

INTERACTIVE OBJECTS OF HAPPINESS

GOALS

What I really want is

- to provide an easy and playful access to the exercises of mind training
- to make it attractive to use every day or even better several times a day
- to create an emotional or personal connection between the user and the object

What I also want is

- to connect the users

I'm looking for a physical object that

- acts as a personal token "charged" with positivity > talisman
- invites people to use for exercising their mind in a playful way
- is big enough to include basic electronics to communicate with the client software and store data
- has a basic interaction to activate the exercise
- has a simple feedback like LED or vibration
- is easy to carry around
- is not preloaded with a religious meaning





QUESTIONS

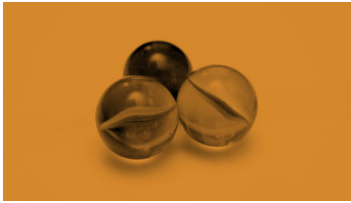
- How much do I have to consider technology and physics?
- Do I need to make a functional prototype or a movie?

ANSWERS

- Just as much to make it believable
 - There are no restrictions. Just whatever explains the concept best.
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COMPARISON - ADVANTAGES AND DISADVANTAGES

OBJECT	DESCRIPTION	+	-
	<p>A die with an exercise for each face that can be rolled for random selection or put with one face up by the user for manual selection.</p>	<ul style="list-style-type: none"> + It's <u>playful</u> + Six faces for six exercises + Random or selected exercise + It's very clear which face is active + Variable in size > enough space for electronics + Let people choose from materials and colors + In old dream books: to have a bright future full of happiness 	<ul style="list-style-type: none"> - Could be interpreted as gambling with your happiness - In dreams: somebody else is playing with dice is a bad sign - It's restricted to six faces / exercises
	<p>A spinning top that can be twisted to trigger a random exercise.</p>	<ul style="list-style-type: none"> + Flexible shape > Could be personalized > twist your spinning top + <u>Playful</u> + Can be used as a tool for meditation itself + Could look beautiful with light when spinning > the more exercise the more light + The user is forced to take a break while spinning 	<ul style="list-style-type: none"> - How to select it manually? > edged surface at the bottom - It takes a while to select - Is not that comfortable to carry in a pocket
	<p>A ring with a lightning stone that can be pressed.</p>	<ul style="list-style-type: none"> + Can always be worn + Fast and easy access + Could be worn as a bracelet 	<ul style="list-style-type: none"> - Individual taste - Not everybody likes to wear a ring - Just one button for the interaction - Restricted size
	<p>A personal object that can be tagged and then be charged.</p>	<ul style="list-style-type: none"> + The user can choose his or her own object + The object itself may carry a positive experience + No physical object has to be delivered 	<ul style="list-style-type: none"> - How to interact / activate? - No storage - No feedback



A glass marble with a led inside that displays the charged positivity.

- + Looks beautiful and magically
- + Is easy to carry around, no edges
- + Playful

- Restricted size
- Glass is hard to work with (could be another material)



A smart phone app that is restricted to one specific phone. When changing the phone the charged positivity will be reset.

- + No extra physical device / technology needed
- + Usually people have their mobile phones always with them
- + Makes people not wasting their mobile phone

- You have to start the app to interact or to see the status
- It loses it's magical aspect
- Another happiness app (but better of course)

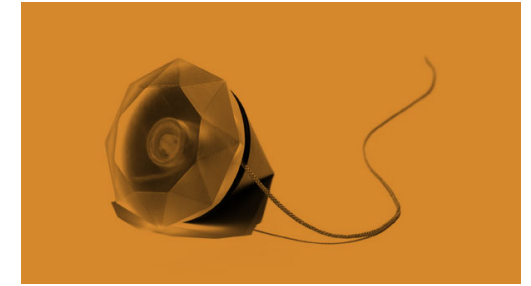
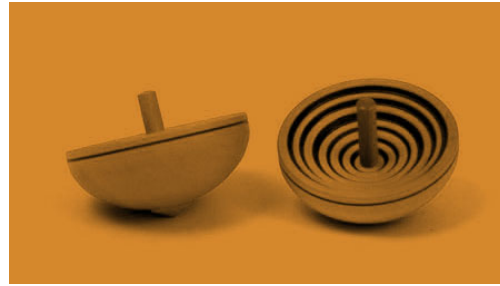
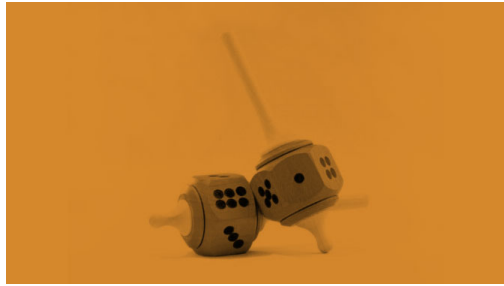


A talisman with a stone in the middle to indicate the positivity and maybe small buttons (stones) around to interact with it.

- + Variable in size and shape
- + Can be worn or put somewhere
- + Backside for plugs (power, connection)
- + Is traditionally used to bring luck
- + It's an inanimate object the one makes animate

- Might be to related to spirituality
- Does not really invite to play with

DICE SPINNING TOP



Dice combined with a spinning top. After spinning it falls on one side and activates the corresponding exercise.

As a variation it could be separated in different parts inside, recognizing automatically which side is up and then enlight this part.

Each part belongs to one exercise. Maybe there is one button as an alternative to spin it.

The shape can be different from the classic spinning top so it becomes a design object as well. The diamond shape could be related to a talisman. Stick or string?



- + Playful
- + Not restricted to a specific amount of exercises (but there is a max)
- + It's not about gambling but reminds of childhood
- + Design object
- + Select manually by turning it from face to face
- + Big enough for electronics
- + A tool of meditation, take a break
- + It's attractive to use a lot, when colors are increasing and nice patterns are created while spinning



- The weight needs to be perfectly in balance otherwise it doesn't work
- Not that comfortable in a pocket
- The user needs to wait a while when spinning > button