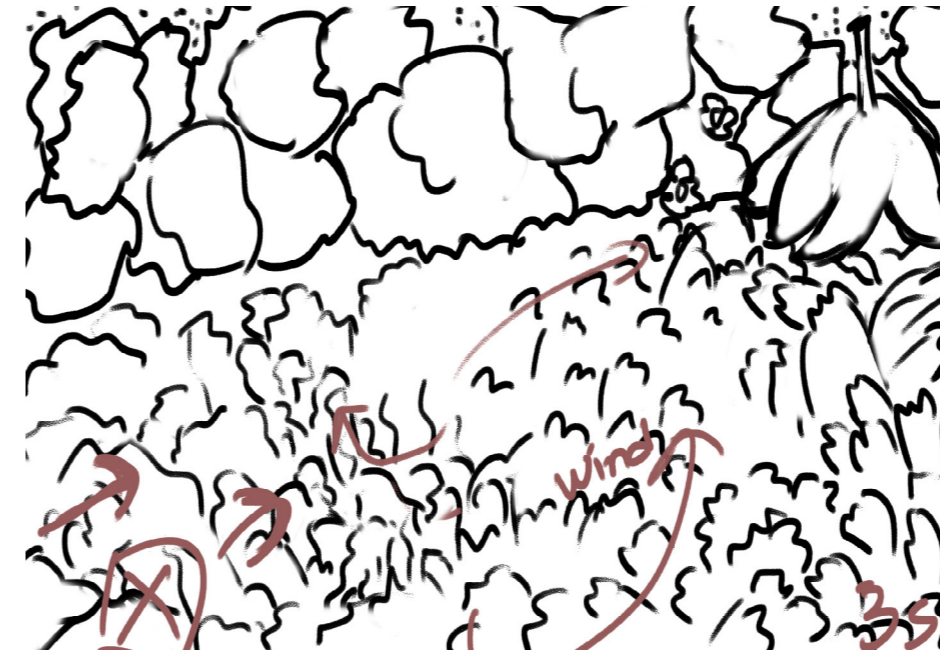
Time: 4 seconds

Description: The petals are always chasing the clouds. The grass sways in the wind, the clouds reappear and look at the distant landscape (trees, starry sky)



Time: 3 seconds

Description: The wind blows and the grass moves. The clouds are once again covered with grass. The flower sprite spots a huge petal in the distance (upside down)



Time: 3 seconds

Description: The wind blows and the grass moves. The clouds are once again covered with grass. The flower sprite spots a huge petal in the distance (upside down)



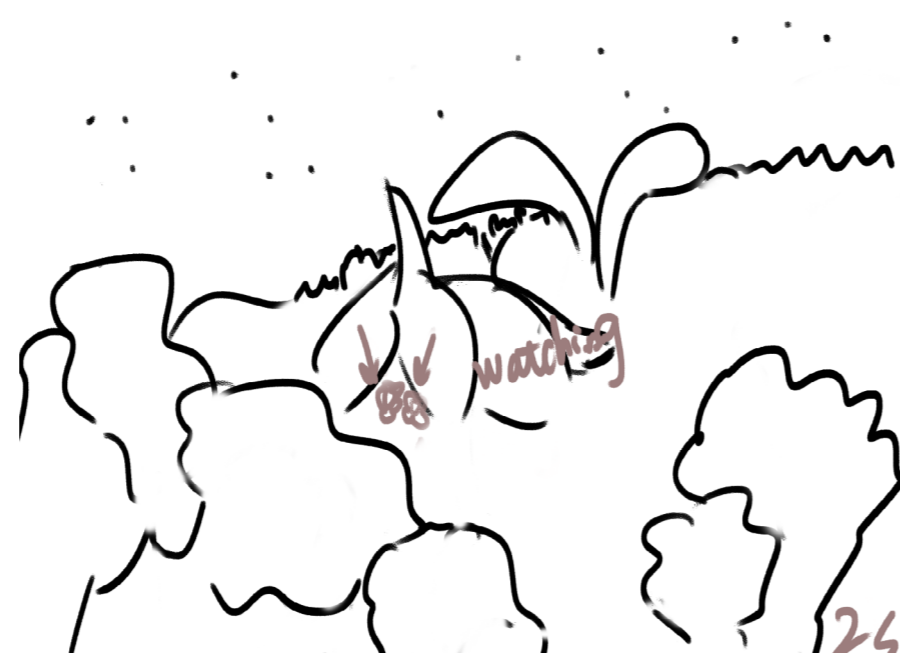
Time: 3.5 seconds

Description: Switch the camera view to the front of the tree. The camera moves to the left.



Time: 1 seconds

Description: The huge petals were blowing out a slit from the wind and the petals were trying to see what was happening inside.



Time: 2 seconds

Description: Switch the camera view to the front of the tree. The camera moves to the left.



Time: 2 seconds

Description: The petals and the wind disturb the big flowers, and the big flowers try to get rid of this feeling.



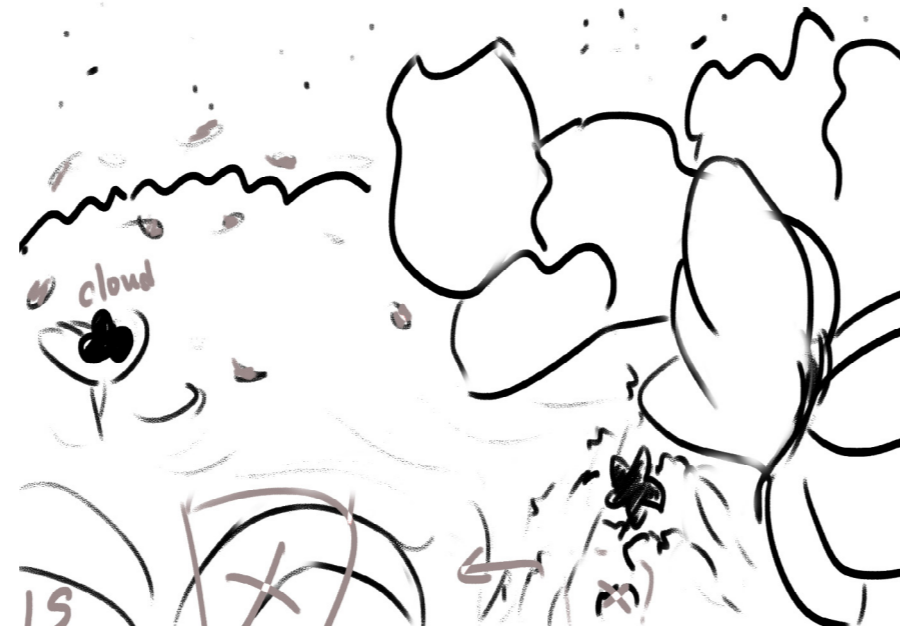
Time: 1.5seconds

Description: The large flowers are blown apart and the smaller petals are blown apart.



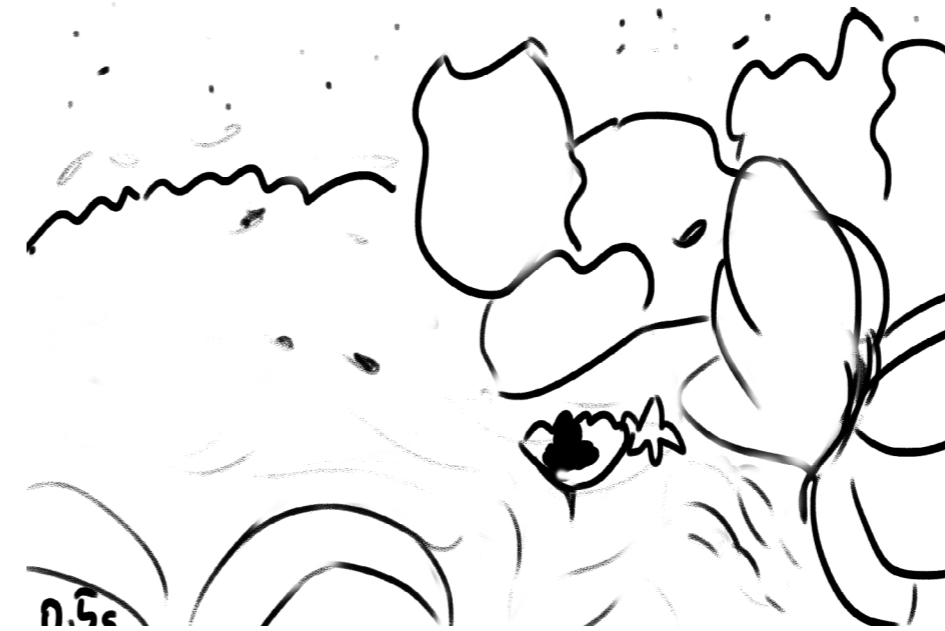
Time: 1.5 seconds

Description: The stalks of the petals are folded together by the wind and look like two butterflies. The tiny stars that had stayed in the large inverted flowers show up.



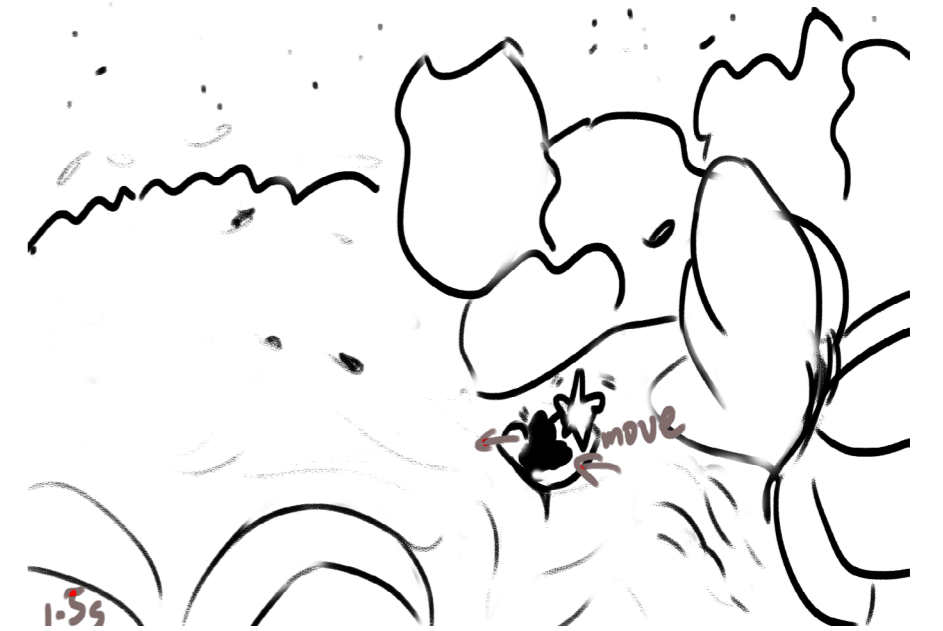
Time: 1 seconds

Description: The previously hidden clouds ride up on the petals and drift to the stars with the direction of the wind.



Time: 0.5 seconds

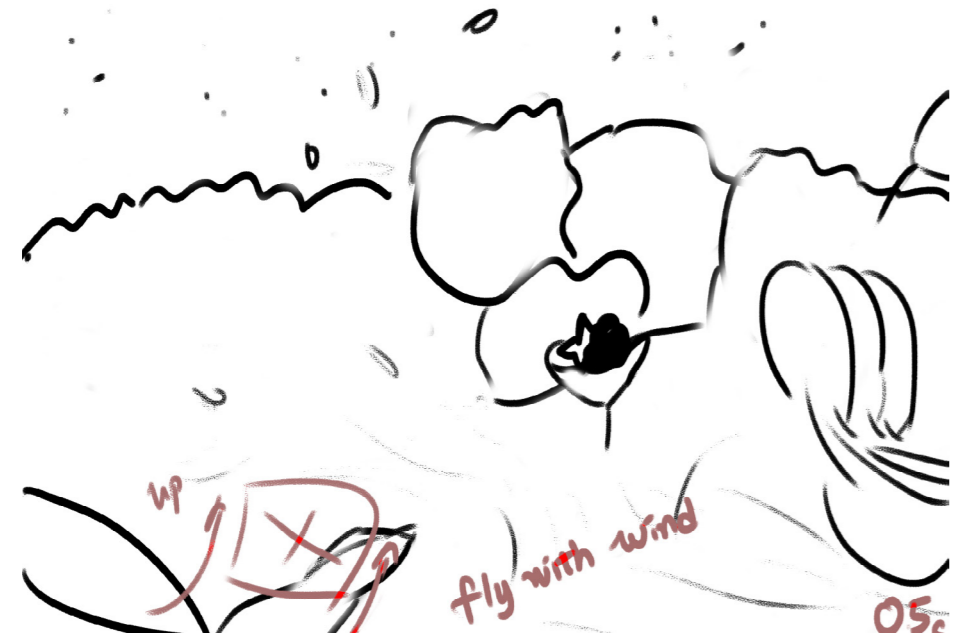
Description: The stars and clouds are a bit fat, there's no more room on the petals and the stars try to squeeze out the clouds



Time: 1.5 seconds

Description: The clouds make a little room for the stars.





Time: 0.5 seconds

Description:  
Stars and clouds riding on tiny petals, floating with a group of petals in the direction of the empty sleeping wind



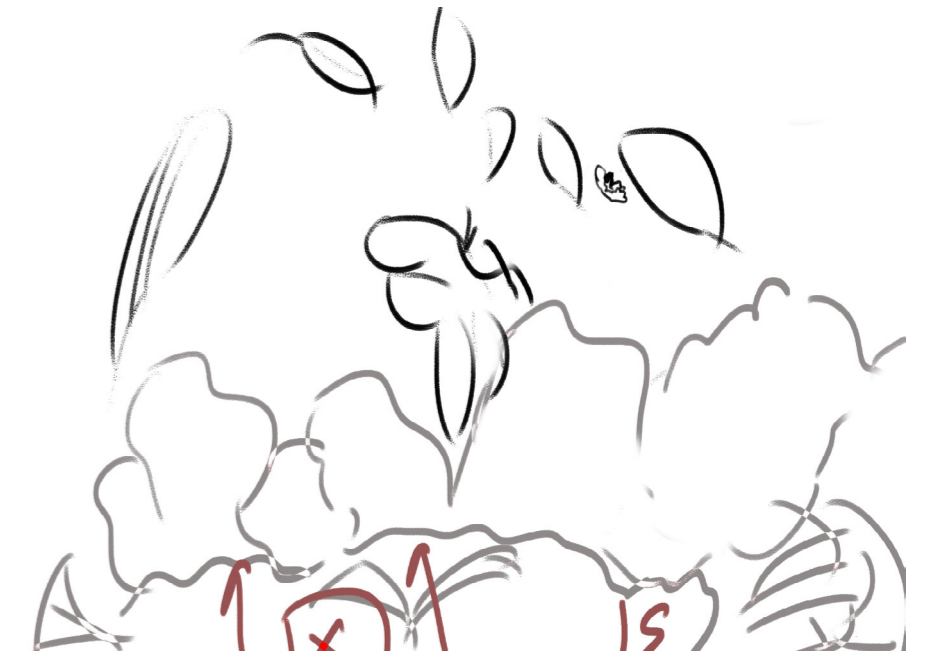
Time: 1.5 seconds

Description: Stars and clouds riding on tiny petals, floating with a group of petals in the direction of the empty sleeping wind



Time: 1 seconds

Description: Stars and clouds riding on tiny petals, floating with a group of petals in the direction of the empty sleeping wind



Time: 1 seconds

Description: The flowers are often blown together by the wind to create beautiful patterns (butterflies, dancing)



Time: 1.5 seconds

Description:  
Clouds and stars sit on the petals of flowers, accompanied by their dancing with the wind



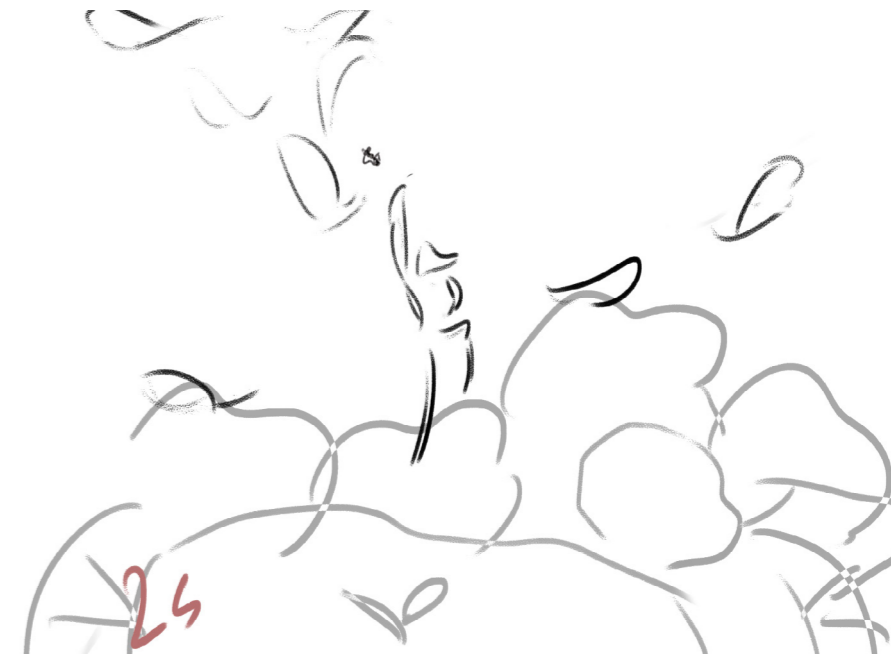
Time: 1.5 seconds

Description: Clouds and stars sit on the petals of flowers, accompanied by their dancing with the wind



Time: 2.5 seconds

Description:  
Clouds and stars sit on the petals of flowers, accompanied by their dancing with the wind



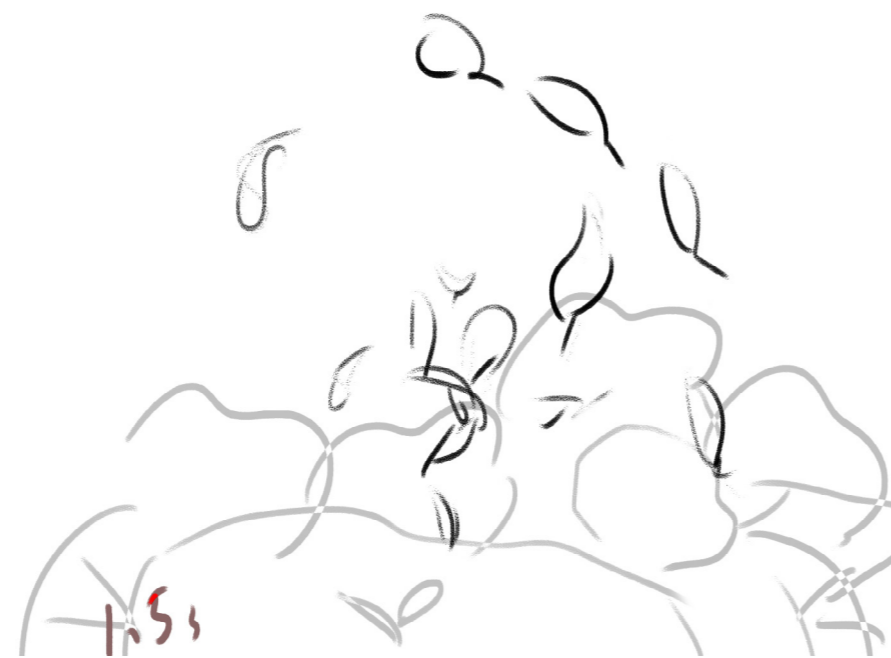
Time: 2 seconds

Description: Clouds and stars sit on the petals of flowers, accompanied by their dancing with the wind. The petals go round and round again, and the others look like long sleeves dancing with the



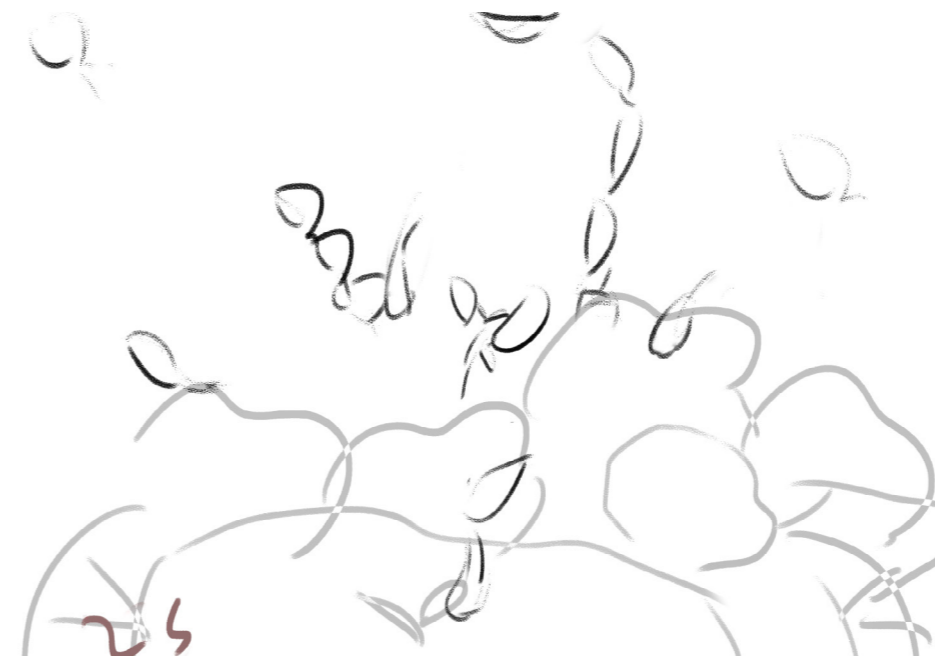
Time: 2seconds

Description:  
The petals go round and round again, and the others look like long sleeves dancing with the petals in the middle of the picture.



Time: 1.5 seconds

Description: The petals go round and round again, and the others look like long sleeves dancing with the petals in the middle of the picture.



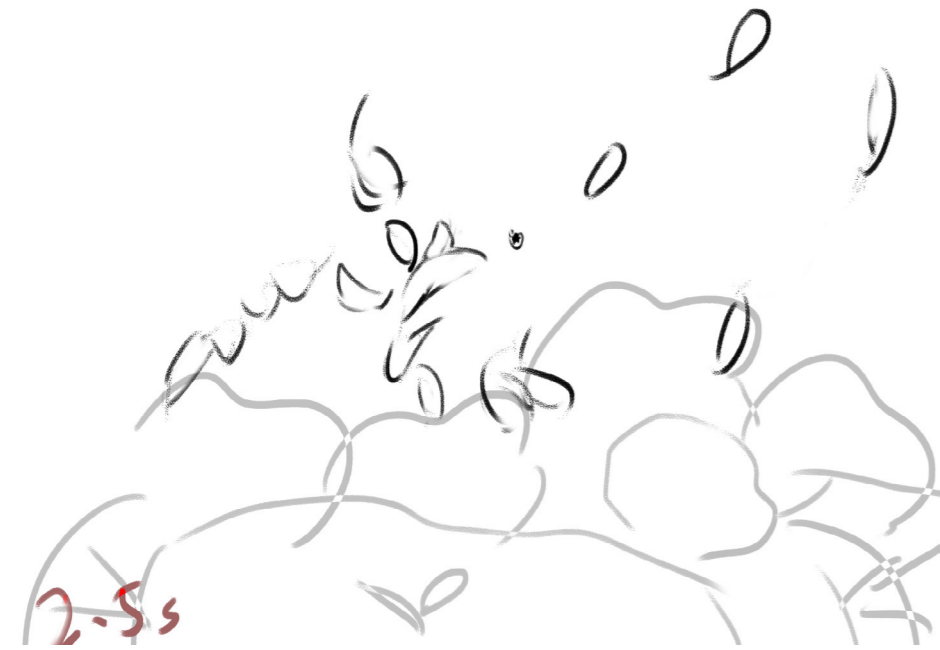
Time: 2 seconds

Description:  
The petals go round and round again, and the others look like long sleeves dancing with the petals in the middle of the picture.



Time: 1.5 seconds

Description: The petals go round and round again, and the others look like long sleeves dancing with the petals in the middle of the picture.



Time: 2.5 seconds

Description:  
The petals go round and round again, and the others look like long sleeves dancing with the petals in the middle of the picture..Preparing to switch the camera to the elevation angle



Time: 1.5 seconds

Description: Stars and clouds riding on tiny petals, floating with a group of petals in the direction of the empty sleeping wind



Time: 5 seconds

Description: The wind changed its direction and the stars and clouds took advantage of it to fall around the moon

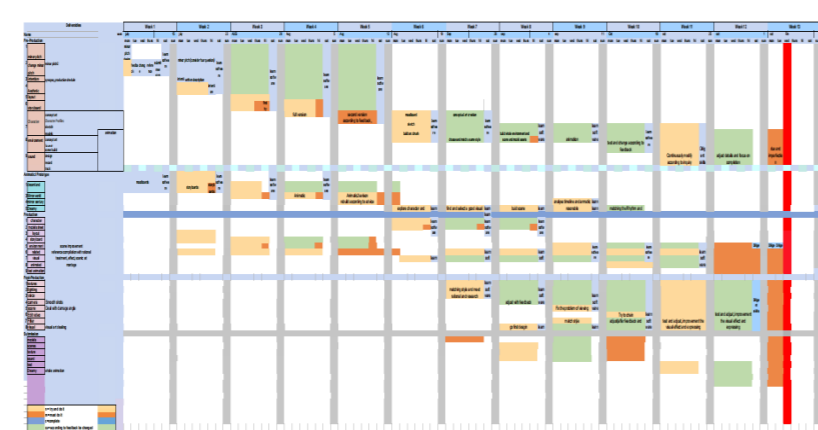
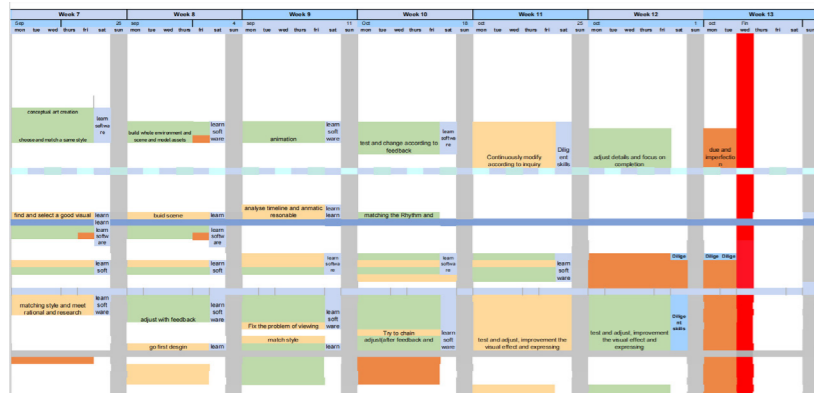
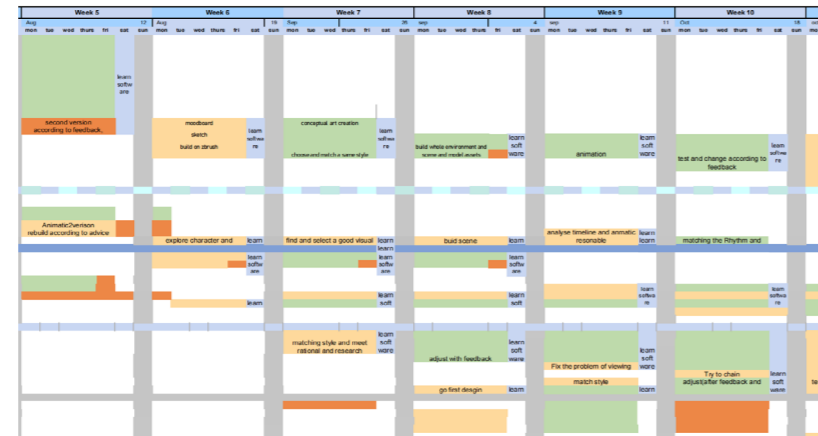
Animatic with sound on Youtube: <https://youtu.be/cxNOQD2Q1AM>

The voiceover for this animation was recorded and edited primarily for the sound of the wind in the garden and will continue to refine it over the following weeks to achieve the best possible results.

According to research on ASMR, ASMR reactions are more likely to occur when similar scenes are portrayed to the viewer. I believe that freedom is a theme that can be exploited, as people are always restricted by rules in real life, and that is why it is easier to relax when they feel free. The natural phenomenon of wind, which does not depend on the will of others and is not bound by rules, seems to fit the theme of freedom perfectly. To reinforce this theme, other elements such as grass, flower petals and clouds are added to the story. The grass is a symbol of life, and the way they fall to the side when the wind brushes against the grass instead of facing in the same direction is a perfect illustration of freedom, and the sound the wind makes when it comes into contact with the grass also fits the ASMR sound theory. The climax of the story occurs when the wind touches the petals of the flowers, which change rhythm when the wind blows. The petals dance freely with the wind, a rhythm similar to Arthur's amazing dance on the steps in Joker, while the sound of the wind increases to bring the film to its climax. The rhythm then slows down as the petals dance with the wind and gradually gather into the shape of a bird, which, with the help of the wind, breaks the rules (petals grow on the ground and cannot normally be found in the sky) and soars into the sky to play with the clouds. At this point the rhythm will also gradually calm down and the sound of the wind will be shallow. With the stillness of the night sky, the wind turns. The stars and clouds return to the moon. Nature's dialogue should be seen without a human perspective, yet they are truly acquainted with each other for one more time.

# Time management

Here's a part of a screenshot. I'm not quite sure how to get the screenshot into a jpg to present it here. So I will upload a clear pdf version in the canvas, named filed by: studio2\_time\_schedule



# Outcome

I will be submitting a 3d animated short film in 12 weeks called Dance of the Flowers, which makes the invisible object of the wind tangible through the swaying of petals, grass and trees and the use of stars and clouds in conjunction with the wind.

The rhythmic changes are shown through the gentle camera pans, the switching of perspectives and the effect of the wind on all the objects in the frame. The rhythmic narrative of the week is able to compensate for the wind direction of the invisible wind by leaving white space. At the same time, by choosing the common plants in the garden and the starry night sky as a backdrop, the interweaving of the images depicts a similar atmosphere of freedom and relaxation as we sway on the loungers and enjoy the embrace of the wind on the swings in the evening after a tiring day.

The impact and value of this work will be explored in terms of finding the interconnected characteristics of a relaxing environment. Based on the fact that everyone's time is precious, especially time for relaxation. A short film with a refreshing atmosphere is also very helpful for our sleep when viewed before bedtime. In the long run, the value of this work will be an attempt to use art as a psychotherapeutic tool. This could turn the perception of many people who are prejudiced against animation on its head. In the same way, any technological development should be carried out with reasonable consideration for human needs. The aesthetic and comprehensive art of short animated visual communication is itself made from the perspective of human sensory feedback, and the combination with science can better develop and progress in the field of ergonomics and spirituality.

## Reflection :

During the first two weeks of the semester I gradually established the direction of my production and sought inspiration and enriched it while making my storyboard. However, my initial idea of creating a more abstract comparison of three worlds through conceptual design alone was modified by feedback from several students and professors due to my lack of involvement in the two art genres of conceptual design and contemporary art. However, I still did not give up on researching and realising a new world that could convey a more holistic (from civilians with limited information to scientists or government regulators with comprehensive information) attitude and behaviour from: architectural styles, habits, characters and the actions and words of passers-by. And it tries to reflect through this world the remaining two unmentioned dark and grey worlds. But as my binding technique is rusty and I haven't succeeded in fixing people's expressions and behaviour in time, they don't look fluid and in line with my expectations. But I searched the literature on the concept of animatic without going into great detail. And I will correct their behaviour and movements at a later stage by constantly trying and fixing the rig technique. However, the mishandling of the representation of the images is a sign of my extreme lack of production experience. Not every short film animation can convey complex perspectives and stories, especially for someone with an unrelated and inexperienced undergraduate major like me. But if I don't try, I won't notice that my work is incomprehensible to the audience. And for now, combined with my skills I should focus on how to properly convey my purpose through a short piece of work. I have therefore changed the direction of my production to focus more on the audience's experience. I apologise for any confusion caused by my inexperience in production. I will improve them through intensive study and iteration.

## Reference :

Thought Catalog. n.d. Rhys Baker. [online] Available at: <<https://thoughtcatalog.com/rhys-baker/>> [Accessed 16 August 2021].

Morales R, Ram  rez-Benavides D, Villena-Gonzalez M. 2021. Autonomous Sensory Meridian Response self-reporters showed higher scores for cognitive reappraisal as an emotion regulation strategy. PeerJ 9:e11474 <https://doi.org/10.7717/peerj.11474>

Janik McErlean AB, Osborne-Ford EJ. 2020. Increased absorption in autonomous sensory meridian response. PeerJ 8:e8588 <https://doi.org/10.7717/peerj.8588>

<https://www.ghibli.jp>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0196645>

Magi weekl process uploaded

W1: <http://magistudio.net/work/studio2-minor-pitch-final-version>

W2: <http://magistudio.net/work/studio2-week2-working-process>

W3: <http://magistudio.net/work/studio2-week3-process>

W4: <http://magistudio.net/work/studio2-week4-process>

W5: <http://magistudio.net/work/studio2-week5-process>