



Well, how are you being?

Ronne Wabeke 4593685

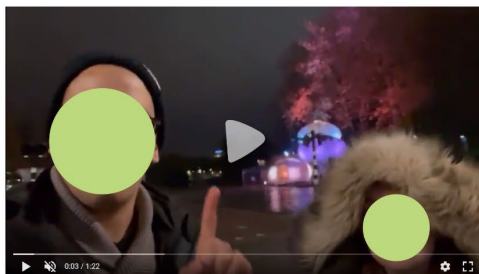


'I don't have to **burden everybody** with my feelings.'

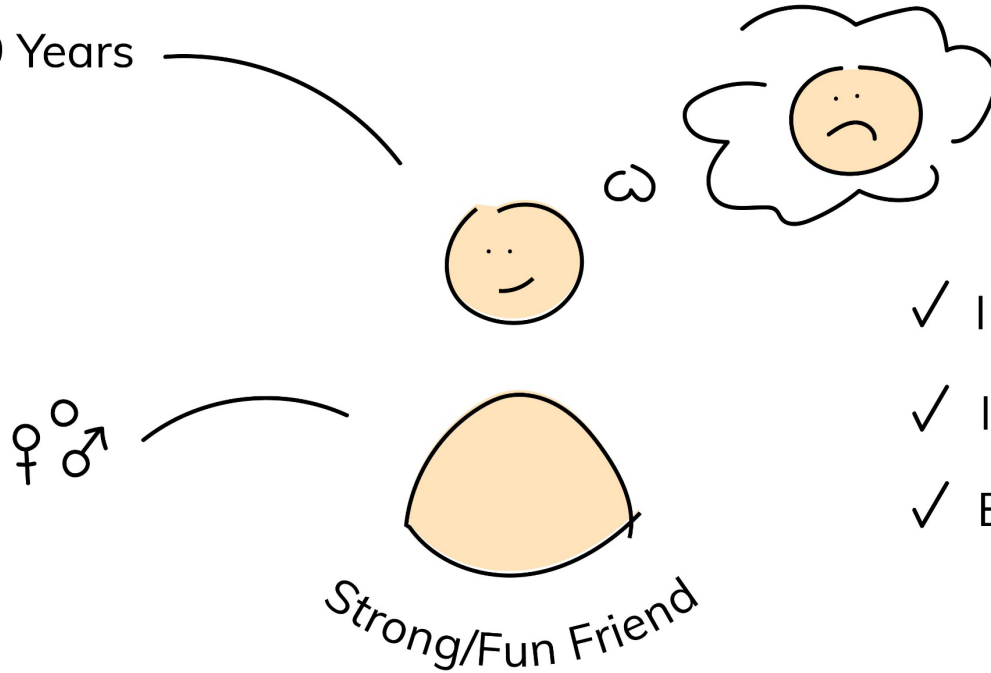
- Interviewee

The target group doesn't share **out of their comfort zone** and focusses on the shared experience instead of their own needs.

- Context Mapping (n=8)



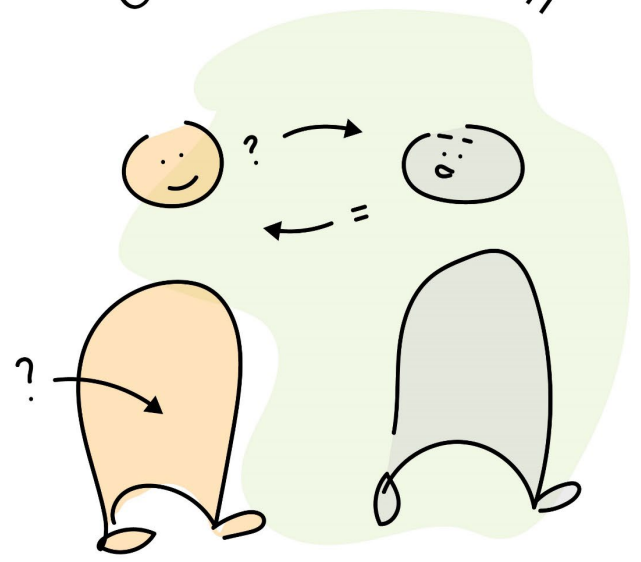
20-29 Years



- ✓ I have to be strong
- ✓ I don't want to burden others!
- ✓ Being vulnerable is hard



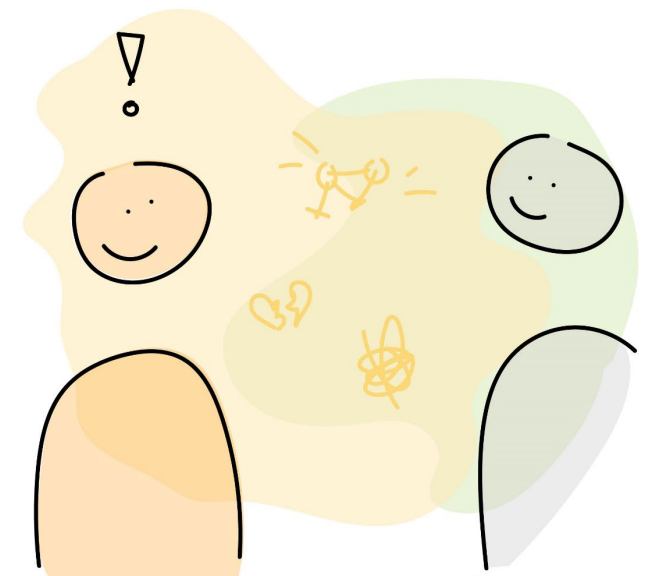
Current Conversation



We listens, interact, emphasise and give advise but we don't take the floor ourselves.



Design Goal



I want to create the **sense of opportunity** for people to **express their feelings** while **going on a walk with a close friend**.



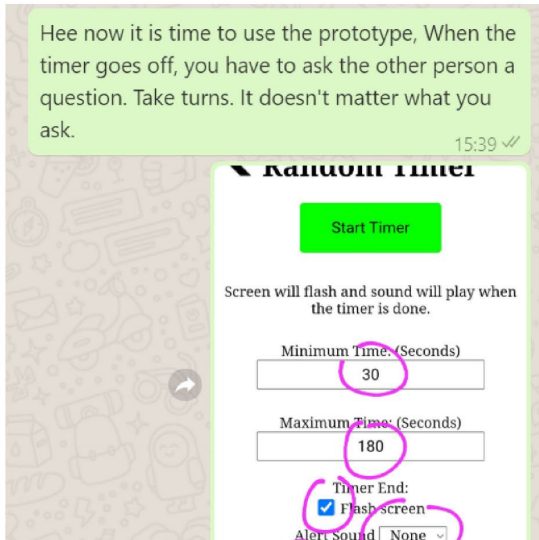
↻ Cycle 3



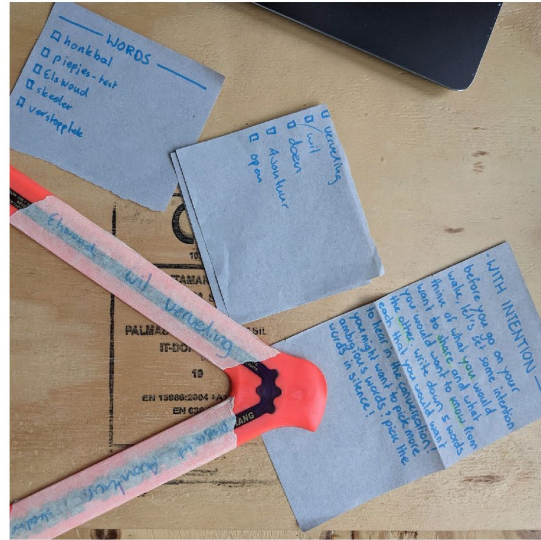
Interaction Qualities: Lighthearted, Free, Tuned in, Experimental, Intentional.



I want the interaction to feel like: Reggie Watts and Mark Rebillet jamming on YouTube



Question Time(r)



Boomerang with Intent



Booty Bare



Chalk Guide

Do not disrupt the natural flow of the conversation!

Hee now it is time to use the prototype, When the timer goes off, you have to ask the other person a question. Take turns. It doesn't matter what you ask.

15:39 ✓

Random Timer

Start Timer

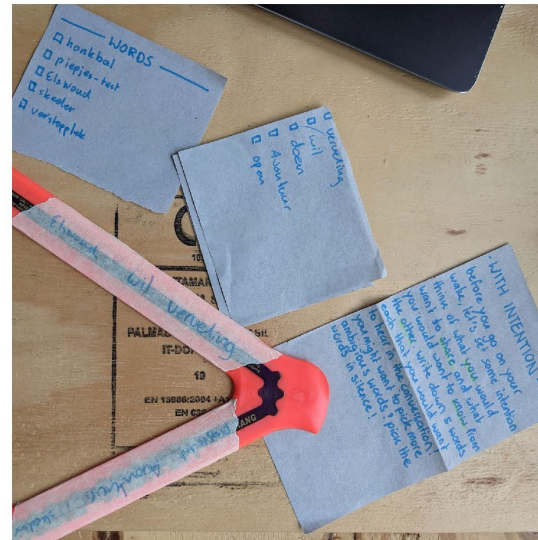
Screen will flash and sound will play when the timer is done.

Minimum Time (Seconds)
30

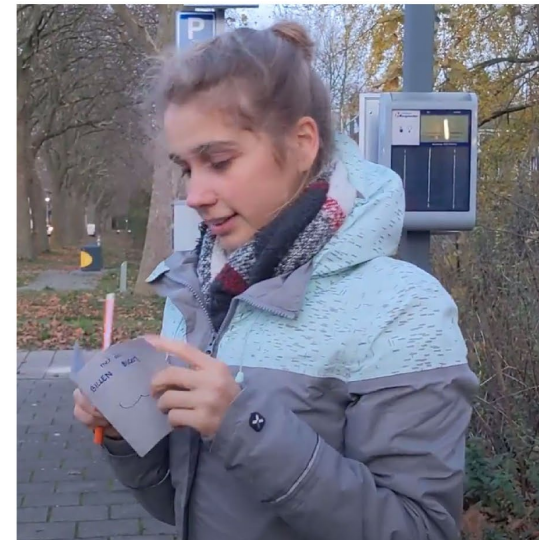
Maximum Time (Seconds)
180

Timer End:
 Flash screen
Alert Sound | None

Question Time(r)



Boomerang with Intent

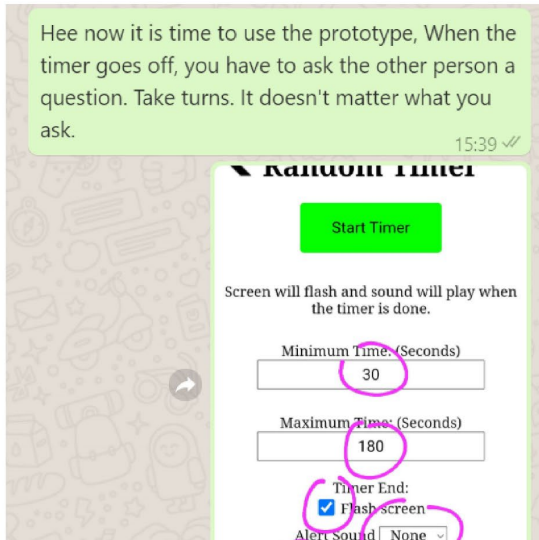


Booty Bare

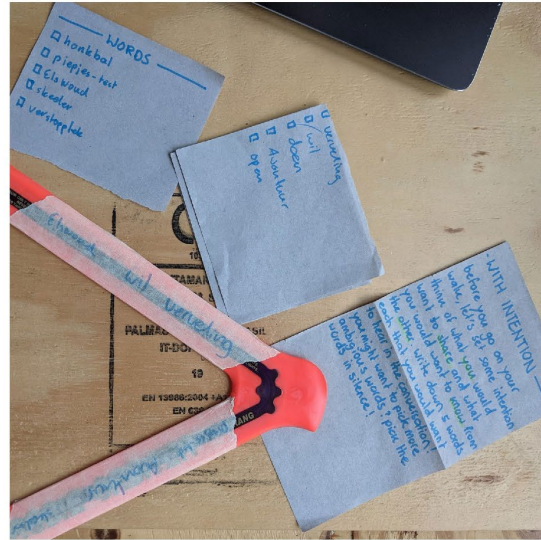


Chalk Guide

Aligning intentions and setting a goal gives support.



Question Time(r)



Boomerang with Intent

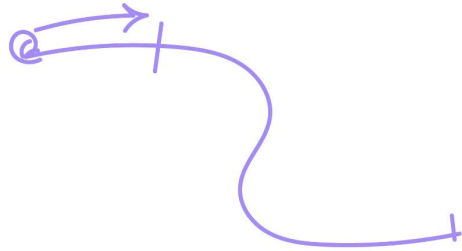


Booty Bare

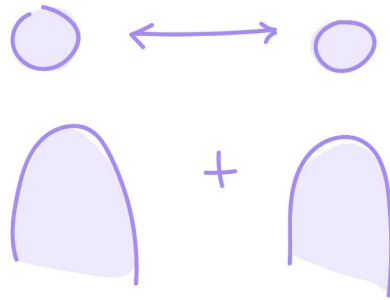


Chalk Guide

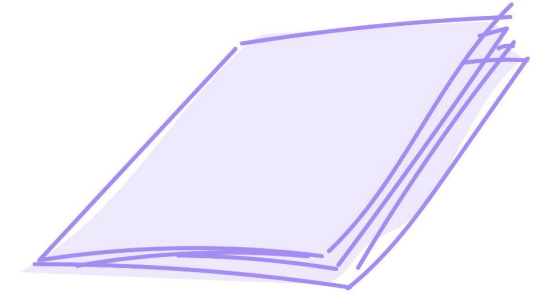
You cannot force anything, initiative has to come from the user.



Use intervention at the start so it supportive

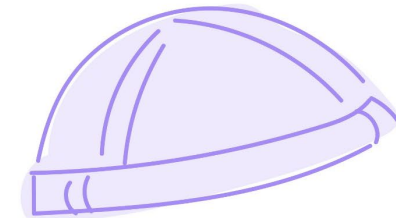


Align intentions

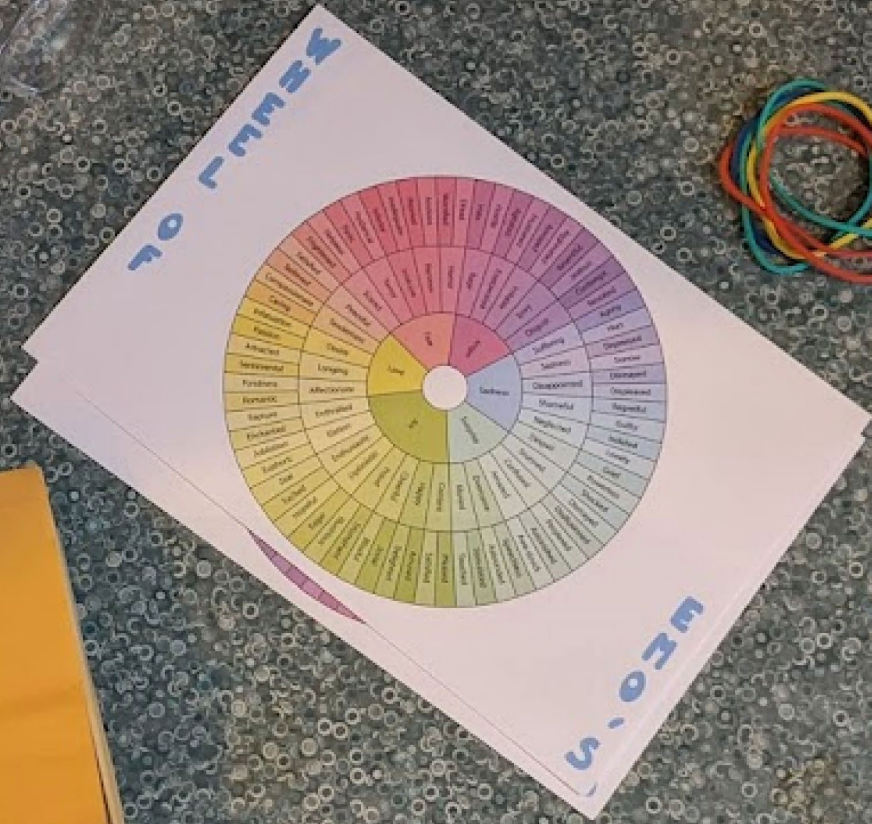


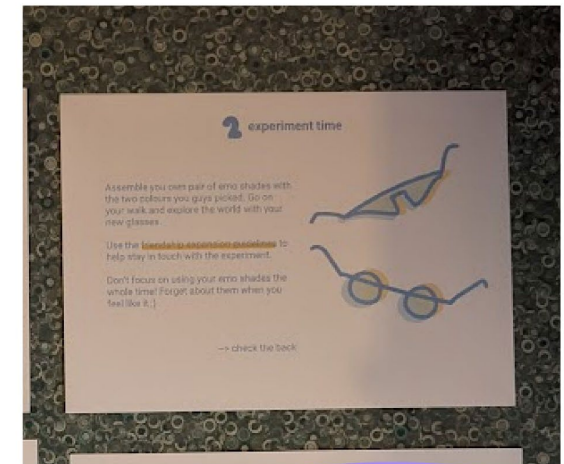
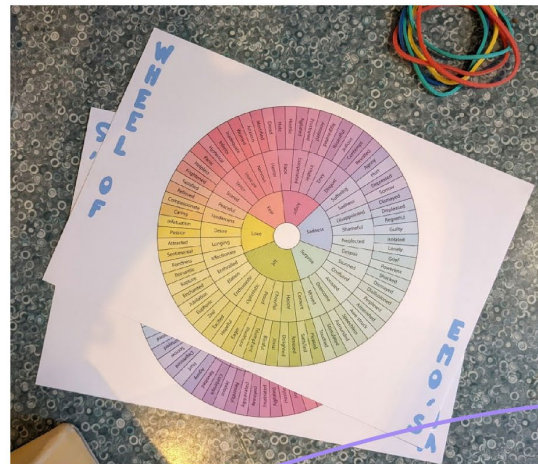
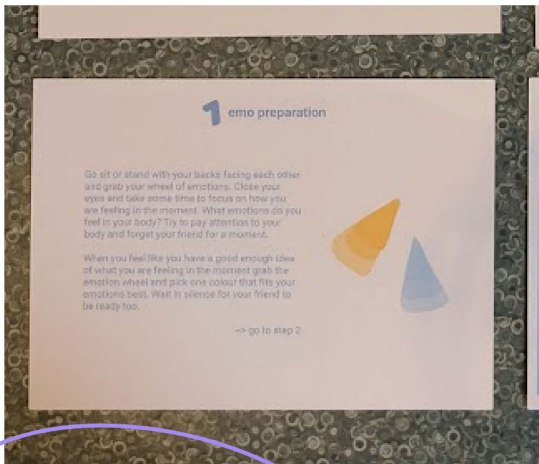
Intention Guide
be transparent about goal

+



Intervention tool
use as support during the walk





Mindfully explore how you are feeling.



Pick what colour that looks like.

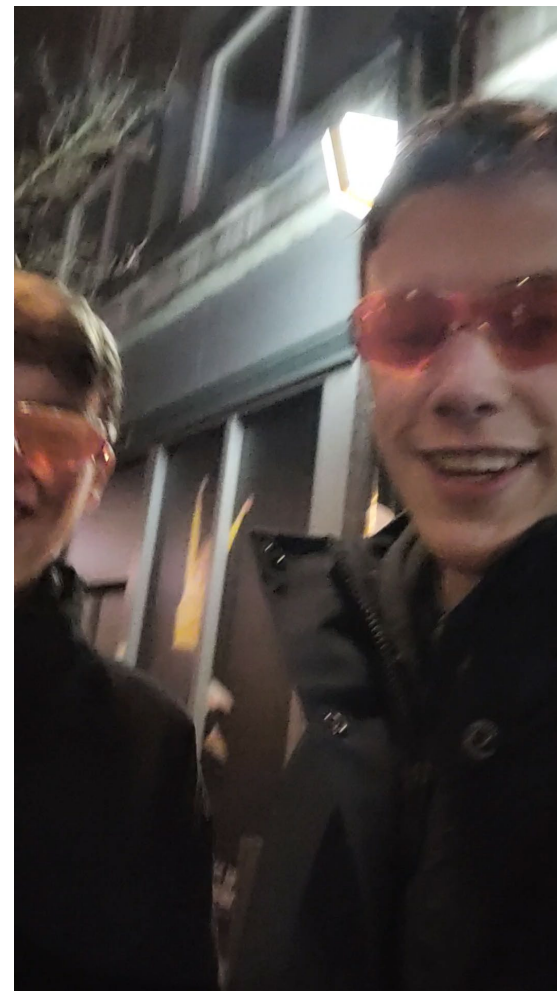


Mix both your colours and assemble your glasses.



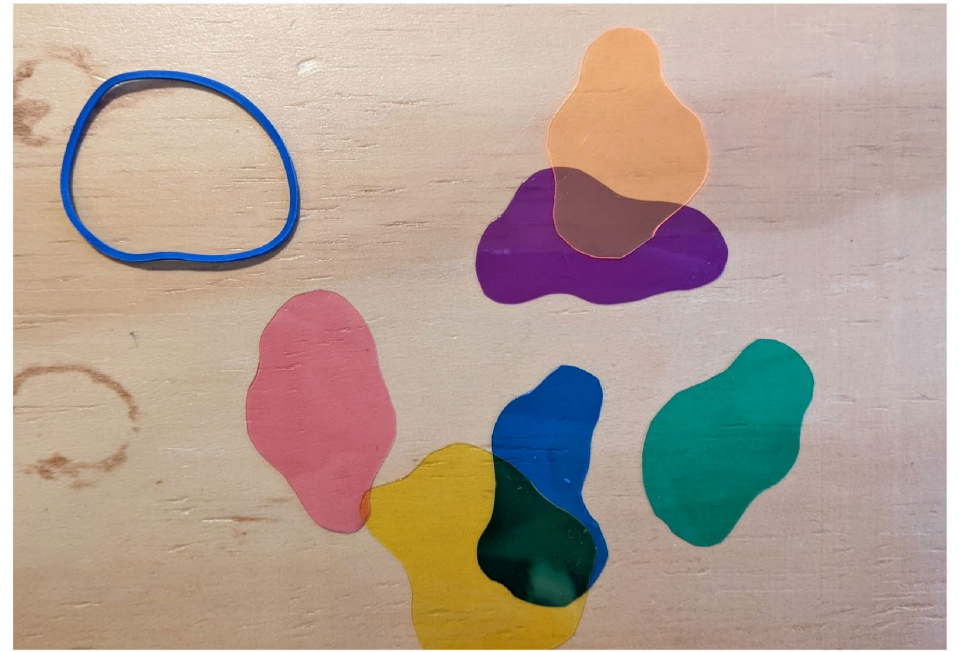
Go for a walk and explore inside and outside.

Testing

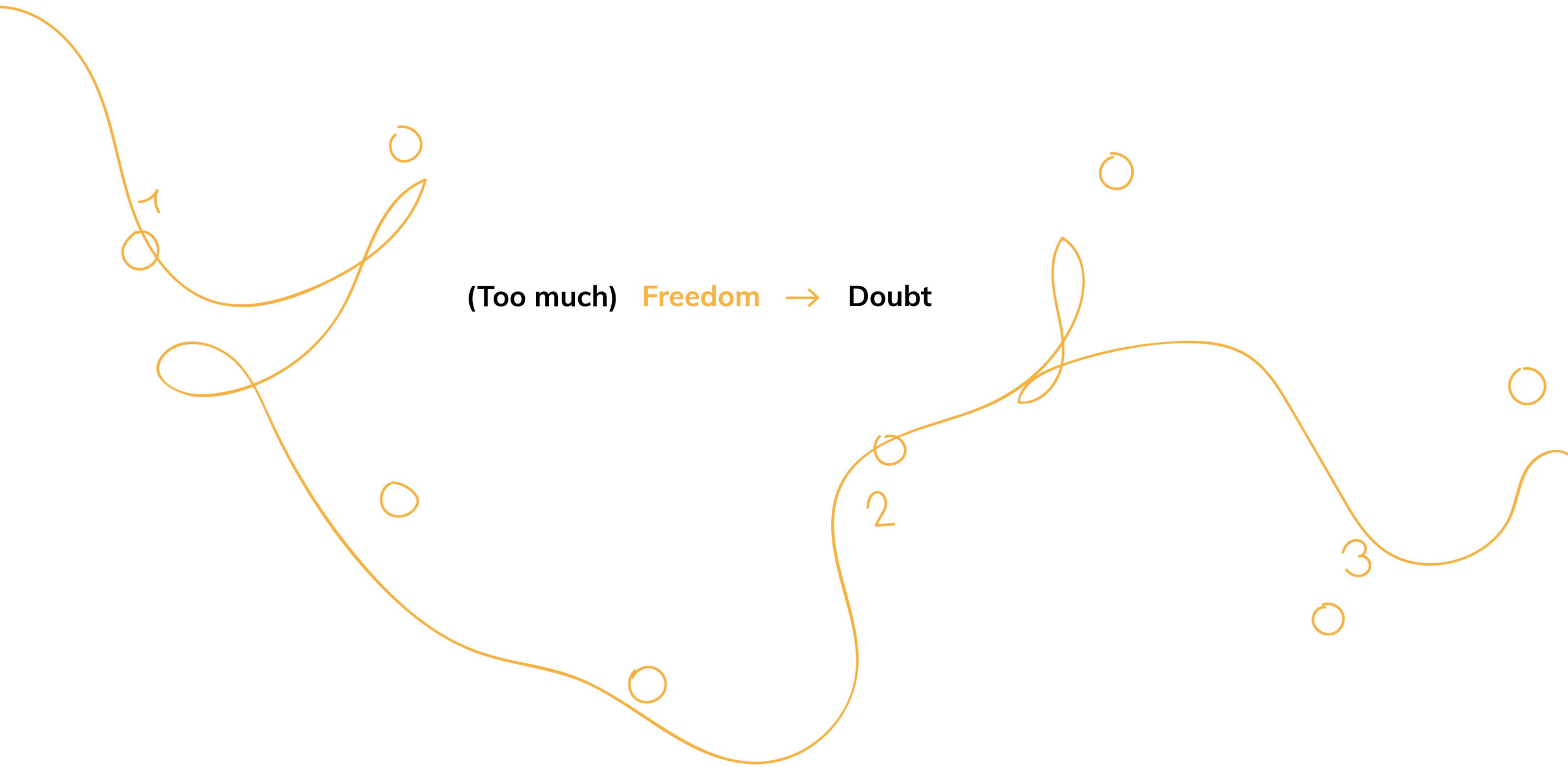




User gets stuck in the feeling
it is hard to choose



+ **Lighthearted, Experimental, Free**
Open to interpretation and mixing.



(Too much) Freedom → Doubt



Guidance → Freedom

My emotions are mixed!



When are we done?



'Okay, In this moment I am thinking I have a lot of mixed emotions and I wouldn't be able to summarise them in one colour. So it is more of a collage than one colour, and it is also really open to interpretation but I think that is supposed to be that way.'





TAKE A TURN

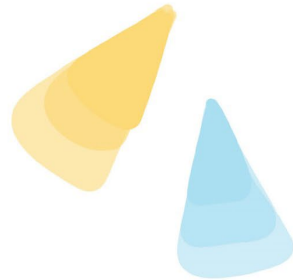
a friendship expansion experiment



1 emo preparation

Go sit or stand with your backs facing each other and grab your wheel of emotions. Close your eyes and take some time to focus on how you are feeling in the moment. What emotions do you feel in your body? Try to pay attention to your body and forget your friend for a moment.

When you feel like you have a good enough idea of what you are feeling in the moment grab the emotion wheel and pick one colour that fits your emotions best. Wait in silence for your friend to be ready too.



-> go to step 2

There is a need for guidance.



+ **Tuned in, Lighthearted, Experimental:**
A guided mindfulness recording.

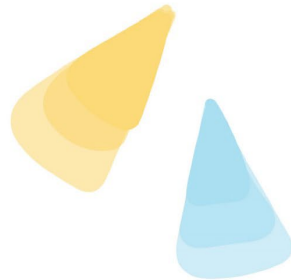


1 emo preparation

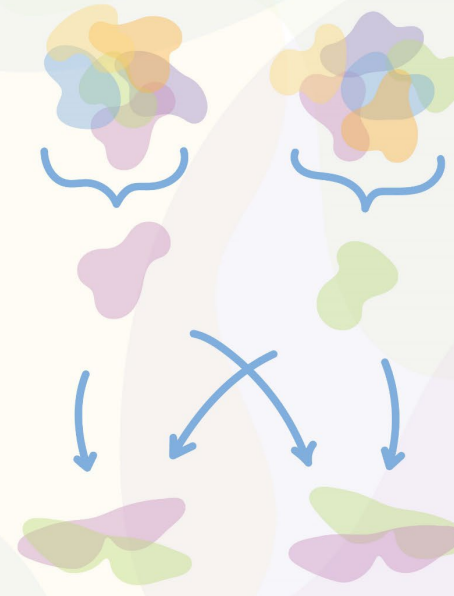
Go sit or stand with your backs facing each other and grab your wheel of emotions. Close your eyes and take some time to focus on how you are feeling in the moment. What emotions do you feel in your body? Try to pay attention to your body and forget your friend for a moment.

When you feel like you have a good enough idea of what you are feeling in the moment grab the emotion wheel and pick one colour that fits your emotions best. Wait in silence for your friend to be ready too.

-> go to step 2



2 turn around



Find one colour in your mixed emotions that you would like to explore.

Next, both grab a lens in your own colour and one in your friends colour from the toolkit.

Now you both have a set of coloured lenses mixing both the colours you would like to explore into a new one!

Users can identify with more than one colour.



+ **Intentional**: let the user choose which colour they want to explore.

There is a need for guidance.



+ **Free**: Clear visualisation of process.

Guided Mindful Exploration:



Lighthearted, experimental, Free, Tuned in, Intentional

Affordances & Interaction Qualities



- ⦿ Messy but everything has a place.
- ⦿ Both 'chefs' have their own 'kitchen'.
- ⦿ Soft, warm, calm background.
- ⦿ Intuitive collaboration.
- ⦿ **Experimental**



Affordances & Interaction Qualities



- ④ Soft, warm, calm background.
- ④ Intuitive collaboration.
- ④ Spontaneous flow.
- ④ Free
- ④ Tuned in

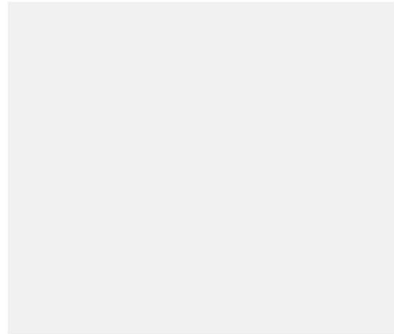
4 turn up

Take your shades outside and explore! What do you **experience**? What do the colours you both picked **mean** to you? And what do you want to explore about how this colour **feels** to you today?

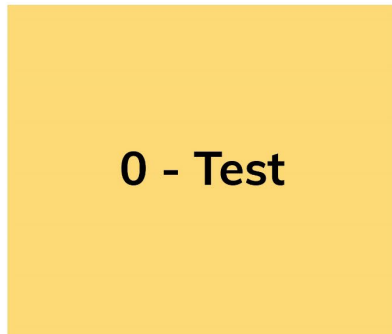
Leave the toolkit behind ;)



Test Set-Up Participants S & V:



Test Set-Up Participants J & B:





B: 'I mainly grey identify with grey, but that is not really a positive thing.'

J: 'Is it? It can mean anything, right? I doesn't have to be a negative colour.'

B: 'No, no, no it was –'

J: 'The colour of ageing.' (haha)

B: 'It was a bit bleak, so I was thinking, is this it..?'

- Lighthearted
- Experimental
- Tuned in



Mindful of Perception

B: It feels like it (eg. the city) is cloaked in warmth.

J: Yes, it immediately feels like it is 5 degrees warmer.

B: Yeah, but that is because today it is actually 5 degrees warmer!

• Tuned in

Main takeaways:

'It felt helpful that I **wouldn't have to bring up negative emotions myself** but my glasses show it, and then somebody can ask about it.'

'I had two colours in mind and decided to not pick the colour resembling a sad thought because I **didn't want to talk about that.**'

- Interview with S

'Normally you have to do a whole buildup (to talk about your feelings) now the **threshold felt lower** because it was initiated by an external source instead of by me.'

'It gave some **sense of space(!)** to take a moment to be aware of each others emotions and how we were feeling.'

- Interview with J

Limitations Test:

'I was engaged with the fact that the colours had meaning but I **didn't really feel in the mood** to focus on that right now.'

- Quality Assessment S & V

'We were both really **tired**, we discussed B's colour and that was enough.'

- Interview with J

→ I asked them to take part in the experiment; the interaction is not sincerely **Intentional**



⦿ Participants S & V ◻ Participants J & B

I want to create the **sense of opportunity**
for **people** to express their feelings
while **going on a walk with a close friend**.



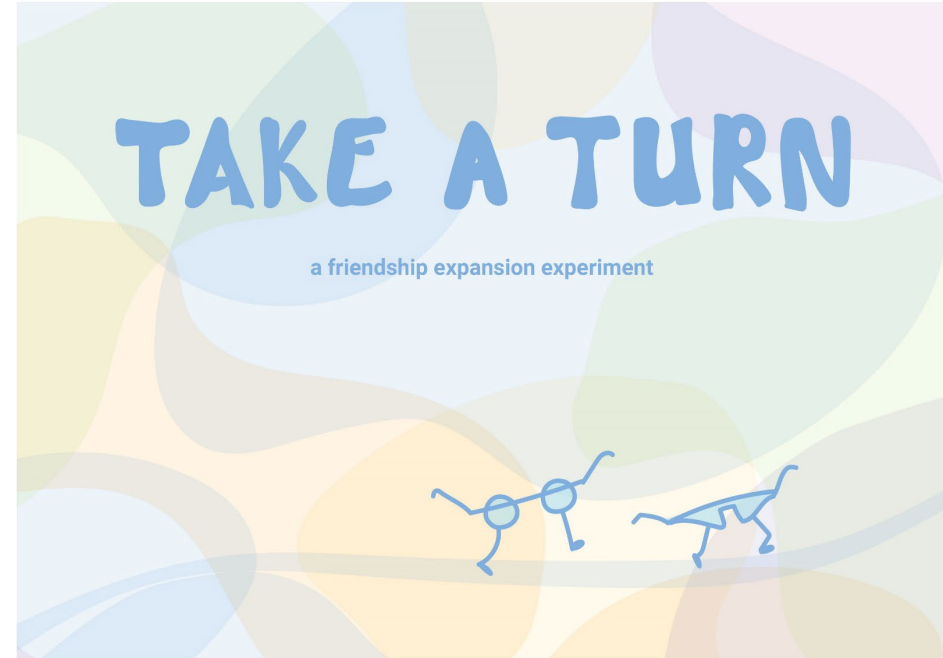
The effect was mentioned
to be felt in both interviews.



And acted on 1,5 x.



- Lighthearted
- + Intentional



- + Lighthearted
- Intentional

→ an explicit middleground

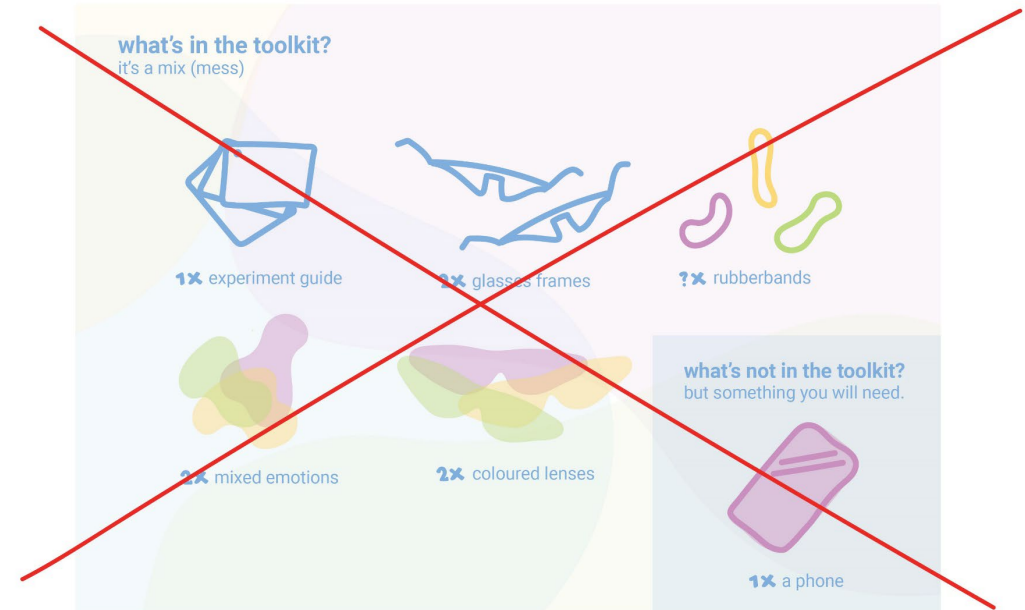


Affordances & Interaction Qualities



① Intuitively flowing collaboration.

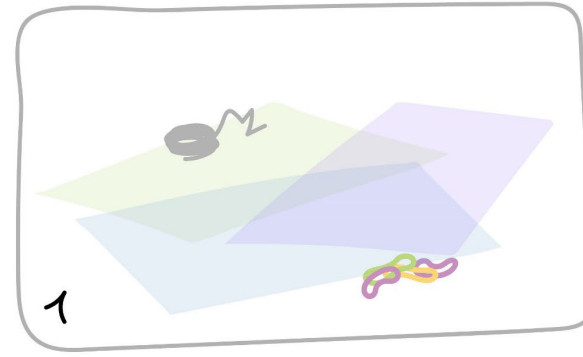
② Free



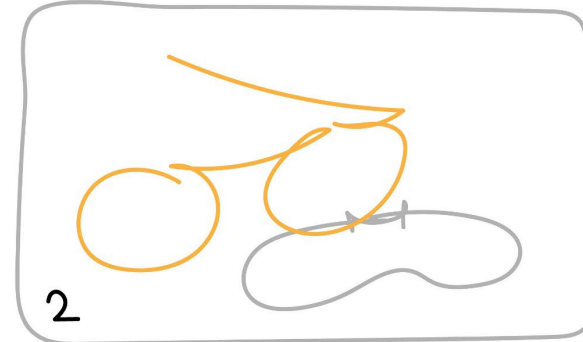
Frames



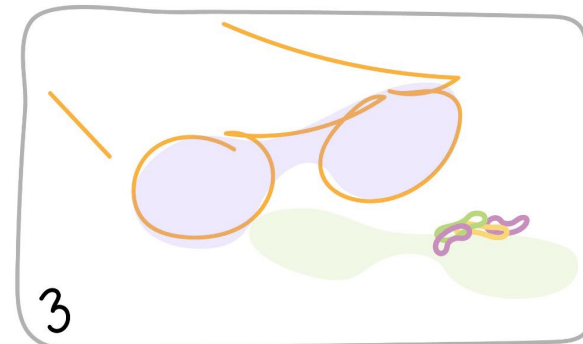
Ask the target group



++ Experimental
+ Lighthearted
? Free



+ Experimental
? Free
· Accessible



+ Experimental
+ Lighthearted
? Free