Soft Bodies animations and turbulences
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This tutorial shows how to animate with a turbulence applied to a soft body lattice. This method of animation is very effective to control large number of duplicated objects for example clones.

**Part 1- Apply a volume turbulence to a soft sphere**

Step 1 Create a polygonal sphere or Nurbs of your choice.

Step 2 Select the Sphere > Animation > Create Lattice, apply a lattice deformer on the sphere.
Step 3. Convert sphere and lattice to soft bodies. Select sphere and lattice, go to Dynamics > Soft/Rigid Bodies > Make Soft body. This creates soft duplicates of the sphere and of the lattice. Check the other settings for the illustration below.
Step 4. Apply a turbulence to the sphere + lattice. In Outliner, select the soft sphere duplicate - CopyOftSphere and the soft lattice duplicate – CopyOftLatice, go to Dynamics > Fields > Volume Area. Edit the volume for the turbulence sphere or a torus.

Scale the field in order to match the size of the sphere.

The following illustration shows a cubic turbulence applied on the soft sphere.
The following illustration shows a torus – donut - turbulence applied on the soft sphere.
The following illustration shows side by side a cubic turbulence and a torus turbulence and how they affect the lattice which in turn affects the sphere. The sphere has been removed.

**Part 2- Apply a volume turbulence to a PaintEffects**