



DESIGN YOUR SELF CARE TOOL TO PROMOTE WELLBEING

What is Self-Care?

Prioritising an activity that supports your physical, mental, social, and/or spiritual wellbeing.

Circle the area(s) of wellbeing would you like to focus on (you may choose more than one)

- Physical Wellbeing - Mental Wellbeing - Social Wellbeing - Spiritual Wellbeing

Self-Care Tool Name

What do you want to make? Choose a name that reflects its purpose and makes it appealing to others.

WoW! Wonders of Walking

Purpose

What is the main goal of your tool? What benefits will users experience by using your tool? (50-200 words)

WoW! Wonders of Walking is a self-care tool kit that encourages people to take time out of their busy life to walk/jog/run as exercise and enjoy the beauty of nature. It'll help people who are lazy to come out from their rooms and see some light, workaholics to slow down and appreciate nature, unhealthy people who find exercise a big mountain/hurdle, etc. It creates an action into a visual activity that collates into a memory and gives a sense of fulfilment.

Target Audience

Who is your tool designed for?

Anyone who wants to make a habit of walking/running and enjoying/appreciating nature while at it

Features (include how to use)

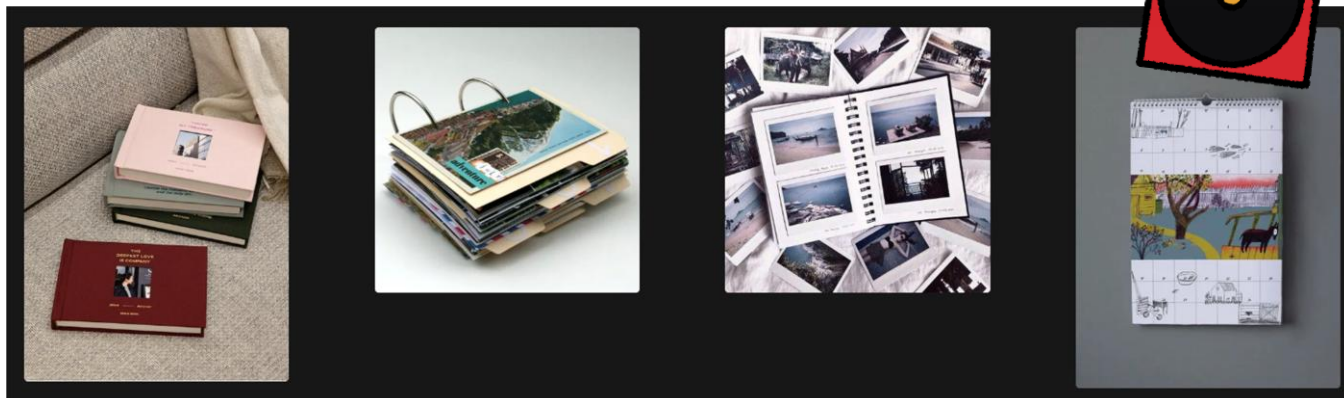
Explain how your tool will work and include details about how it can promote their wellbeing (100-300 words).

- 365 day Photo album/scrapbook
- Mini photo printer with paper
- Pen
- Postcard/photo/cute card with encouraging message



Design / Visual Reference

Describe ideas for how your tool will look and provide sketches, photos or digital designs, etc. (Please provide references or links to the original source if it is not your own)



(reference 1) https://www.alibaba.com/product-detail/Linen-Box-Custom-printing-design-3inch_1601286794910.html?spm=a2700.7724857.0.0.1cf9102dj0BvJf

2) <https://www.are.na/block/12347366>

3) https://www.instagram.com/1_mustik/p/DAWnj_lqLqj/

4) <https://www.behance.net/gallery/48107141/The-story-of-the-black-dog-Calendar-2017>)

Pitch Summary (promote your self-care tool)

Summarise why your tool should be brought to life and how it will make a difference (20-200 words).

Sometimes it's hard to make a difference in our lives because we don't visually see it. We're becoming more and more used to uploading our lives onto Instagram, Snapchat, etc., but how can those actions become more physical-health friendly? Fill up a 365 day photo album with your small steps (literally)! Capture the beauty of the little things and stack your achievements in a visual diary. Create your own memory of how you work towards a better lifestyle and healthier body and mind!

Additional Notes

Share any other information or ideas that you think are important for us to know about your tool. Or use this for extra space if you run out on other sections.

- Can include more products in the kit to help e.g. water bottle, socks
- Can also be a calendar (you stick the photo on the blank day of a month calendar)