

What would design become if digital interaction prioritised the body?

## A speculative design project -- App & Card design



### **[Introduction]:**

This is a speculative design project that **rethinks digital interaction through the condition of the body.**

In contemporary digital systems, interaction is constantly optimised to become efficient, seamless, and continuous. Within this process, the body is gradually reduced to an operating tool. **This project attempts to challenge this logic and propose another possibility: What would design become if digital interaction prioritised the body?**

The project imagines a system in which the body becomes a condition for interaction. In this system, **bodily states determine whether interaction can occur and how it takes place.**

### **[Intention]:**

To reveal the invisible influence digital systems have on the body and behaviour, while also speculating on an alternative interaction logic led by the body rather than efficiency. Through this, the project invites reflection on contemporary ways of using digital media.

## Main page

### [An infinite scrolling image page]:

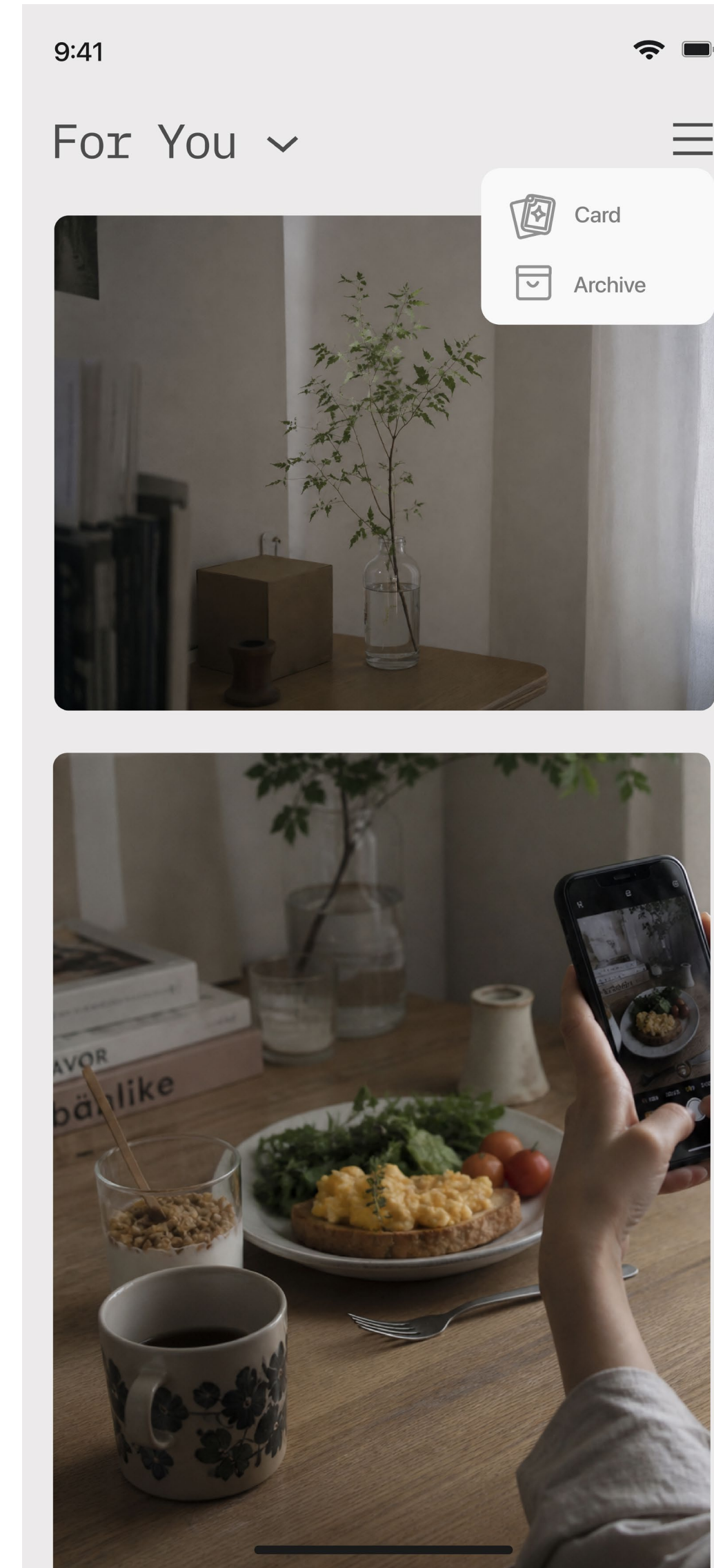
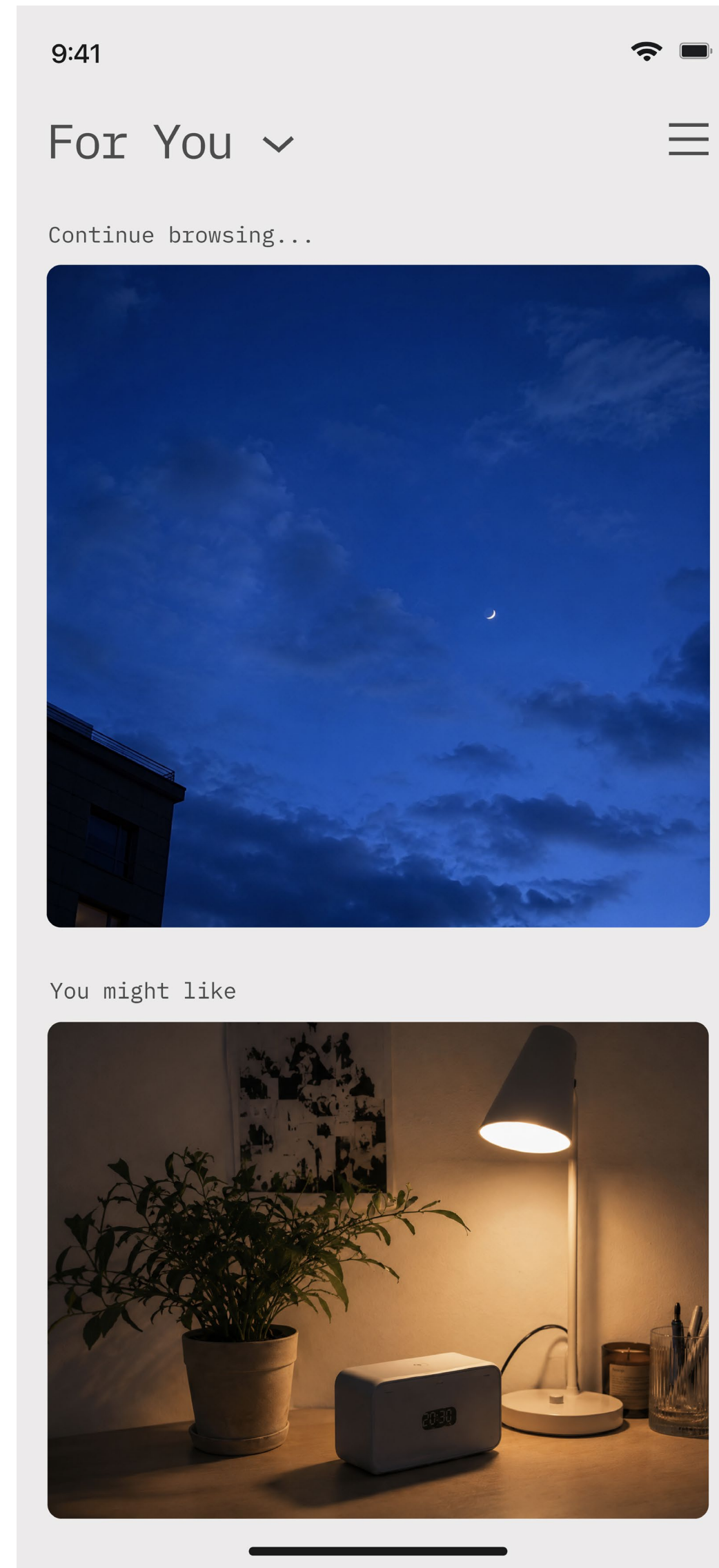
Reflects common states of contemporary digital interaction: continuous browsing.

### [Recommendation systems]:

The structure of the page is influenced by current social media recommendation systems, where interacting with certain content continuously generates more visually or emotionally related content.

### [The main mechanism occurs during scrolling]:

as users continuously browse the page, body-first interaction prompts appear and interrupt the browsing state.



## Interaction mechanism 01 ---- Position change [base on posture & movement]

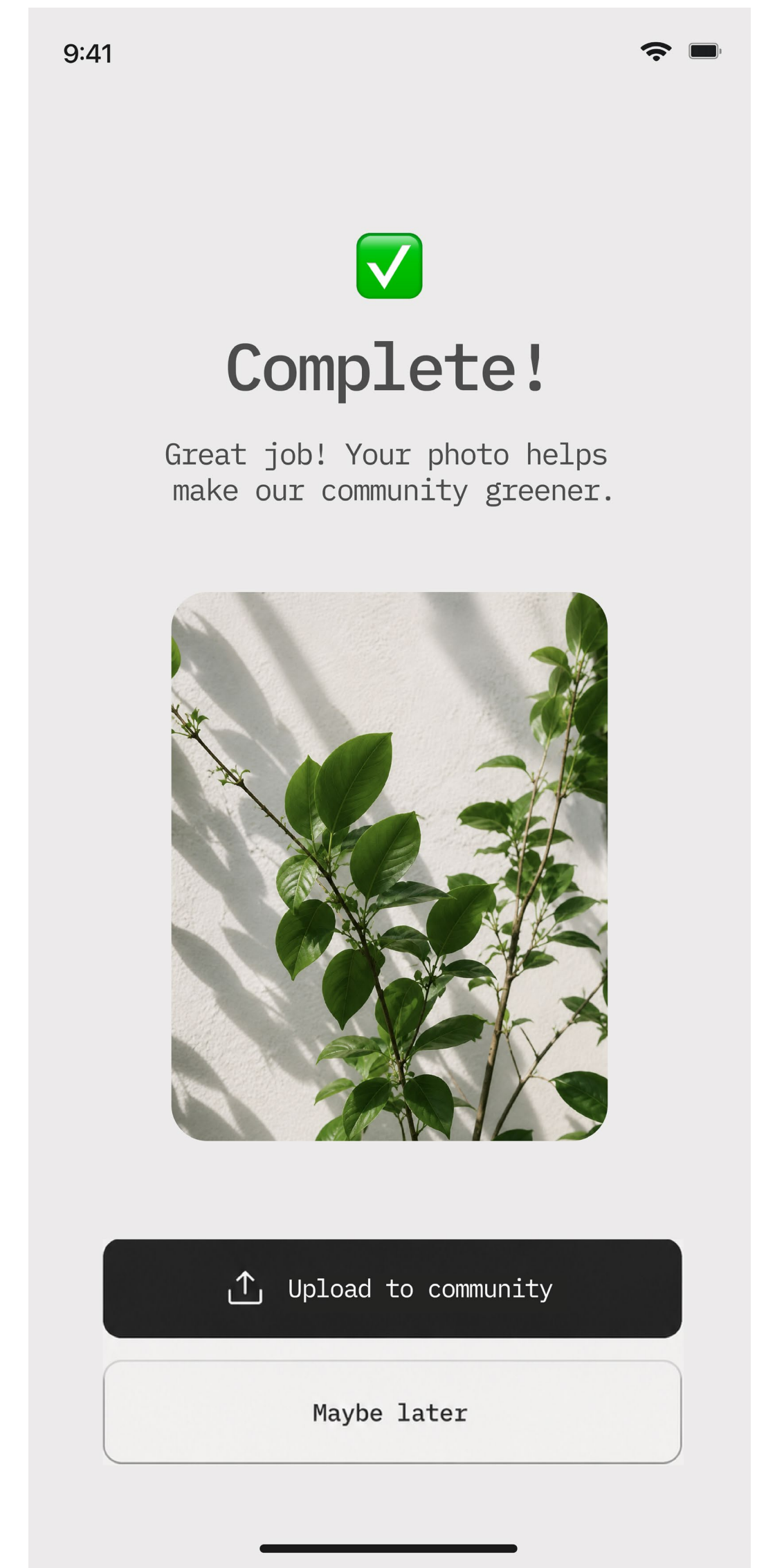
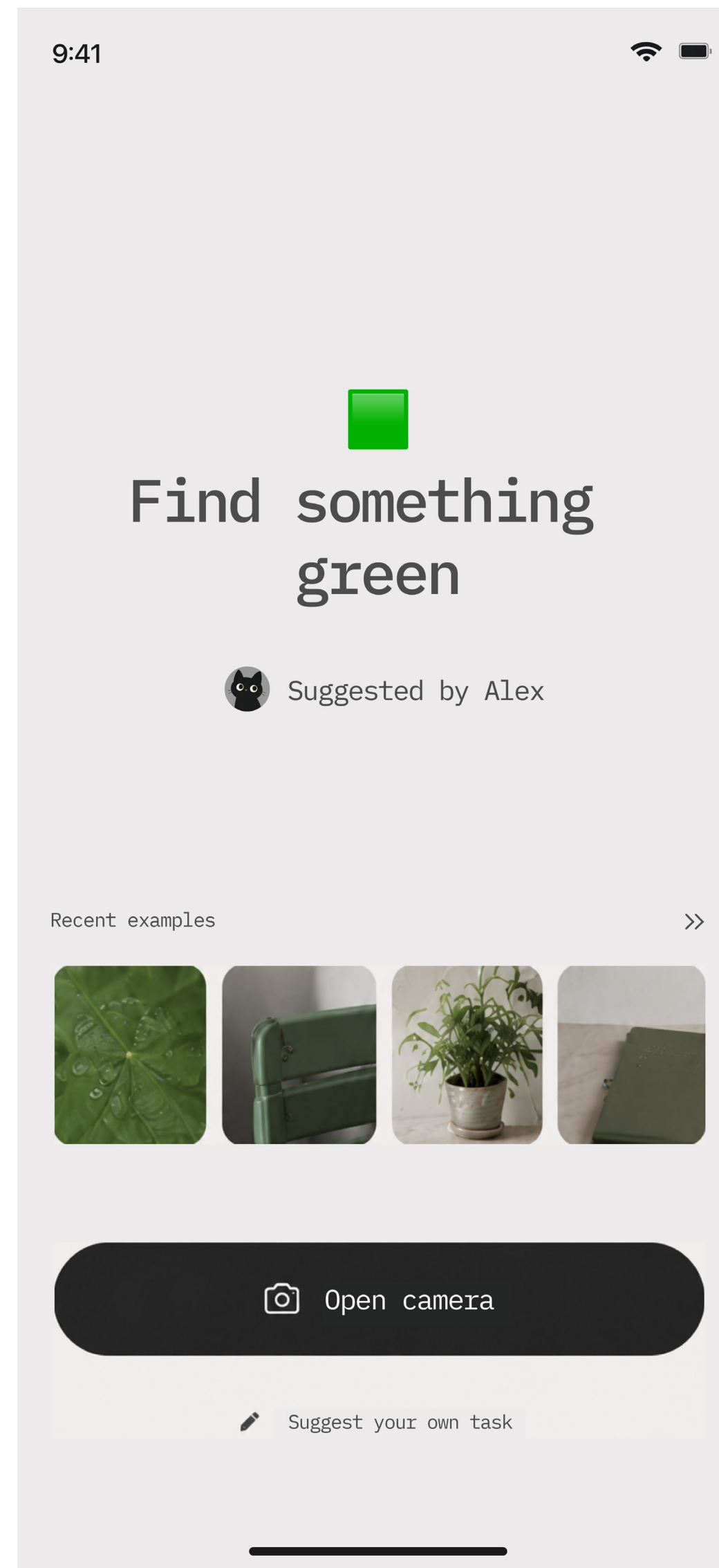
### [Mechanism]:

During scrolling, body-based interaction prompts appear randomly and interrupt continuous browsing. (These mechanisms attempt to challenge current interaction systems that prioritise efficiency and continuity, making the body a condition for interaction.)

### [Community]:

Tasks can also come from other users, and users can upload their own tasks, creating a form of social interaction. Completed photos can be uploaded to the Community Archive page.

To reconnect the body with the physical world beyond the screen.



# Reference-app



**touch grass: GoOutside**  
Screen time limit & Refocus

Samuel Ojo Productivity

Open



**touch grass: screen time limit**  
control the scroll, be zen

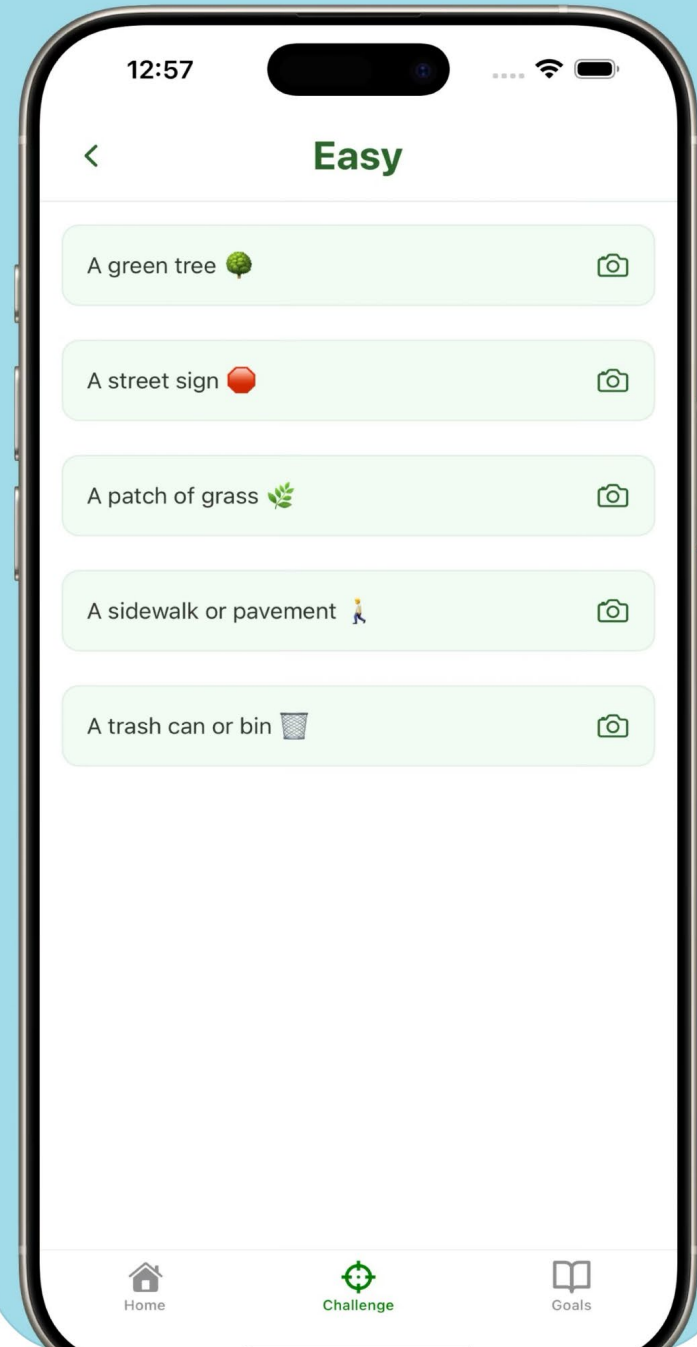
★★★★★ 359

Rhys Kentish

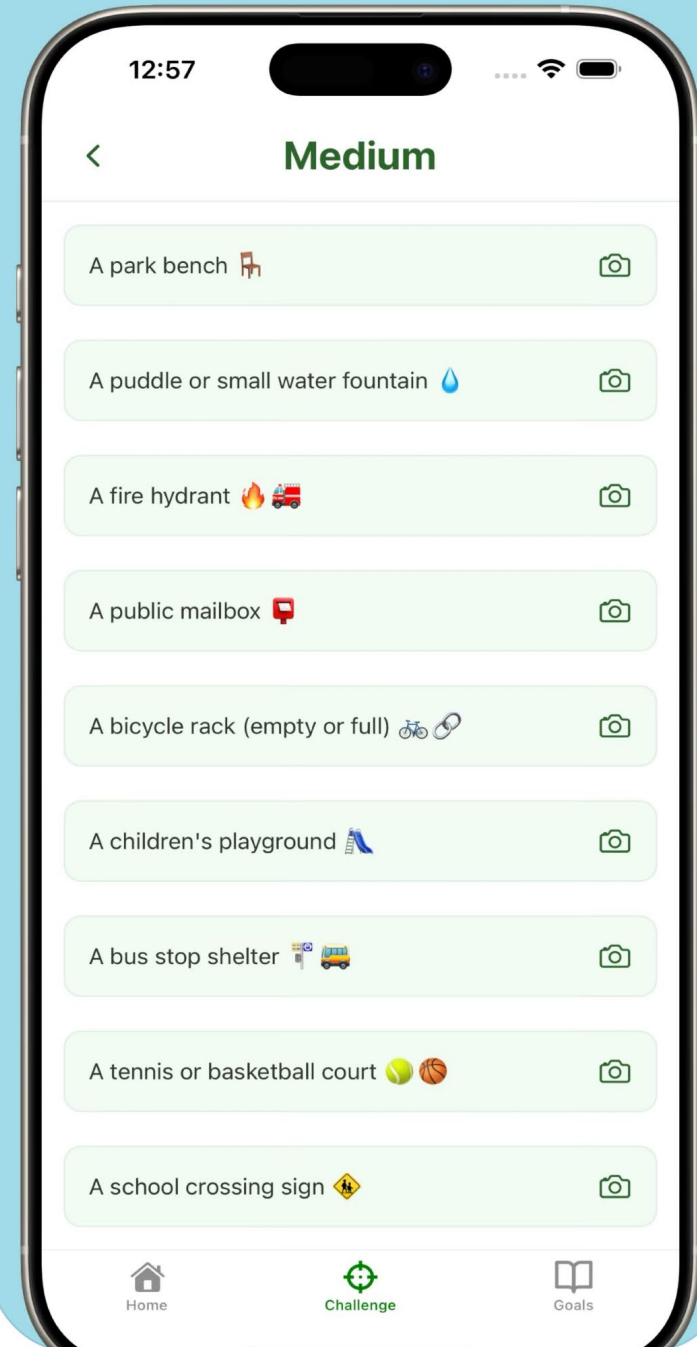
Productivity

Open

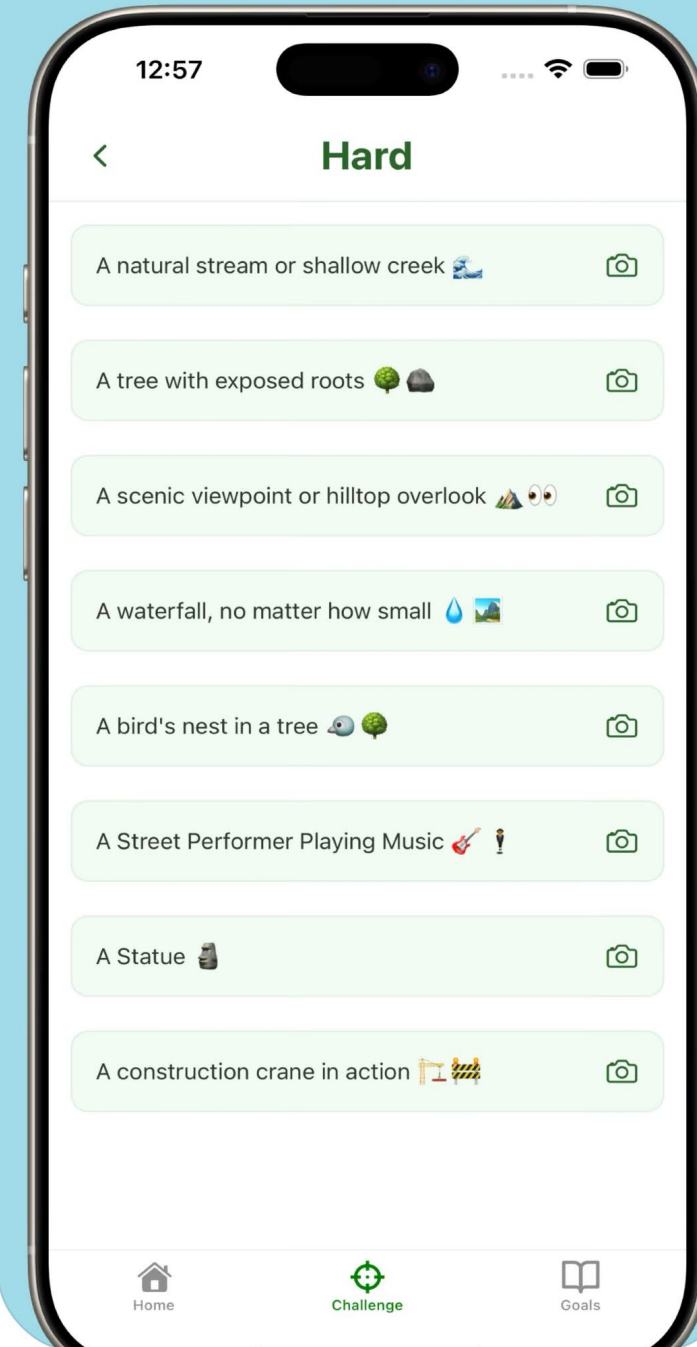
**The focus app that gets you outside**



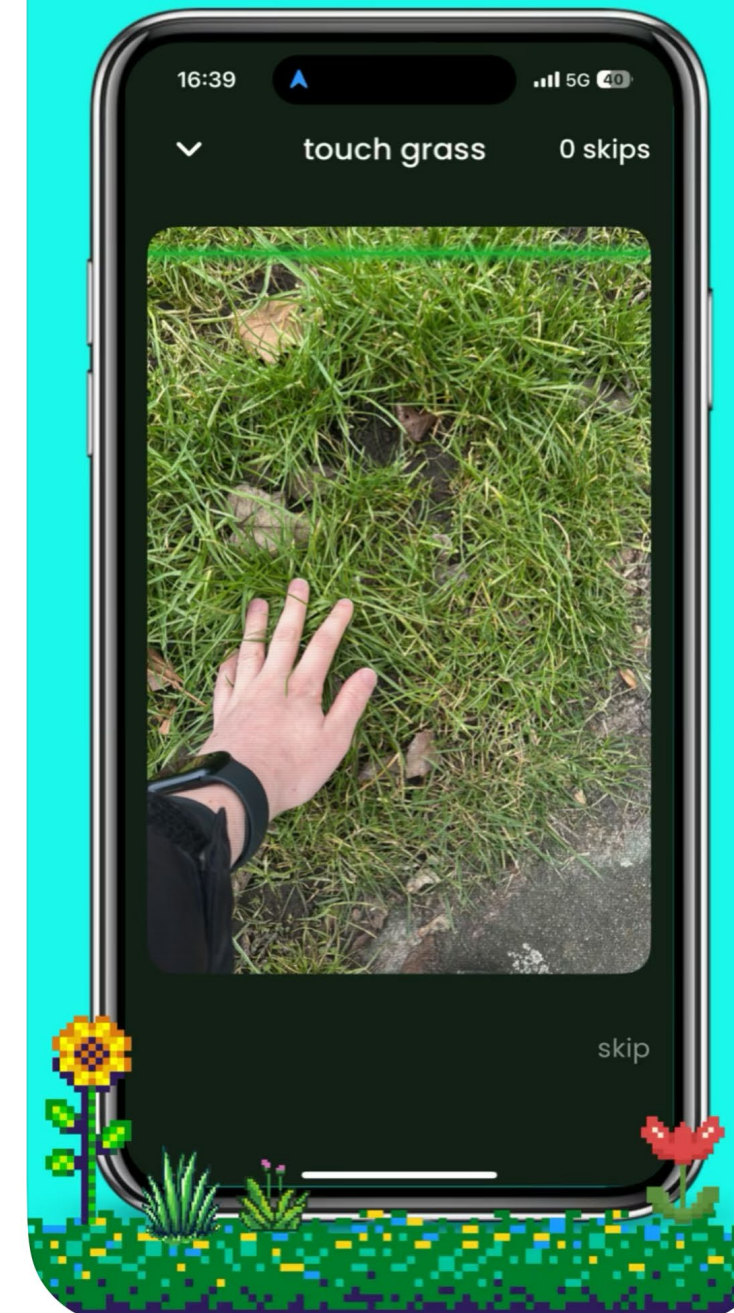
**Explore more with new challenges.**



**Discover hidden gems outdoors daily.**



**touch grass to unblock your apps**



**all you need to do? touch grass**



## Interaction mechanism 02 & 03 ---- [base on vision]

[These two mechanisms focus on visual behaviour and eye activity.]

Using the body as a condition for interaction, they attempt to interrupt the state of continuous browsing:

- users must be in a lighting environment that is better for eye health in order to continue using the app
- users must blink their eyes before interaction can continue

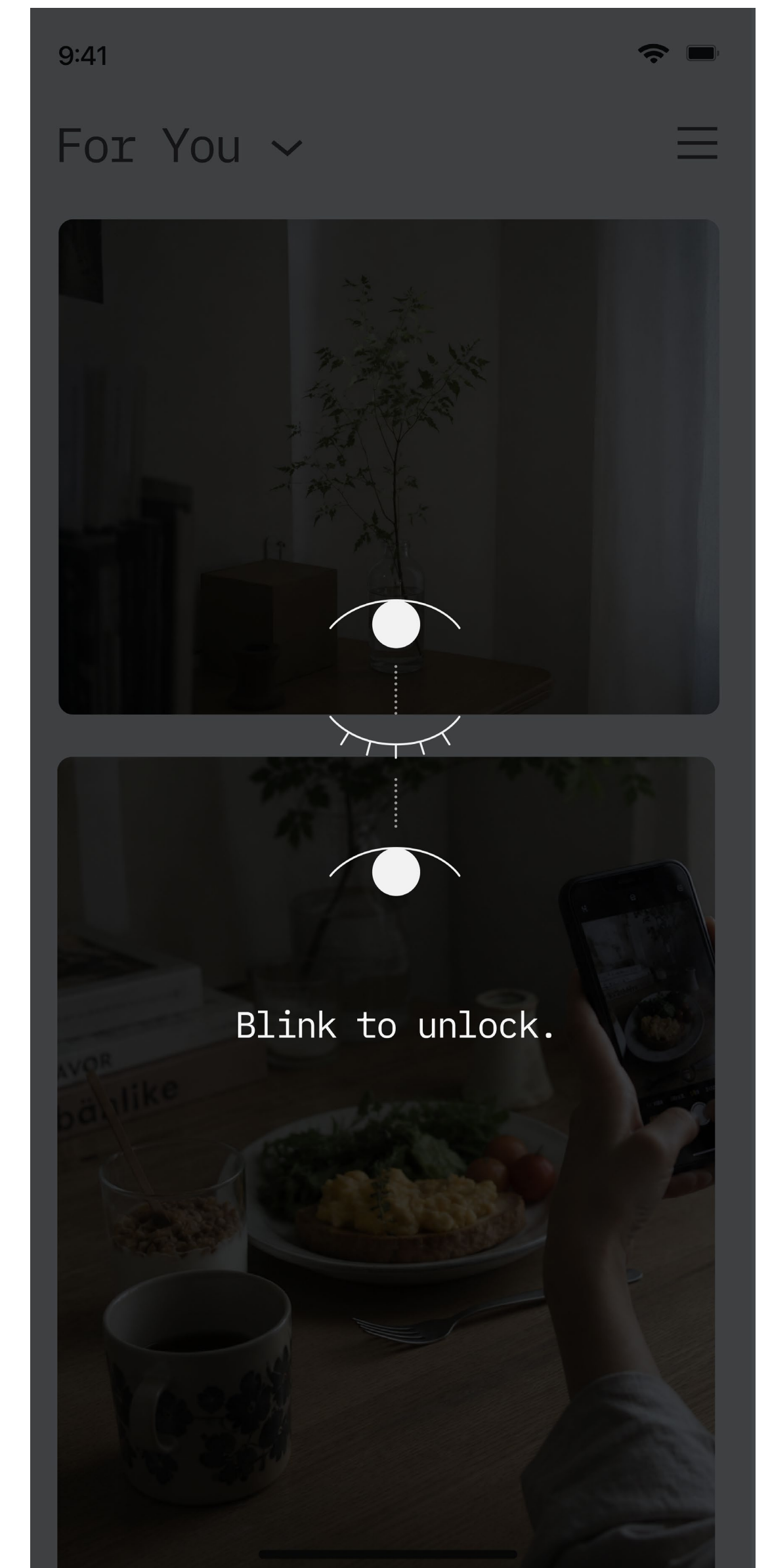
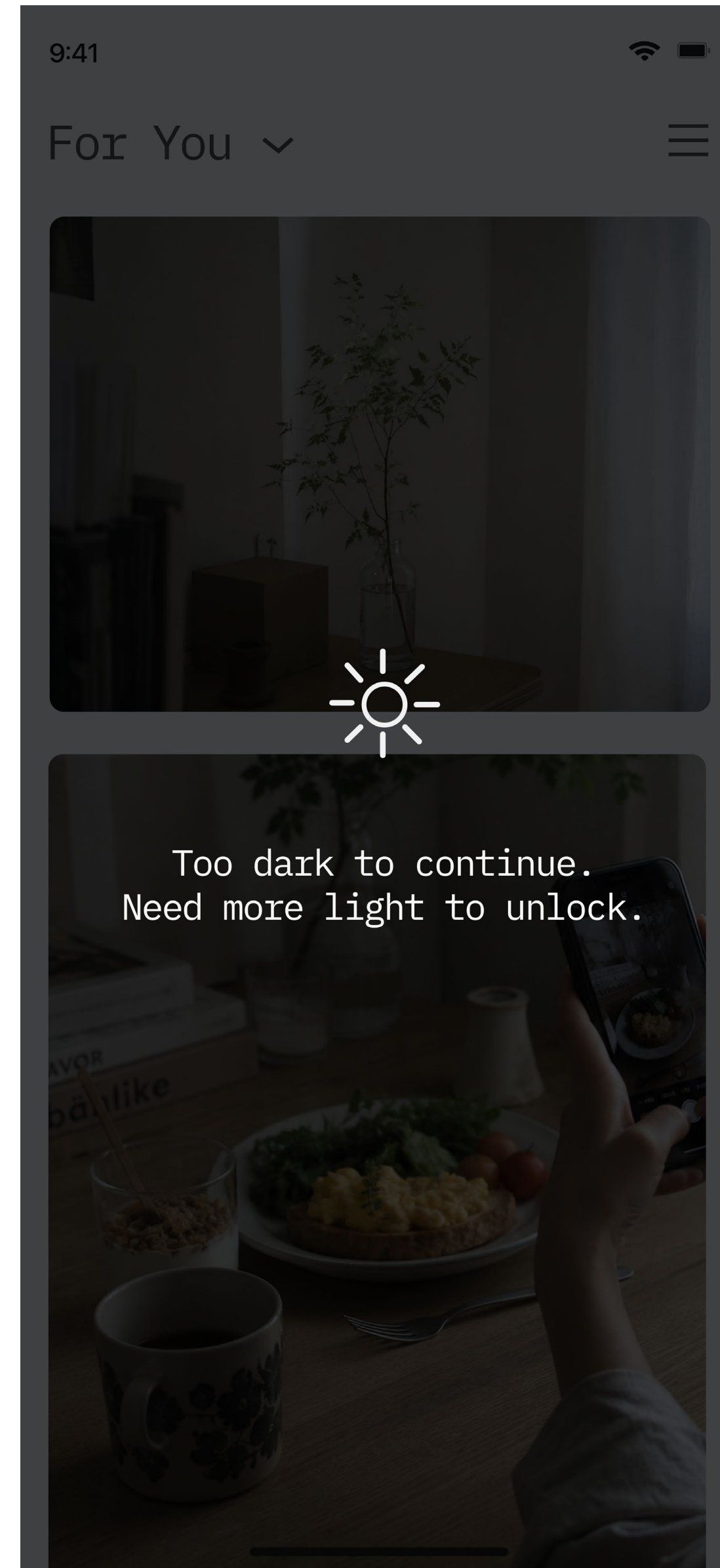
[Questions under consideration]:

-How many interaction mechanisms are needed?

-How should these mechanisms be triggered? :

----Should they only appear within the main scrolling page? (for example, appearing randomly after scrolling through 5–6 images or appearing immediately when the app is opened)

----Should there also be a separate section in the app where users can actively trigger these interactions themselves?



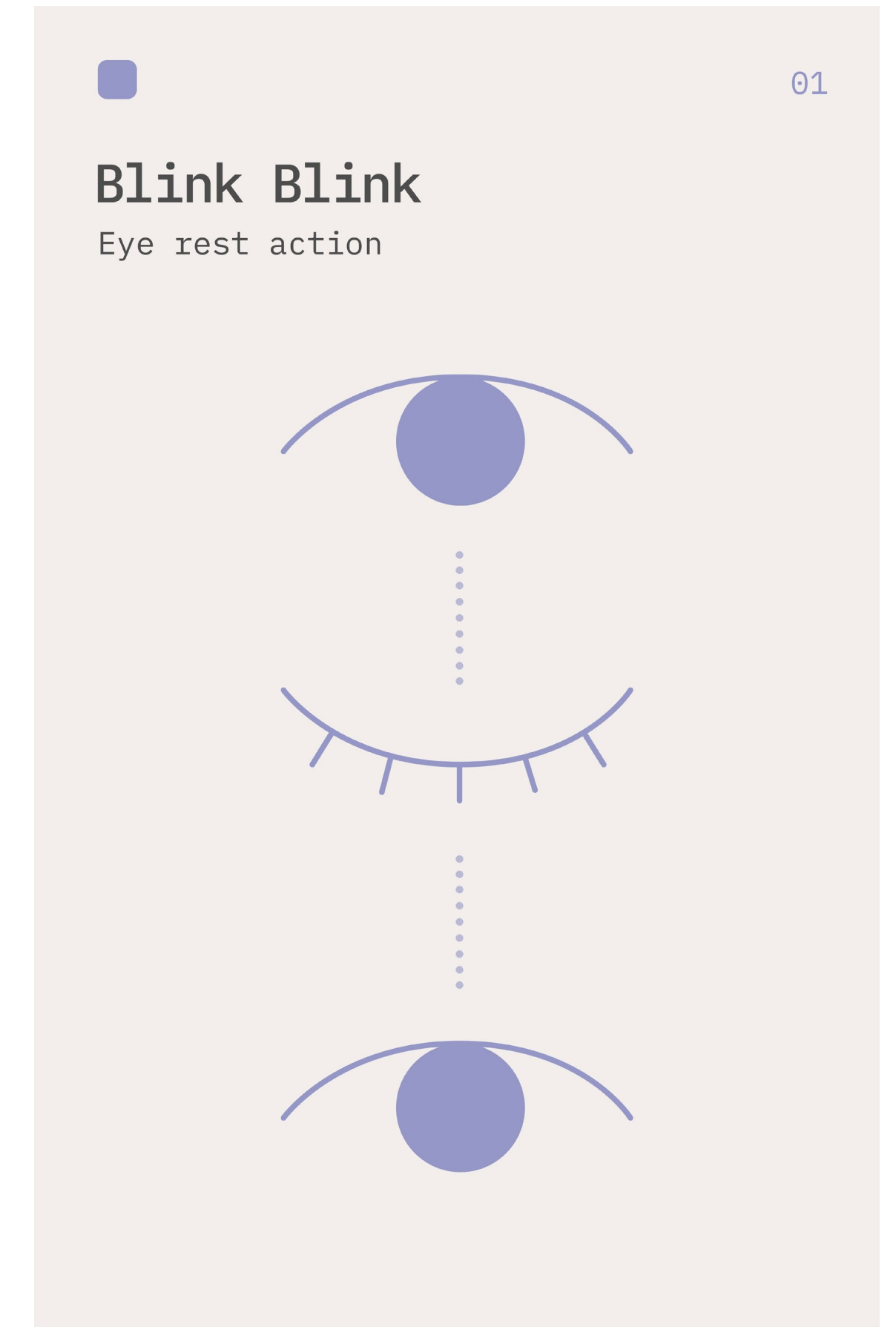
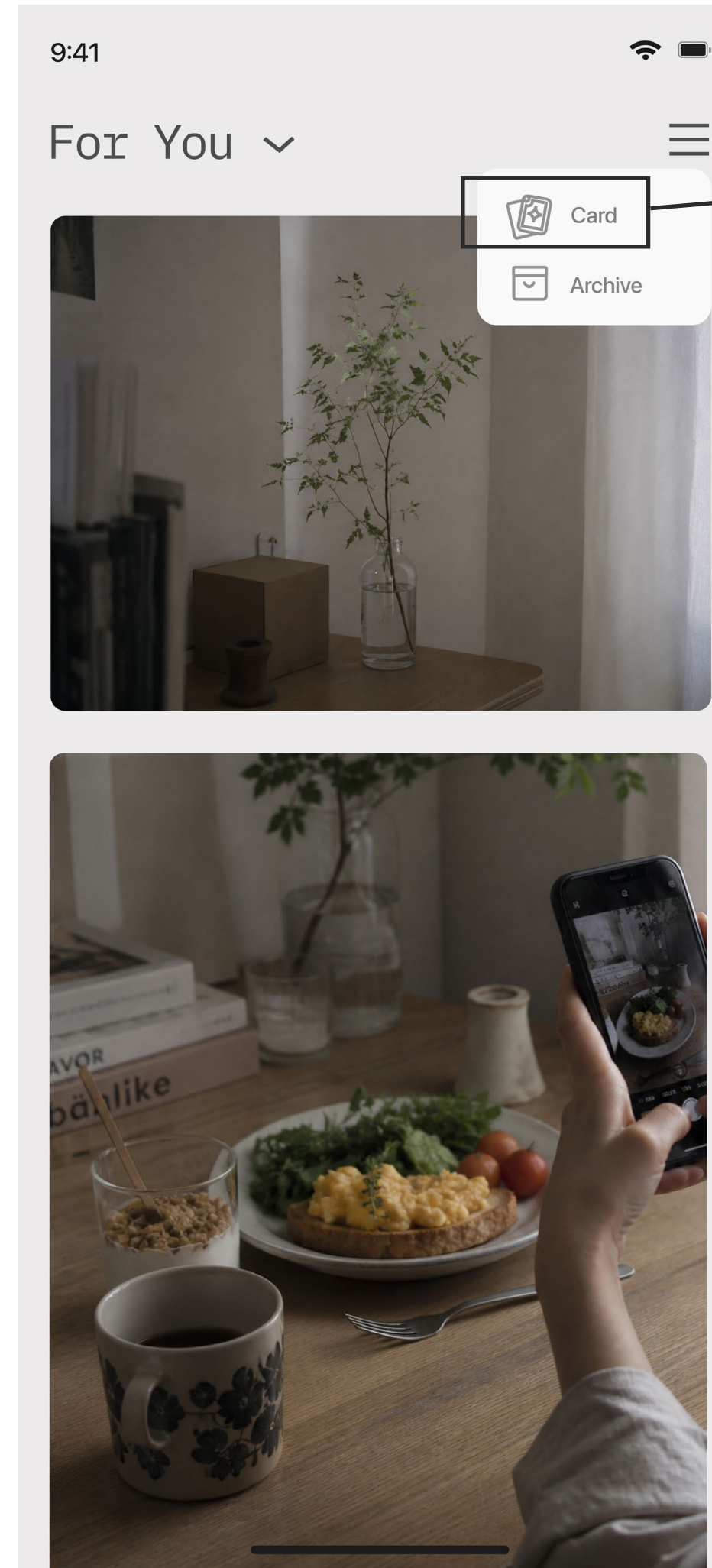
# Card system

[Relationship between card system & app]:  
The card system acts as an extension of app.

[Card content]:  
Graphic translations of body-first suggestions combined with behavioural interpretations.  
Different colours correspond to different types of body-first conditions (such as: vision-based posture-based)

[Physical cards]:  
Users can place the cards within real spaces, such as on desks, refrigerators, or walls. The cards extend the interaction experience from the screen into physical space.

[Questions under consideration]:  
-Card interaction within the app:  
----Daily card draw?  
----Card collection system: users receive a corresponding card after triggering or completing a body-first interaction.



**A body-first interaction system** where bodily states determine whether and how interaction can happen.

[Instead of reminding users to take care of their bodies, this project proposes an interface that makes the body a condition for interaction.]

### Temporal intervention

-After a certain duration:

- a.the interface gradually slows down;
- b.content becomes blurred or less readable
- c.temporary pauses or interruptions occur
- d.forced stop / black screen after extended use
- e.loading states ( instructions : “rest your eyes”)

...

### Vision-based intervention

-The interface changes visual clarity and readability based on viewing conditions:

Variations in font size & Shifts in layout structure & Reduced contrast or lighter colours & Blurred visual output

-Visual elements that subtly encourage blinking through screen behaviour.:

Use of blinking-like animations & Visual patterns similar to videos that naturally trigger eye blinking

...

### Posture& movement intervention

- need to move or shake the phone periodically
- changes in spatial position (gps or need to take photo of greens to unlock and use)

### Hands intervention

- scrolling or actions require two fingers

### Audience experience:

become aware of their body through interaction

position:

If the most successful digital systems are also the most addictive and physically harmful, how can design propose an alternative? (expose and challenge the existing interaction logic.)

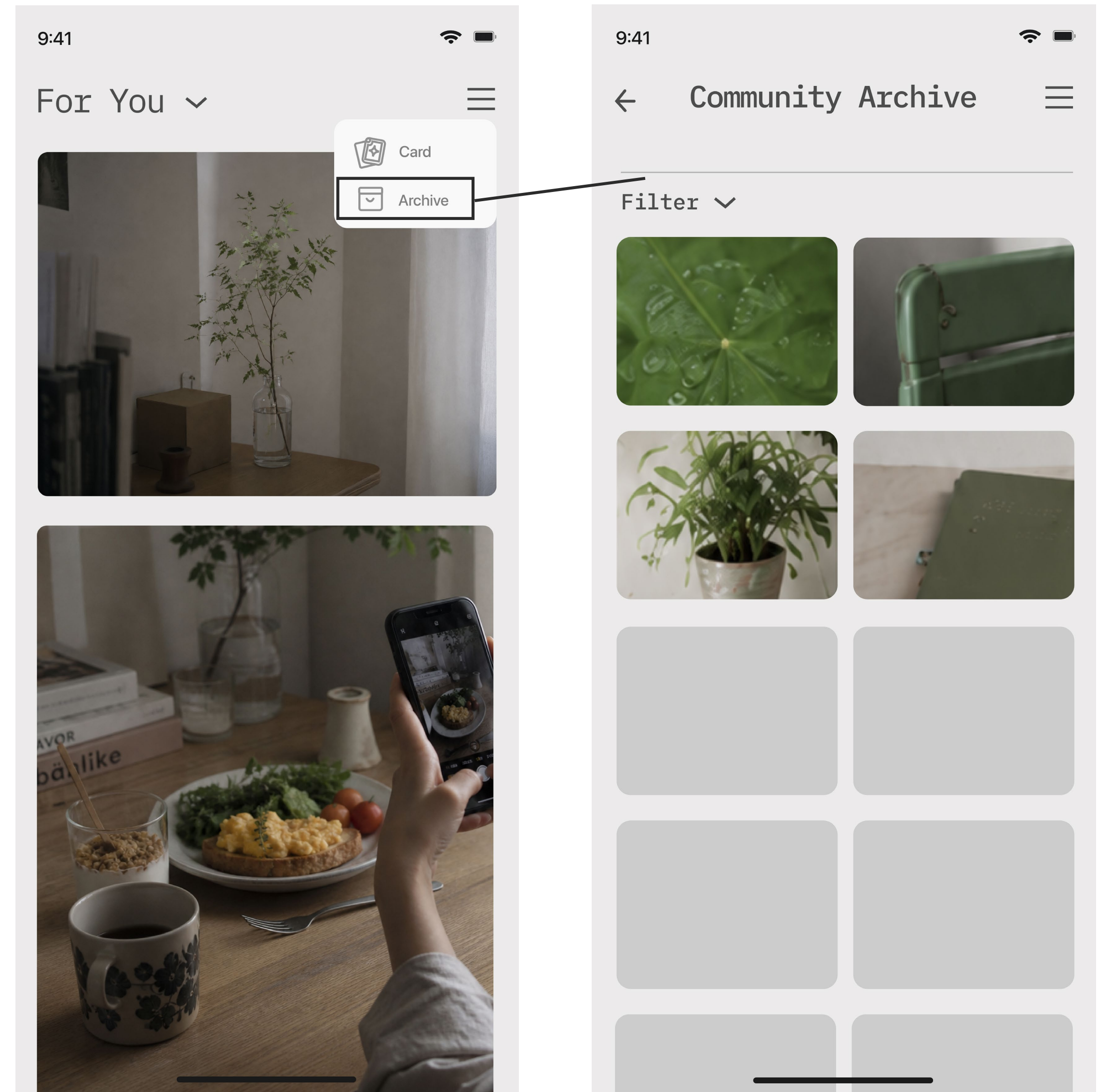
# Community Archive

The Community Archive collects images uploaded by users after completing bodily interaction tasks.

Rather than functioning as a conventional social platform, it acts as a **shared archive of bodily traces and environmental attention.**

The archive visualises how different users respond to the same bodily prompt in different locations and contexts.

Through this, individual bodily actions become collective experiences.



## Outcome & Thoughts

Plan A:

A app & Physical Card

(only a small possibility.)

Plan B:

-Interface concept design

-some interaction prototypes (only a few simple interactive app transitions.)

-physical cards

-interaction videos.