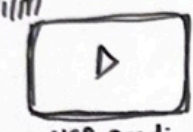


INTERVIEW →

short film



use audio
flicking through
cards

(CARDS) → content for back.

e.g. if someone responds to 'what makes you happy' with 'reconnecting with nature' I can include ideas of a walk through nature.



QUESTIONS

→ do you think you have a good work/life balance? Do you make enough time for yourself?

Yes

No

do you set out time for yourself?

more work or life?

- What things do you do-specific to you- that make you happy? Like a hobby or action-
- How do you deal with sadness - what is a comfort for you?
- Do you have any words for a student like you who feels lonely?
- When finding inspiration, creatives like us often feel like we lack motivation or interest - how do you deal with apathy?
in completing or creating
- Do you ever feel envious of others? How do you battle this or have advice for people who feel envy? Do you think its a good thing?
- How do you deal with anger or frustration? Do you like to write things down, isolate yourself? Maybe talk to others? Anything else?
- What ~~about~~ about guilt?
- Do you ever feel anxious and what helps you ground yourself in an anxious situation?
- Do you have any advice for someone who is fearful of something in the future?
- On a lighter note - what is one way you show love to people
~~how~~ what makes you feel loved?

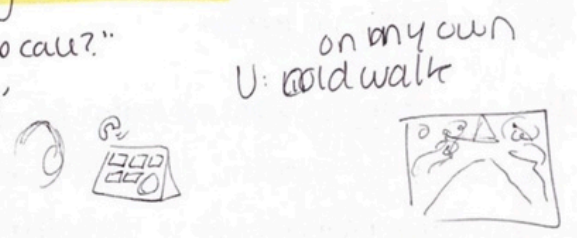
FILM PLANNING

→ me in room doing work
Questions to include using voice memos/notes over visuals

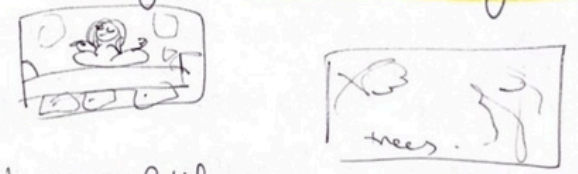
- Do You Think You Have a Good Work-Life Balance?
- What is something you do that makes you happy?
 - Cha: Looking at photos of my family having fun, smiling or doing anything.
 - Chr: I like doing art.
 - W: Art makes me happy.
 - I play games on
 - O → music makes me happy



- What comforts you when you're sad?
 - J: "hey guys do you want to call?"
 - B: "need that social element"
 - O: 'connection'
 - W: I speak to friends
 - Cha: How fortunate I am



- When anxious what do you do to calm yourself?
 - B - meditation
 - U - breathing
 - O - breathe
 - Cha: walks → U: part of life
rational vs. not
 - J: prayer.



- Creative Block & Apathy
 - J: benefit you in future
 - O: Kiki's
 - Chr: got down anything
 - Cha: find inspiration



|| Advice for someone fearful of smth in the future:

- U: journaling
- J: journaling
- J: take life as it comes
- B: live in the moment
- W: take baby steps
- O: let the
- Chr: pres
- Cha: cont

|| Advice for someone who feels lonely?

- J: loneliness isn't always bad
- U: killer is boredom. book stuff!
- B: go out comfort zone
- O: doesn't last forever
- Chr: talk to someone. anyone.

|| GUILT

- U: positive
- J: reach out
- W: let it weigh
- O: progress & matured
- Cha: lesson
- R: fix it

|| ENVY

- W: aspiration
- O: yes and no.
- Chr: can be good
- Cha: source for ambition. don't be helpful.
- R: can be good.

|| Love

- J: quality time
- B: compliments
- W: spending time
- O: spending time - having connection with things & people appreciation.
- W: being around my friends
- Cha: support

Work-Life Balance

Black screen

Do you think you have a good work-life balance?

train scene

working scene

walk home scene

train scene again

walk scene

work at home scene

black screen

doing Sunday

SUNDAY TO DO

- text scene + call w/ friends
- meditate scene
- journaling scene
- guilt static scene
- iPad achievement scene
- medal scene → create chart scene.

Need to shoot:

- train scene (going + travelling home)
- work in class scene (Monday)
- walk home scenes (Monday)
- work in bedroom scene (Sunday)

What comforts you when you're sad?

Question

*clicks on

Chr: pics of family scene

iPad scene

Chr: Like doing art or making me happy.

call scene - text J

B.O.W.J call w/ friends

Chr: grateful

Anxious

bedroom

meditation breathing

Kew

walks. Cha, U, J

nature

props I need:

- pictures of family
- on iPad too

Need to shoot

- text scene w/ friends. (Sunday)
- call w/ friends (Sunday)
- grateful scene. smiley

Need to shoot:

- meditate (Sunday) scene
- walking (Saturday) (Kew).
- new audio: reconnect w/nature.

Fearful

Advice for someone fearful of the future!

journaling U, J

W, O, Chr, Cha.

Need to shoot

- journaling scenes (2) in room.
- prop needed journal. pen.

Lonely

Advice for...

bored scene tapping J, U, O

events.com U book stuff

concert video.

Need to shoot

- bored scene on bedroom desk (Sunday) day on
- book stuff on PC (Sunday)
- talk to someone (Monday)

talk to someone. anyone.

GUILT

green oil pastel

mixed media

Letter

Hug scene

Need to shoot:

- guilt static scene (Sunday)
- I'm sorry about... journal? (Sunday)
- Hug scene (Monday)

ENVY

looking at someone's achievement O.

look at medal 2nd W, R, Chr.

medals appearing Cha

Need Prop: Medals

Need to Shoot:

- achievement of someone else on iPad (Sunday)
- look at medal (Sunday)
- medals appear scene. (Thurs/Wed/Thurs)

Apathy

hr calcs chair making J

YT Cha. U.

Need to shoot

- creating chart (Sunday)
- watching YT (Sunday/Monday)

UNAPPY

family pics Cha

art

games + Tetris Two?

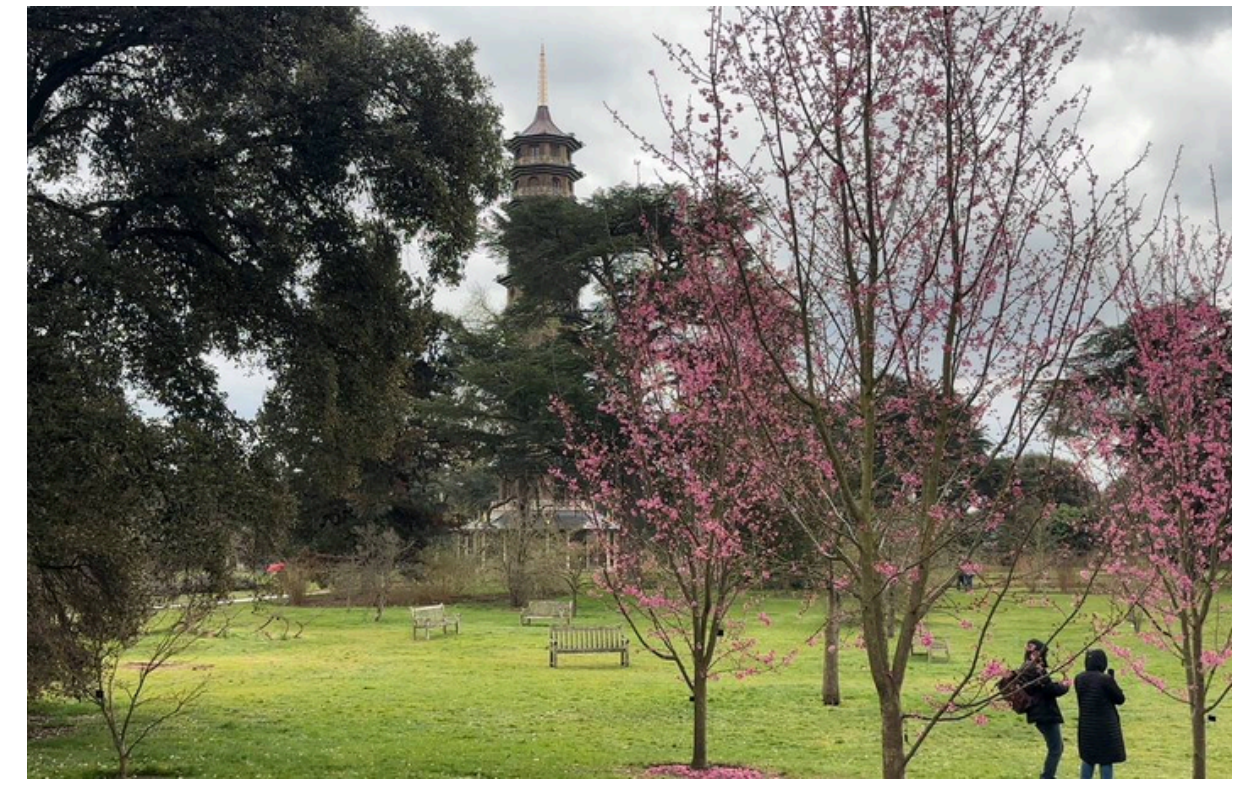
music walk

MUSIC plays to outro!!

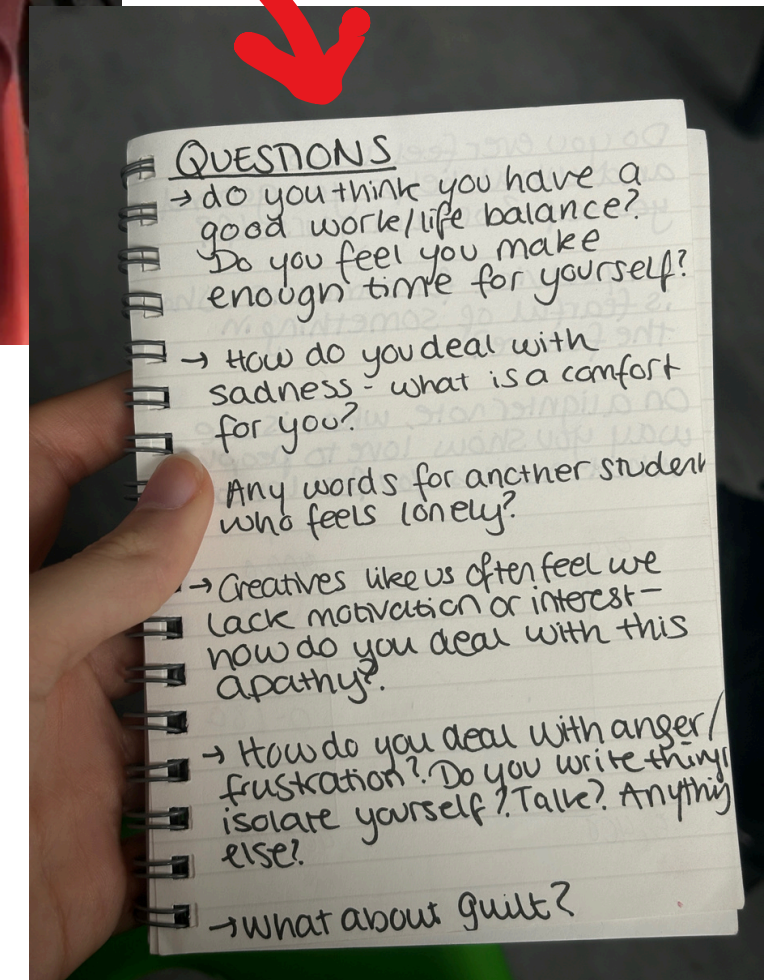
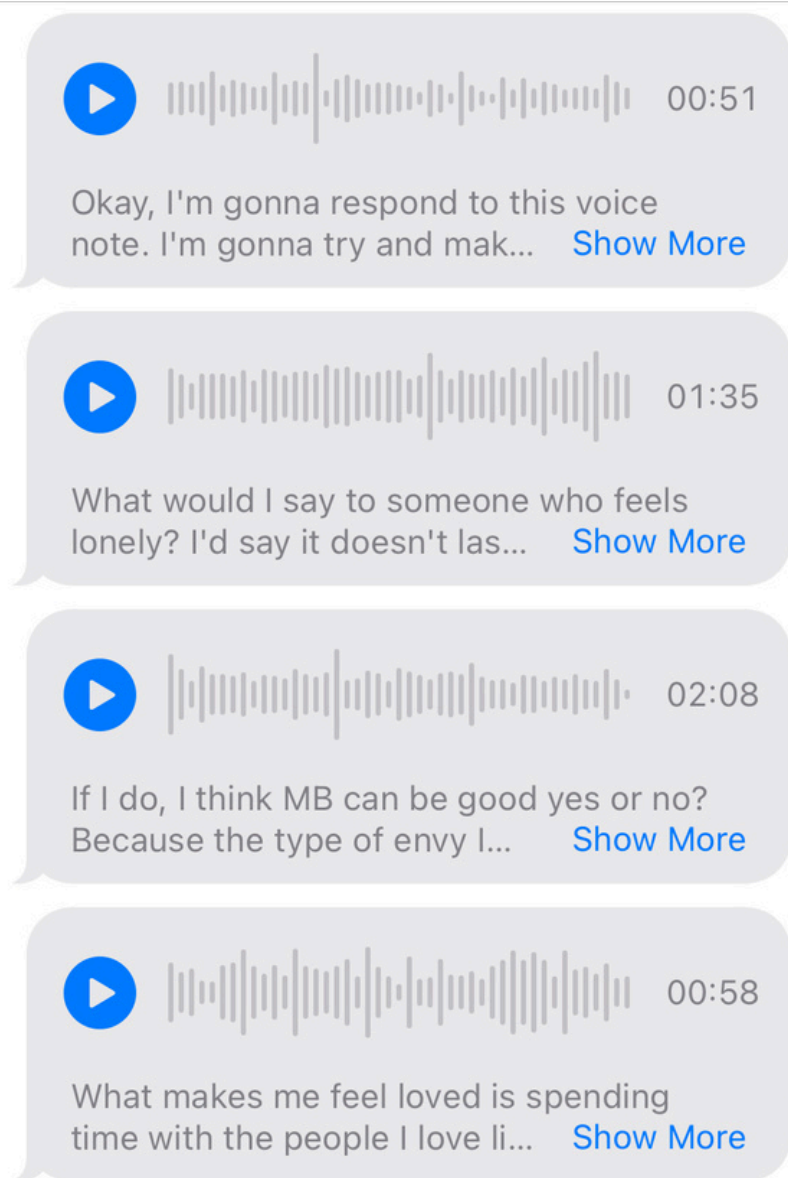
Love

Quality time W, J, O, D, Cha

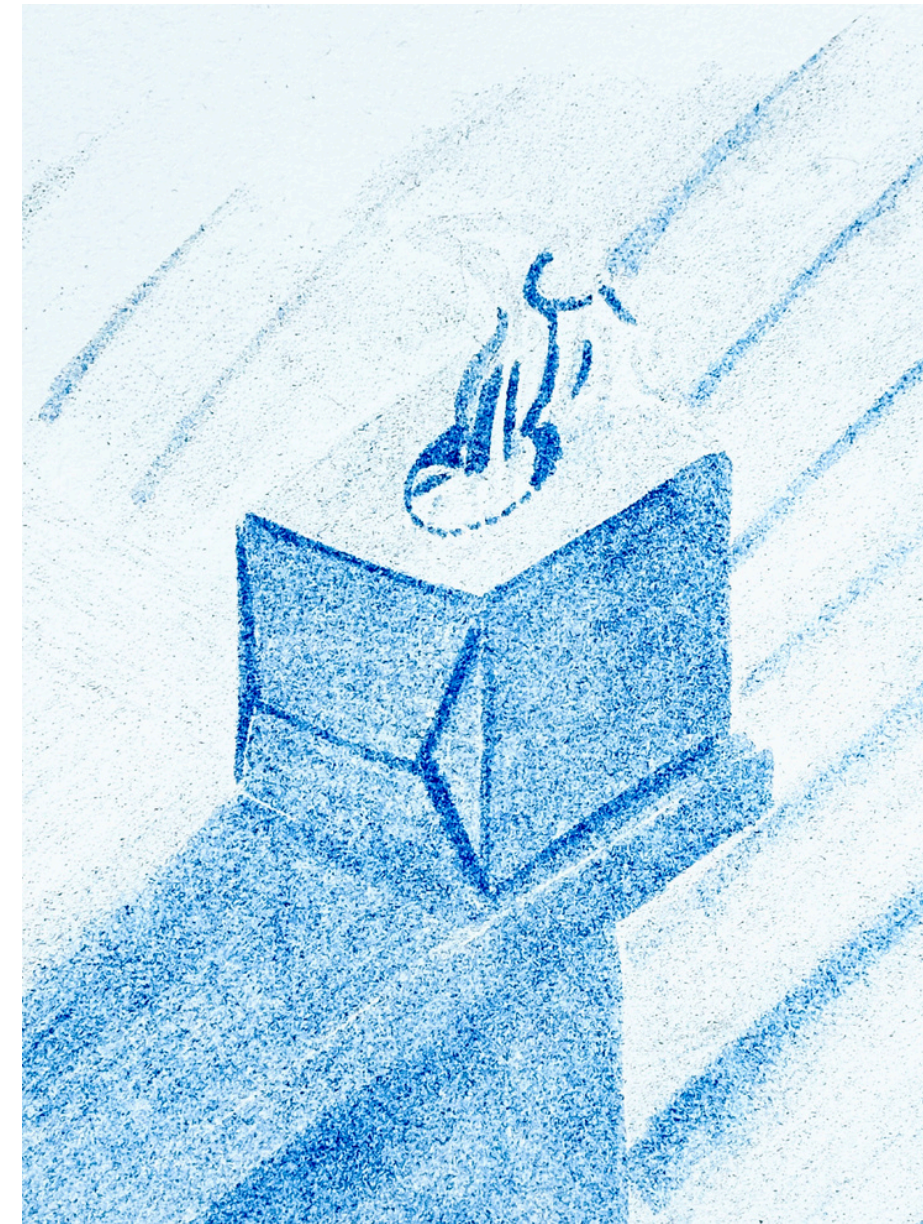
need to shoot Friends talking (Tuesday)!



After getting a lot of the shots for the short film, I wanted to screenshot some frames and put them together to find similarities to begin colour grading. I noticed there was a lot of green and warm colours as well as cool whites. I think a warm and slightly yellow-toned colour grading will pair across the shots and I will tweak them individually if needed.



I wanted to gather the thoughts of other students and so I composed questions asking about each emotion I am including in the deck. I also sent the questions for fellow students to answer using voice notes. I wrote transcripts for all of the answers and then started to compose them into the cards on Adobe InDesign.



Sadness




Happiness

p5* File Edit Sketch Help English

Auto-refresh drawing commands 1 by bibilanse

sketch.js Saved: about 21 hours ago Preview

```
1 function setup() {
2   console.log('Drawing Commands');
3
4   createCanvas(400, 400);
5   noLoop();
6
7 }
8
9
10 function draw() {
11   background(255, 138, 237);
12
13
14 /* background() sets colour for the background
15 (0 - 255) for greyscale
16 (0-255, 0-255, 0-255) for RGB
17 0-255 for all values
18 (0, 0, 0) = black
19 (255, 255, 255) = white */
20
21 //fill (interior colour)
22 //stroke (outline)
23 //effects shapes after this command
24
25 //noFill(); removes the fill
26
27 //ellipse
28 //(0,0,0,0);
29 //centre x
30 //centre y
31 //width
32 //height
33 //fill(0,0,0,a) a=alpha=transparency
34
35 strokeWeight(8)
```



Console Clear

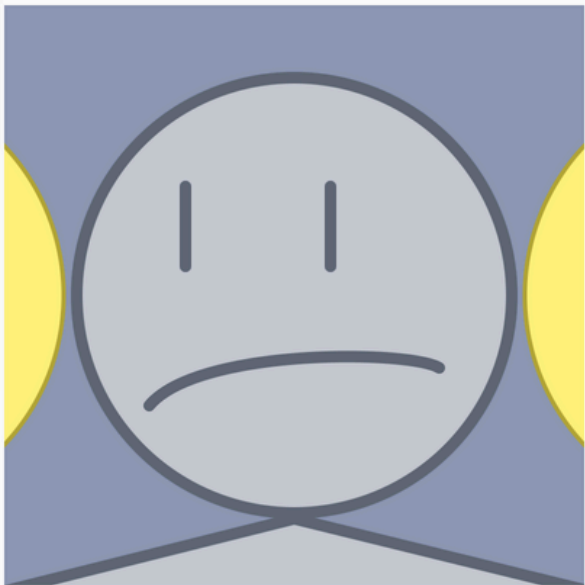
Drawing Commands

p5* File Edit Sketch Help English

Auto-refresh lonely face by bibilanse

sketch preview sketch.js Saved: about 22 hours ago Preview

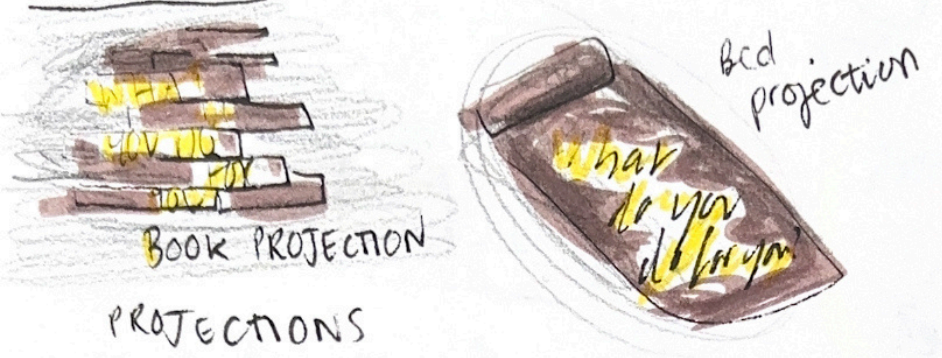
```
1 function setup() {
2   console.log('Drawing Commands');
3
4   createCanvas(400, 400);
5   noLoop();
6
7 }
8
9
10 function draw() {
11   background(141, 151, 181);
12
13
14 /* background() sets colour for the background
15 (0 - 255) for greyscale
16 (0-255, 0-255, 0-255) for RGB
17 0-255 for all values
18 (0, 0, 0) = black
19 (255, 255, 255) = white */
20
21 //fill (interior colour)
22 //stroke (outline)
23 //effects shapes after this command
24
25 //noFill(); removes the fill
26
27 //ellipse
28 //(0,0,0,0);
29 //centre x
30 //centre y
31 //width
32 //height
33 //fill(0,0,0,a) a=alpha=transparency
34
35 strokeWeight(8)
```



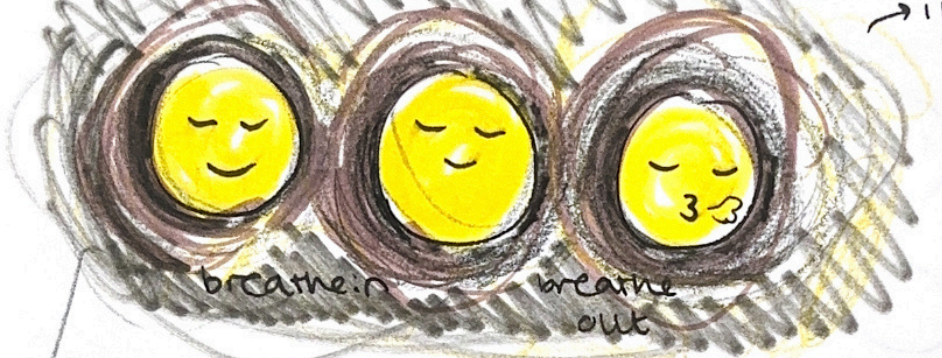
Console Clear

Drawing Commands

CAMPAIGN



MOTION GRAPHICS / ANIMATION



→ I like the yellow / brown combo - keeps warm visual language

STICKERS



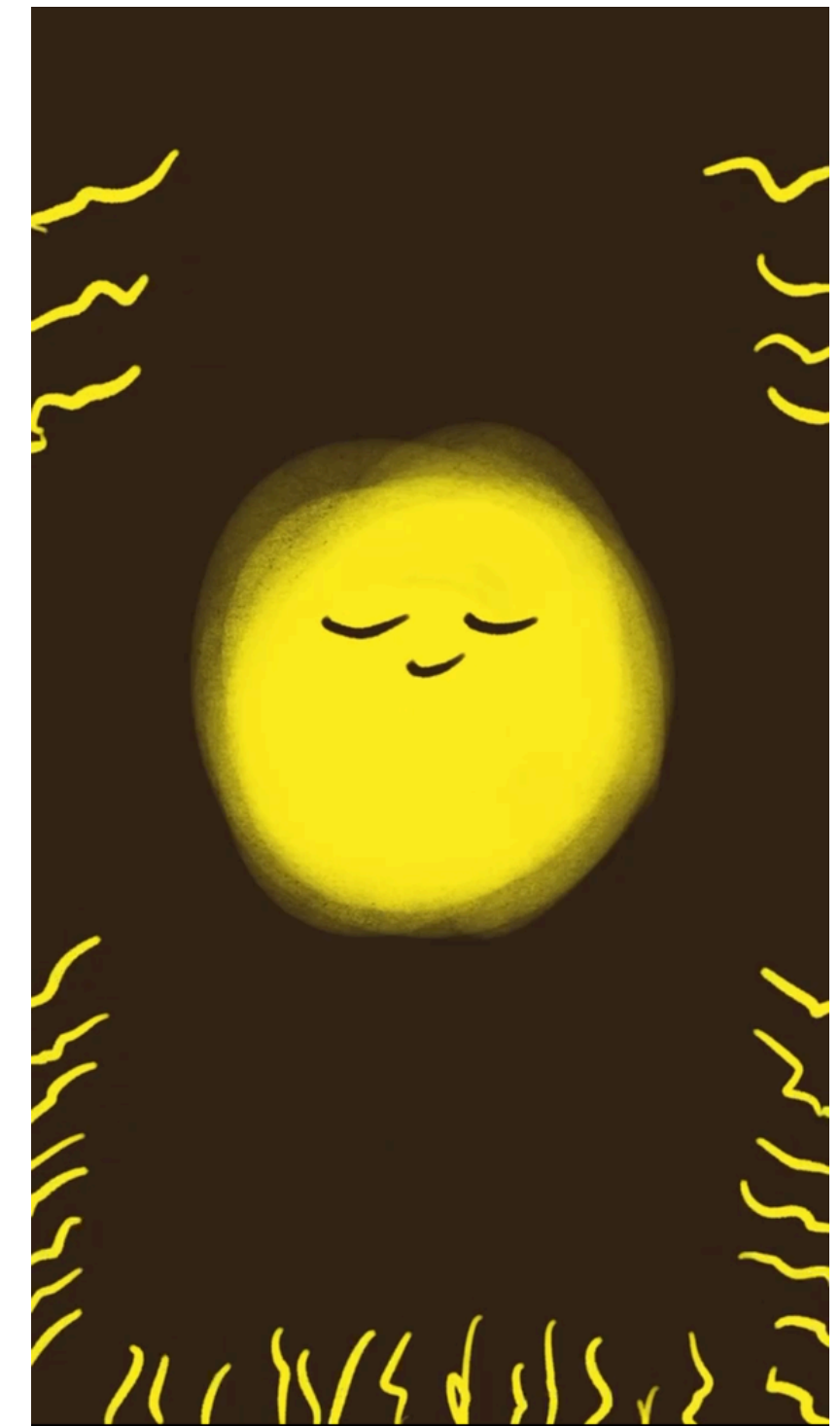
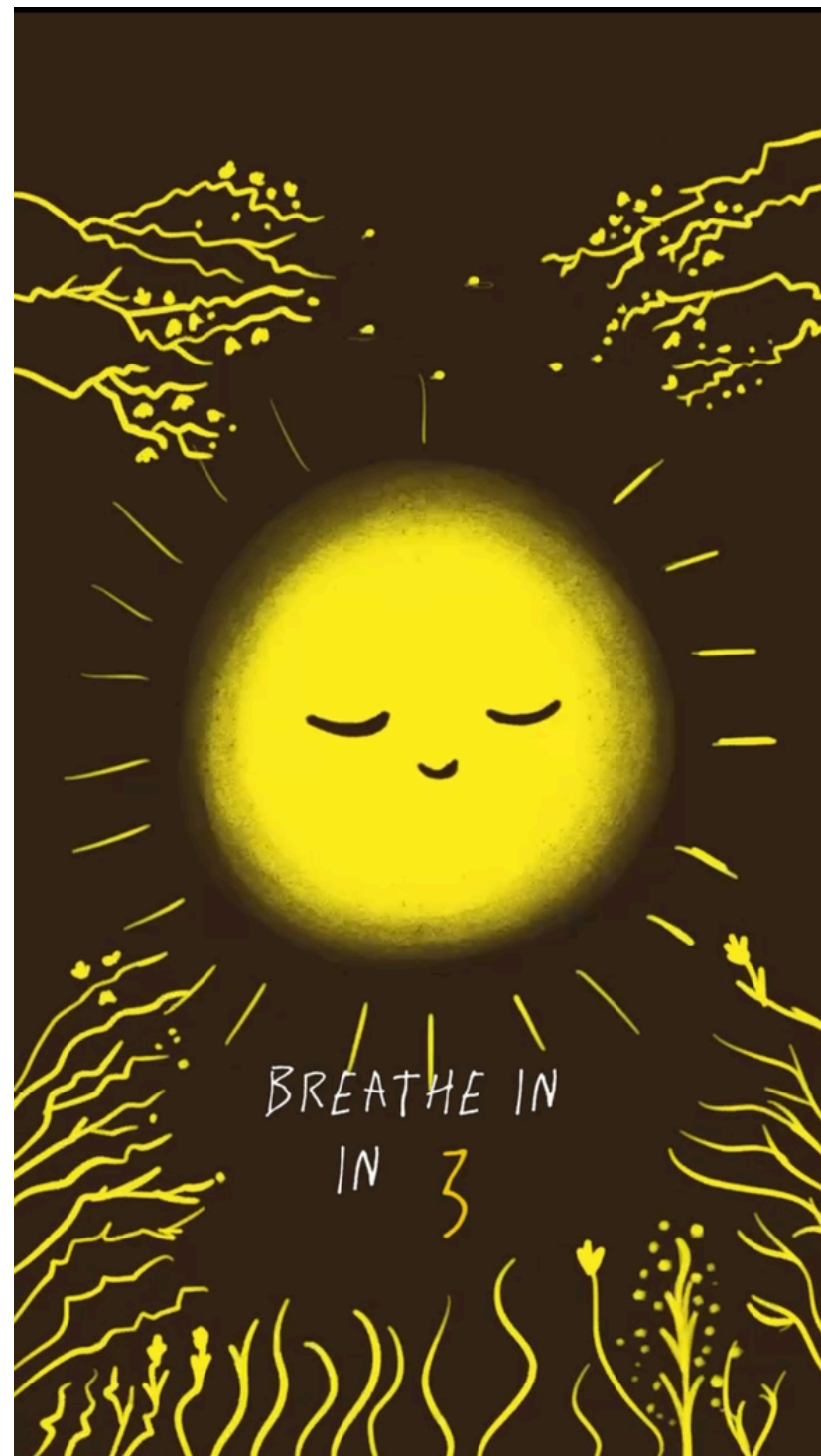
→ would place around schools



→ more yellow, plants grow when you breathe out.



Breathing exercise animation idea for TikTok



I wanted to include nature in my animation and so I synced them to the movement of the sun. Initially it was a smiley face but it made more sense to be a sun and it felt more natural this way. I wanted there to be clear instructions before having to breathe in so I did a count-down system and used the hold for 7 and breathe out for 8 breathing technique that I know is effective. The brown/yellow colour scheme makes for a warm and approachable feeling.