

An aerial photograph of a dense, lush green forest. The trees are tightly packed, creating a rich, textured canopy of various shades of green. The lighting is soft, highlighting the intricate patterns of the foliage.

NATURE'S BREATH
- A SOUL'S HEALING -

GROUP 3



MEET *our team*



ĐẶNG HOÀNG PHƯƠNG

Age: 21 🧑

English - Spanish (Hopefully)

Soccer 🏈 Travel ✈️ Coffee ☕

“ Great things start from small beginnings “



HUỖNH NGUYỄN MINH THƯ

Age: 21 🧑

English - Chinese

Matcha 🍵 Food 🍜 Travel 🌍

“ Don't need to be ready, just willing to start “



ĐẶNG TRẦN TÚ QUYÊN

Age: 21 🧑

English - Vietnamese

Music 🎧 Shopping 🛍️ Travel ✈️

“ Everyone has to start somewhere”



VÕ NGUYỄN TOÀN

Age: 21 🧑

English - Vietnamese

Volleyball • Flute • Gym

“Talent is something that naturally blossoms, while instinct is something that must be honed“



TRẦN KHẢI NGUYỆT

Age: 21 🧑

English - Korean

Dalatholic 🌲 wave to earth 🌊🎧

“Too real for fake people”

The Disconnection



Once upon a time, we lived with the sun and the trees. But today, the story is different. This girl, she is lost inside a small, dark room, trapped by the cold blue light of many screens. Her eyes are tired, and her heart feels heavy with work pressure and worry. She is surrounded by technology, yet she feels completely alone, disconnected from the beautiful world outside her window.

This is where our journey begins. It reflects a modern truth: when we spend too much time with machines, we lose our mental balance.

Are We Spending Enough Time in Nature?

Nature 

Relax

Body & mind

Modern life 

More indoors

Less nature

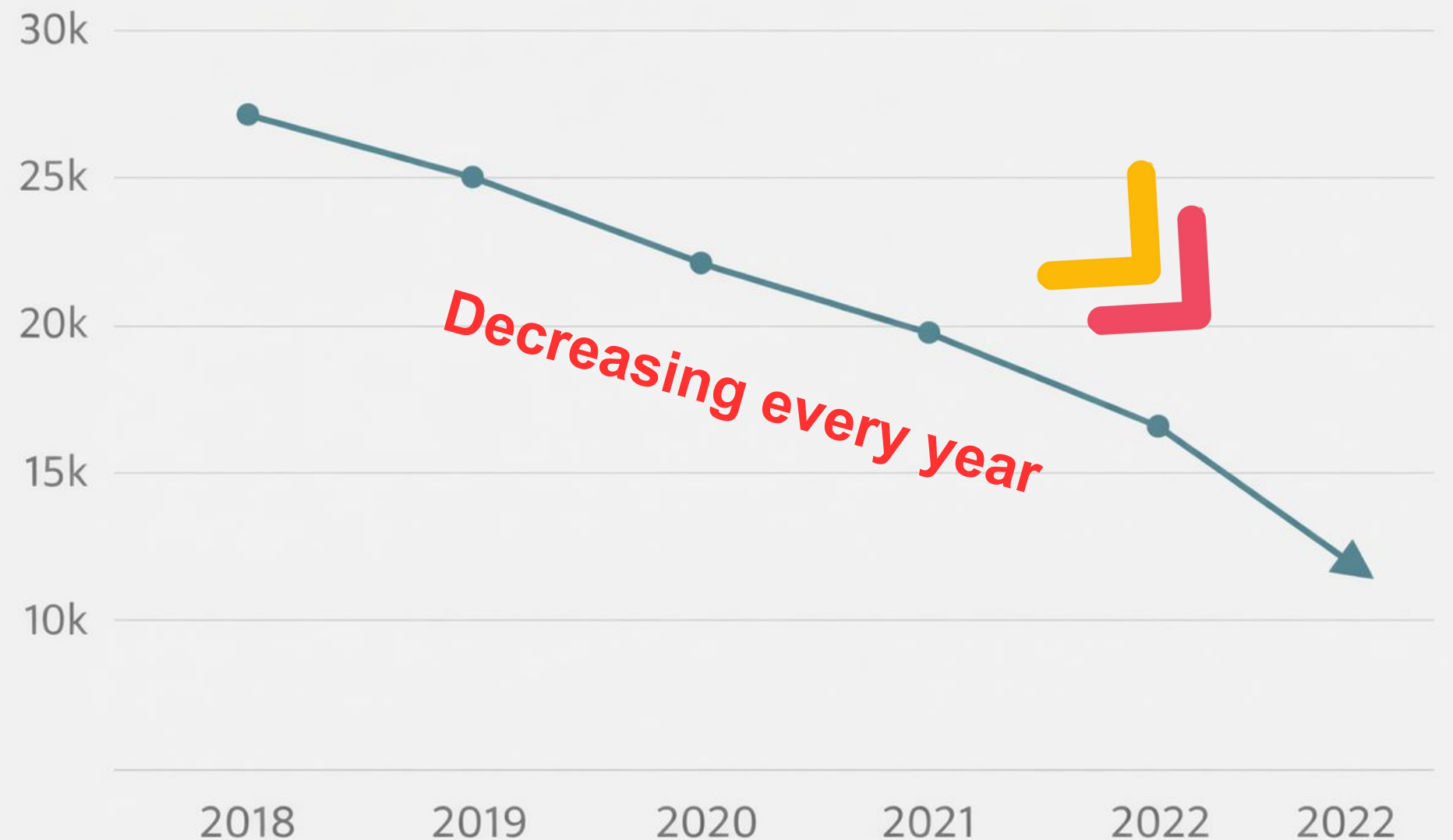
People Are Spending Less Time Outdoors

Only 10% of teenagers go outside daily

- A serious health problem
- Doctors are concerned



Visitors to Canada's National Parks



The Gentle Invitation



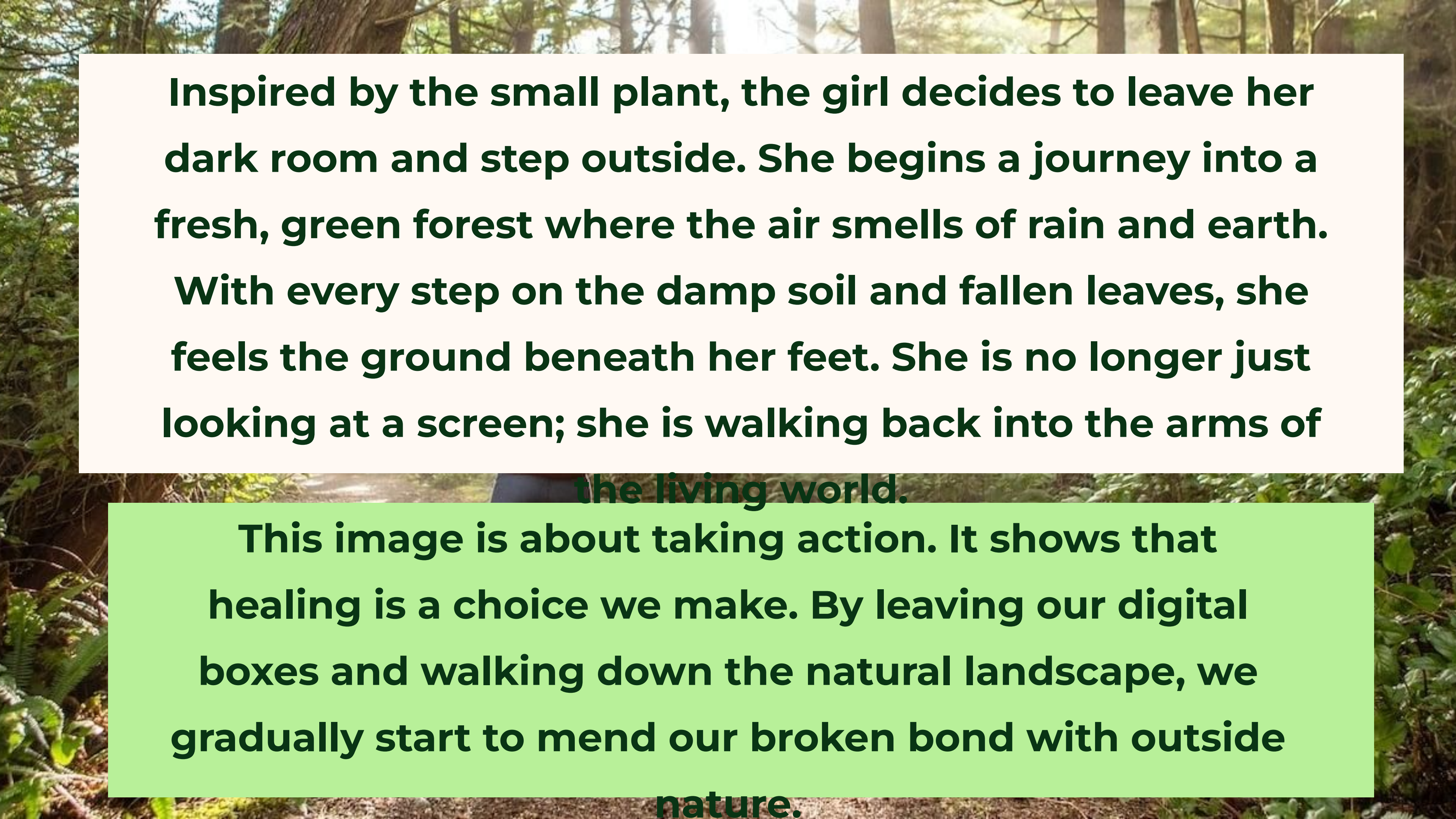
In the middle of that room, a small miracle appears. The girl pays attention to a tiny, simple green plant quietly stretching toward the light from a dusty corner. With the curious and thoughtfulness, she reaches out her hand to touch its soft leaves. It is a peaceful and quiet moment, but it feels like the Earth is whispering to her, " I am still here, waiting for you ".

This is the first invitation from Mother Nature. It teaches us a beautiful lesson, we don't need to go far to find the who we are, where we belong to.

Reconnecting with our planet can start with the smallest things right inside our own homes.



The First Step



Inspired by the small plant, the girl decides to leave her dark room and step outside. She begins a journey into a fresh, green forest where the air smells of rain and earth. With every step on the damp soil and fallen leaves, she feels the ground beneath her feet. She is no longer just looking at a screen; she is walking back into the arms of the living world.

This image is about taking action. It shows that healing is a choice we make. By leaving our digital boxes and walking down the natural landscape, we gradually start to mend our broken bond with outside nature.

NATURE HELPS US RELAX

Science proves that even looking at nature can lower our heart rate and help us relax.

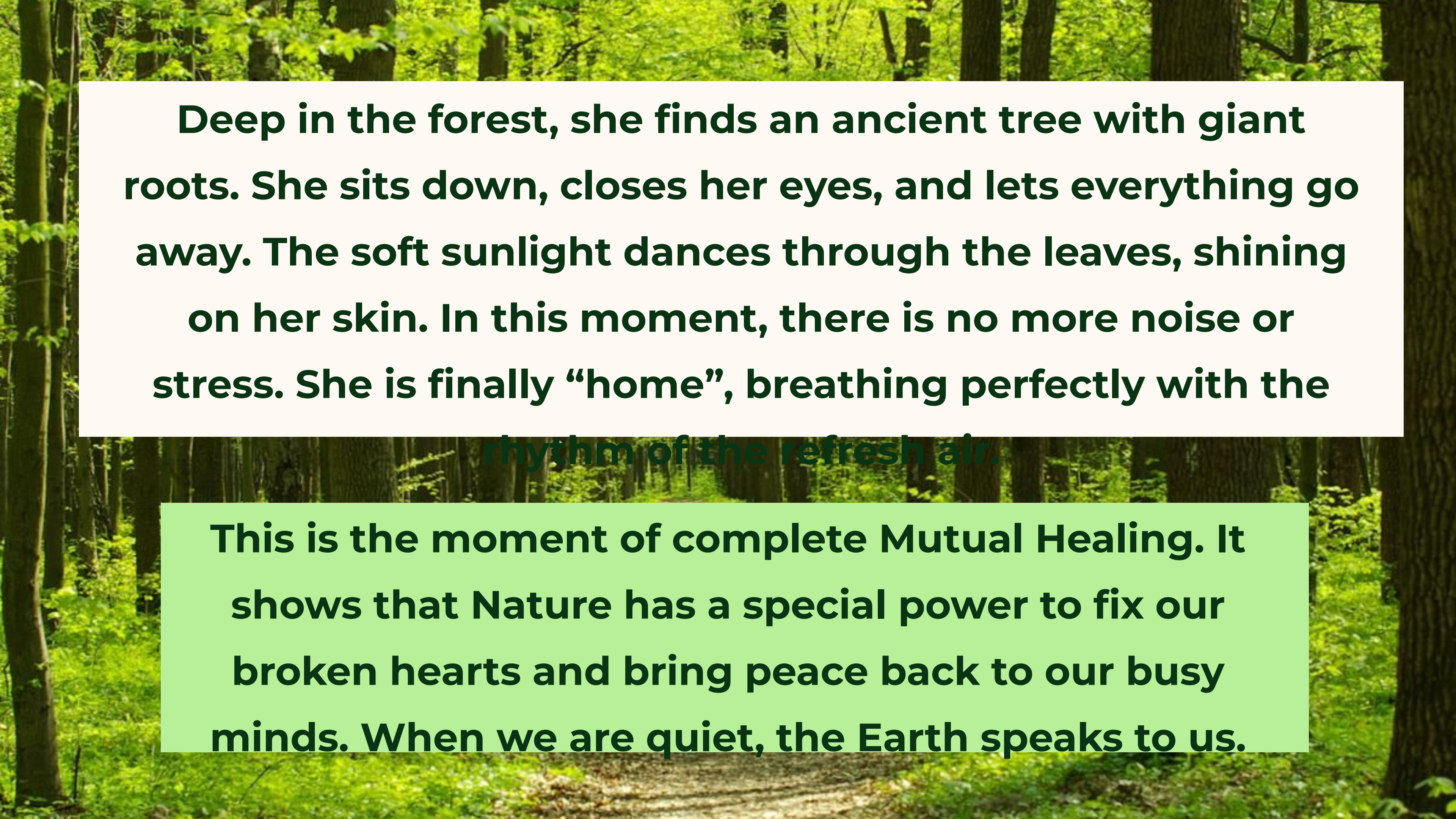
How much better it feels when your feet actually touch the real ground.

The best medicine for an exhausted mind.



The Deep Harmony



A lush green forest with sunlight filtering through the trees. The scene is peaceful and serene, with a dirt path leading through the woods. The text is overlaid on a white rectangular background.

Deep in the forest, she finds an ancient tree with giant roots. She sits down, closes her eyes, and lets everything go away. The soft sunlight dances through the leaves, shining on her skin. In this moment, there is no more noise or stress. She is finally “home”, breathing perfectly with the rhythm of the refresh air.

This is the moment of complete Mutual Healing. It shows that Nature has a special power to fix our broken hearts and bring peace back to our busy minds. When we are quiet, the Earth speaks to us.

A woman with dark hair, wearing a dark blue or black zip-up hoodie, is kneeling on a forest floor. She is leaning forward, looking down at a small, clear glass jar she is holding in her right hand. The jar is positioned just above the ground, which is covered with dark soil, fallen leaves, and some green plants. The background is a lush, green forest with many trees and foliage, slightly out of focus. The lighting is soft and natural, suggesting an outdoor setting during the day. The overall mood is contemplative and focused on nature.

The Act of Gratitude

After feeling the peace of the forest, the girl's heart begins to change. She sees a small plastic bottle left on the trail. She doesn't walk past it; she stops and picks it up. This is a big moment. It shows that when nature heals us, we naturally want to protect and heal the Earth. It is the start of a beautiful, two-way relationship.



Nature and Health

- Study in Toronto
 - **31,000 people**
 - Healthier near parks

- Examples:

Dubai: green malls

Switzerland: forest schools

South Korea: city forests

- **13 million visitors/year**



Earth's Breath

Standing on a hill, she breathes the pure air and looks out over the endless green forest. She feels alive, peaceful, and full of energy. Her journey from darkness to light is complete, as she reconnects and becomes one with the Earth.



ONE WITH EARTH

- **GO HOME:** Nature is not a place to visit, it is our home - where we belong.
- **LIVE BETTER:** A healthy planet means a healthy you - let's protect nature.
- **RECLAIM:** Put down and leave the digital behind, let's go outside, touch grass and listen to the rhythm of nature.
- **SOUL HEALING:** Silence the noise, mend your spirit, and grow with the forest.