

ACACIUM SELF CARE

Boards: 8 | Shots: 8 | Duration: 0:16 | Aspect Ratio: 16:9
DRAFT: NOVEMBER 21, 2023

1A 0:00



Beat the January blues this season with our self care tips!

Logo builds in.

2A 0:02



Take a walk before work or on your lunch break to get some of those sweet endorphins - nature can be found in all sorts of places!

Character walks into frame, taking a minute to appreciate nature. Birds flutter past.

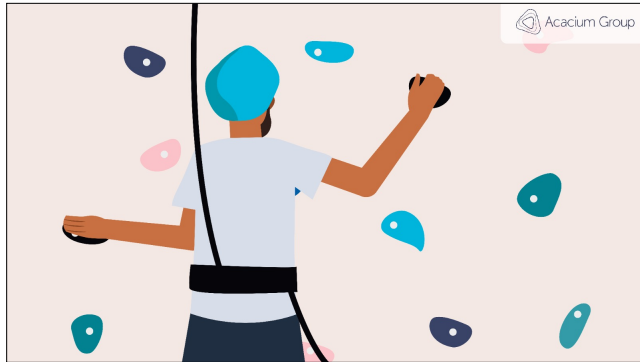
3A 0:04



Make sure you're drinking enough water - thats not enough mate, take this!

Guy is holding a tiny glass of water. he puts it down and a giant water bottle slides across the counter from the left, which he catches.

4A 0:06



Do something outside of your comfort zone, like rock climbing! you can do it!

Guy moves slowly up the rock wall, but gains confidence and moves faster.

5A 0:08



Spend time with the ones you love and chill out with a film. Yikes, maybe not that one though!

They're watching a scary movie, with spooky sound effects coming from TV. guy on the right is loving it while left guy is a bit spooked, covering his eyes while friend laughs, popcorn coming out of the pot.

6A 0:10



Relax with some yoga, always good to stretch!

She stretches, doing her best to reach her toes. Cat copies the movement, stretching out its body.

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7A 0:12



Treat yourself to some new PJs for those super cozy vibes! And don't forget your skincare routine – that includes you blokes too.

She clicks her fingers and clothes change magically to her new PJS.

8A 0:14



Happy new year from us at Acacium Group.

Logo transitions.