

# Nature Therapy

Extract elements from nature as a kind of "therapy", to treat us, to give us regular supplies like coffee.



Some researches and our own experiences suggest that nature can make us more calm and focused.

*Human evolution cannot keep up with urban evolution.*

*Now I intentionally pursue natural clothing materials and food.*

*I think over-processing is anti-human.*

# Toolkit: feel nature indoors

## trapped indoors vs. inborn need for nature

Different scenarios:

Seaside, woods, etc.

Multi-sensory:

Accessory with texture to simulate moss

Designed food with smell/taste of nature

Video/pics & sound

Purpose:

Question the life urban citizens are living and see whether we can offer help???



# Recreates Nature Using Unnatural Means

## trapped indoors vs. inborn need for nature

Noises from nature is often considered consoling. For example, people find it easier to go to sleep listening to the sounds of rain. Perhaps we can design simple devices to recreate those sounds.

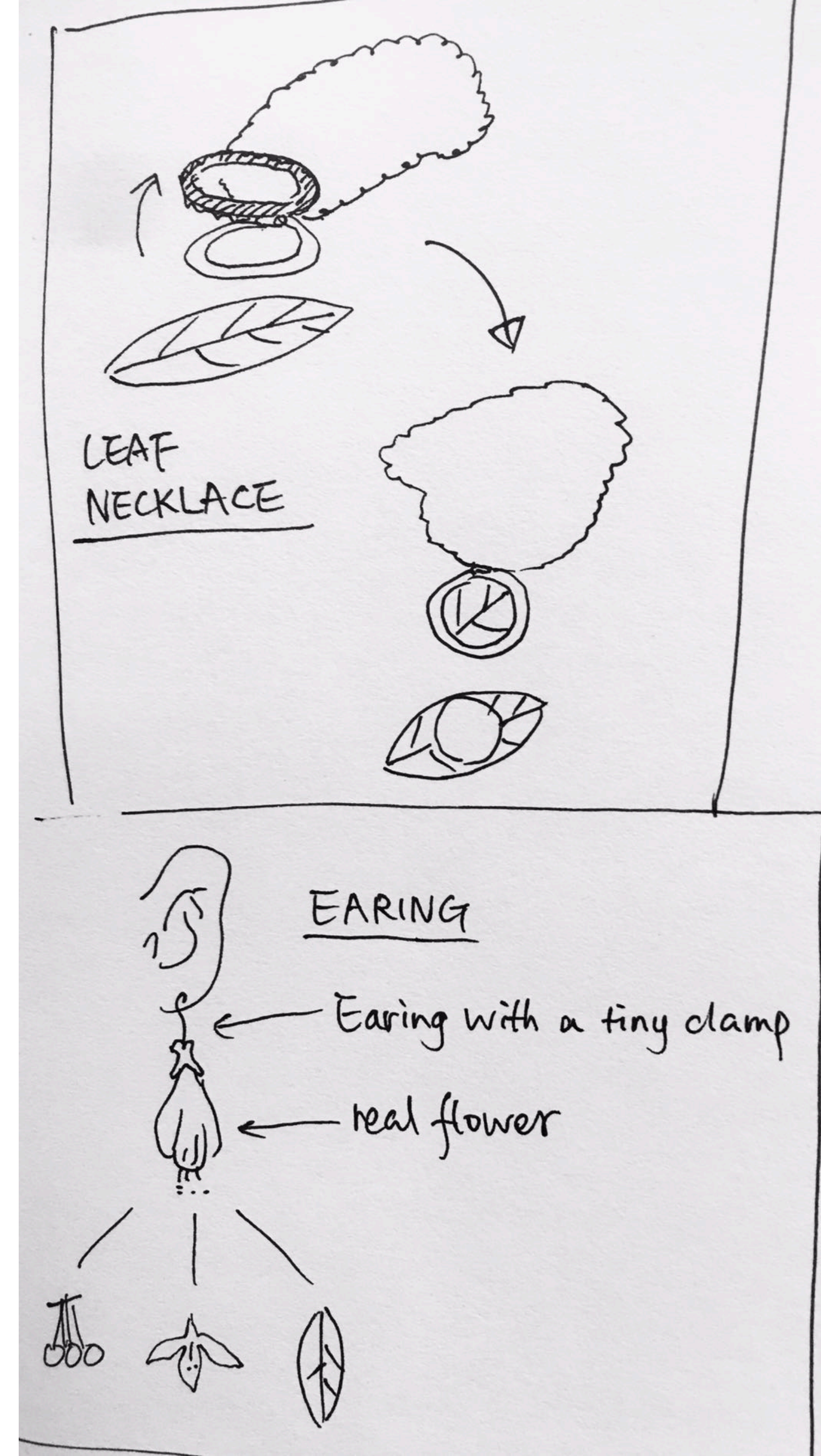


# Other Ideas

# Wearable Nature

**uncompleted accessories encouraging people to add objects from nature**

For example, instead of wearing a necklace with a precious stone, or necklace is only a frame, allowing wearer to put flat things (like a leaf) into it. Not only it allows more space for DIY and creativity, but it gives people a new perspective on nature: looking for natural colors and textures as decorative things.



· Ideas for later projects

1. A resting place for birds, attracting them to stay, and providing photo-takers a good chance to take pictures.

2. A map combined with plants that are sensitive to direction (like moss), showing visitors the way and encouraging them to look at interesting details in nature.

3. A device helping people to observe the underwater world.



# Chinese painting with algae/moss

cultural meaning & cooperation with nature

