Exercise 1 - Phyllotactic Pattern / Houdini 16.0.671

Average render time: 6.9 min/frame   Resolution: 1280x720
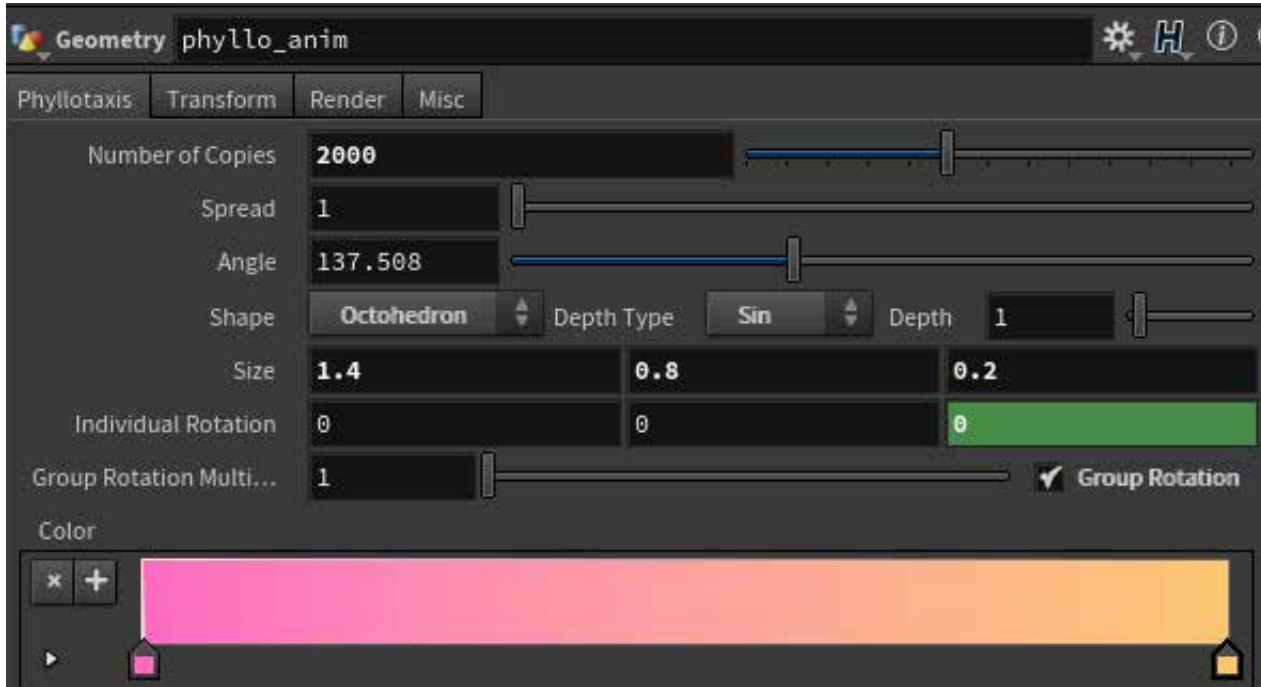Samples: 3:3   Min/Max Rays: 3/10
Noise Level: 0.005   Lights: Environment Light, Sunlight, Spotlight
Packed Complexity of Geometry: 2,000 points, primitives, vertices, and packed geos

Parameter	Description
Number of Copies	The number of copies creating the pattern
Spread	Controls the density of the pattern
Angle	Defines the angle that the geometries are copied with, forming the pattern
Shape	Type of shape: Sphere, Tetrahedron, Cube, Octohedron, Soccer Ball, or Teapot
Depth Type	Depth pattern: Flat, Sin, or Cone
Depth	Multiplyer for Depth Type
Size	Scale for the individual copies
Individual Rotation	Rotation for individual copies
Group Rotation	Checkbox for group rotation ["golden rotation" effect] and multiplier value
Color	Ramp of colors from center to edge of pattern

Beyond the required attributes I added shape selections, a couple depth patterns with a multiplier, group and individual rotation, and a color ramp.