SCENARIO
EXERLIFE

Supporting exercise in your daily life

Exercise should be part of daily life. Social support motivates people, and makes exercising enduring.

Susan has a small vegetable garden. One of the challenges that is given to Susan is to harvest tomatoes while moving in a way that fits the physiotherapist scheme, with sensors guiding her. As proof she uploads a picture of her basket filled with tomatoes.

Susan gets the app from her therapist. With her cousin she creates a set of training exercises. Susan's therapist confirms the exercises and adds a few herself.

Susan’s cousin reviews her progress and give comments. Other friends join, making the challenges varied and surprising.

Susan can see walking instructions related to her exercises.

According to the test, we did here and the results at home, you are nicely making progress.

Susan discusses her progress with her therapist. She’s progressed quite good. They continuously update her goals.

Hmm, I don't really feel like exercising today. And I still got a week until the next session... I guess I'll be fine....

Shouldn't you be doing your exercises, Susan??
I know there is this app, where I can give you challenges, so we can make it more fun?

Well, maybe we can do something in the garden?
It is too nice not to go outside.

Let's set the next big goal.

Well done! xxx

CHALLENGES

WALK TO THE BEACH ☑️
FOLD LAUNDRY ☑️
DISTRIBUTE GROCERIES ☑️

Score 33
**SCENARIO**

**WHISKERS**

Through the support of (old) friends

Everyone goes through transitions in life. Adapting to losing your job, your loved ones or physical or mental abilities are especially challenging transitions.

Maria misses the short daily contacts - just knowing how people are. From a distance, it is hard to stay involved or to feel connected.

Maria (62) just got retired. She suddenly spends more time at home alone, away from her usual social environment (her colleagues and old friends). She feels a bit isolated.

She learns that there is this new technology to let people know you’re thinking of them, a set of devices called Whiskers. She starts to use the set with her friend Jim. They communicate by moving the whiskers. When Maria gently moves her whisker, the whisker in Jim’s house starts to move in the same rhythm. He knows she’s thinking of him.

As Maria and Jim feel each other’s presence again through the whiskers, the physical distance seems smaller, making her feel less isolated and making it easier to be part of a community again.

She specifically misses her old friend Jim, who’s living at the other end of the country.
SCENARIO
MOOD ROOM
How are you today?

Max finds it hard to put his feelings into words. Daphne wants to be there for him, but doesn’t know how.

The moodroom is an immersive environment with sound, visuals and media, created by yourself.

Max needs a different way to share his feelings.

Max heard about the moodroom and decides to visualise his feeling of being harrassed at school.

Wow, that was exactly how I feel.

I think I can help you....

At schools, at festivals or as part of therapy the moodroom lets young people play with the expression of theirmood to help them better deal with social-emotional skills.

Max invites Daphne to explore how he has been feeling lately. He feels relieved.
Balance of body and mind can help social situations and communication. Cylinder_Rolling_Stairs_SEESAW is a series of balance objects for education aimed at raising awareness of your own body.

Social situations can be difficult. How to be confident in front of people? Key is to be in balance.

Body awareness and powerposes can help building confidence.

Working together can be difficult too. Finding balance together can help overcome the awkwardness. The technology in and around the objects gives visual and/or audible feedback in the search for the right balance, posture and movement.

The rolling stairs

By finding ‘silence’ balance can also be achieved.

The target of the installation is get to an open learning attitude through movement, play, practice and reflection.
One of the hardest things in (physical) therapy is to keep doing your exercises at home, in between sessions. It's so easy to forget them or consciously skip them.

Hmm, I don't really feel like exercising today. And I still got a week until the next session... I guess I'll be fine....

Exercising should be part of daily life. Social support motivates people, and makes exercising enduring.

Shouldn't you be doing your exercises, Susan...? I know there is this app, where I can give you challenges, so we can make it more fun?

Well, maybe we can do something in the garden?

It is too nice not to go outside.

Susan gets the app from her therapist. With her cousin, she creates a set of training exercises. Susan's therapist confirms the exercises and adds a few herself.

According to the test we did here and the results at home, you are nicely making progress.

Let's set the next big goal.

Susan can see walking instructions related to her exercises.

Susan discusses her progress with her therapist. She's progressed quite good. They continually update her goals.

Susan's therapist can follow her progress.

Susan has a small vegetable garden. One of the challenges that is given to Susan is to harvest tomatoes while moving in a way that fits the physiotherapist's scheme, with sensors guiding her. As proof she uploads a picture of her basket filled with tomatoes.

Susan's cousin reviews her progress and gives comments. Other friends join, making the challenges varied and surprising.

Supporting exercise in your daily life.
SCENARIO

EXERLIFE

Supporting exercise in your daily life

Exercising should be part of daily life. Social support motivates people, and makes exercising enduring.

Hmm, I don't really feel like exercising today. And I still got a week until the next session... I guess I'll be fine....

Shouldn't you be doing your exercises, Susam....?
I know there is this app, where I can give you challenges, so we can make it more fun?

Well, maybe we can do something in the garden?
It is too nice not to go outside.

Susan gets the app from her therapist.
With her cousin she creates a set of training exercises. Susan's therapist confirms the exercises and adds a few herself.

Susan has a small vegetable garden. One of the challenges that is given to Susan, is to harvest tomatoes while moving in a way that fits the physiotherapist scheme, with sensors guiding her. As proof she uploads a picture of her basket filled with tomatoes.

Susan and her therapist can follow her progress

According to the test we did here and the results at home, you are nicely making progress.

Let's set the next big goal.

Susan discusses her progress with her therapist. She's progressed quite good. They continuously update her goals.

Susan's cousin reviews her progress and give comments. Other friends join, making the challenges varied and surprising.

Susan can see walking instructions related to her exercises

Well done! XXX
SCENARIO

WHISKERS

Through the support of (old) friends

Everyone goes through transitions in life. Adapting to losing your job, your loved ones or physical or mental abilities are especially challenging transitions.

Maria misses the short daily contacts - just knowing how people are. From a distance, it is hard to stay involved or to feel connected.

Maria (62) just got retired. She suddenly spends more time at home alone, away from her usual social environment (her colleagues and old friends). She feels a bit isolated.

She specifically misses her old friend Jim, who’s living at the other end of the country.

COMMIT/

VIEWW-Touch Pilot
Project partners: HvA, TU Twente

She learns that there is this new technology to let people know you’re thinking of them, a set of devices called Whiskers. She starts to use the set with her friend Jim. They communicate by moving the whiskers. When Maria gently moves her whisker, the whisker in Jim’s house starts to move in the same rhythm. He knows she’s thinking of him.

As Maria and Jim feel each other’s presence again through the whiskers, the physical distance seems smaller, making her feel less isolated and making it easier to be part of a community again.
Max finds it hard to put his feelings into words. Daphne wants to be there for him, but doesn’t know how.

Max needs a different way to share his feelings.

Max heard about the moodroom and decides to visualise his feeling of being harrassed at school.

Wow, that was exactly how I feel.

I think I can help you....

At schools, at festivals or as part of therapy the moodroom lets young people play with the expression of their mood to help them better deal with social-emotional skills.

Max invites Daphne to explore how he has been feeling lately. He feels relieved.
One of the hardest things in (physical) therapy is to keep doing your exercises at home, in between sessions. It’s so easy to forget them or consciously skip them.

Hmm, I don’t really feel like exercising today. And I still got a week until the next session…. I guess I’ll be fine….

Exercising should be part of daily life. Social support motivates people, and makes exercising endurable.

Shouldn’t you be doing your exercises, Susan…? I know there is this app, where I can give you challenges, so we can make it more fun?

Well, maybe we can do something in the garden?

It is too nice not to go outside.

Susan gets the app from her therapist. With her cousin she creates a set of training exercises. Susan’s therapist confirms the exercises and adds a few herself.

Susan has a small vegetable garden. One of the challenges that is given to Susan, is to harvest tomatoes while moving in a way that fits the physiotherapist scheme, with sensors guiding her. As proof she uploads a picture of her basket filled with tomatoes.

Susan’s cousin reviews her progress and gives comments. Other friends join, making the challenges varied and surprising.

Susan and her therapist can follow her progress.

Well done! XXX

Challenges
- Walk the dog
- Fold laundry
- Distribute groceries

Score 33

Susan can see walking instructions related to her exercises.

According to the test we did here and the results at home, you are nicely making progress.

Let’s set the next big goal.

Susan discusses her progress with her therapist. She’s progressed quite good. They continuously update her goals.
Everyone goes through transitions in life. Adapting to loosing your job, your loved ones or physical or mental abilities are especially challenging transitions.

Maria is 62, she just retired. She suddenly spends more time at home alone, away from her usual social environment (her colleagues and old friends). She feels a bit isolated.

She learns that there is this new technology to let people know you’re thinking of them, a set of devices called Whiskers. She starts to use the set with her friend Jim. They communicate by moving the whiskers. When Maria gently moves her whisker, the whisker in Jim’s house starts to move in the same rhythm. He knows she’s thinking of him.

As Maria and Jim feel each other’s presence again through the whiskers, the physical distance seems smaller, making her feel less isolated and making it easier to be part of a community again.

Maria misses the short daily contacts - just knowing how people are. From a distance, it is hard to stay involved or to feel connected.

I wonder how Jim’s doing? Would have liked to stay in touch.

She specifically misses her old friend Jim, who’s living at the other end of the country.