

# TASK 6: STORY BOARDING

Title: Mindful Moments: Find Your Peace Anytime

## 1: Introduction to Daily Stress

Visual: Split-screen of people on their phones, stressed at work, and overwhelmed by daily life.

Audio: Fast-paced, stressful music with notifications pinging.

Text: "Feeling overwhelmed? You're not alone."

## 2: Introducing Mindful Moments

Visual: A calming app interface appears on a smartphone screen with soft colors and soothing graphics.

Audio: Transition to serene music.

Text: "Meet Mindful Moments: Your pocket guide to peace."

## 3: App Features Overview

Visual: Quick taps on the app showing key features: guided meditations, breathing exercises, and daily reminders.

Audio: A gentle voiceover explains each feature.

Text: "Guided meditations, breathing exercises, and personalized reminders."

## 4: Using the App in Real Life

Visual: A user in various scenarios: at a busy café, on a subway, and at home, using the app.

Audio: Background sounds of each environment transitioning to peaceful meditation sounds.

-Text: "Mindful Moments fits into your day, wherever you are."

## Scene 5: Community and Progress Tracking

Visual: Screen showing a community section with users sharing their experiences and progress graphs.

Audio: Uplifting music with sounds of community engagement.

Text: "Join a community of mindfulness seekers and track your journey."

#### 6: Call to Action

Visual: The Mindful Moments logo with download links for the App Store and Google Play.

Audio: Cheerful music.

Text: "Download Mindful Moments today and start your journey to calm!"

#### 7: Closing

Visual: A serene landscape with someone meditating, the app interface gently fading into the background.

Audio: Calming nature sounds.

Text: "Mindful Moments: Find your peace anytime."

This storyboard provides a clear vision for creating an engaging promotional video for the Mindful Moments app, emphasizing its benefits and ease of use in everyday life.