

5.7 Feedback

-Focus on body-first interactions

(Generate a large number of body-first interactions.)

-Not just eyes and hands, think about different parts of the body.

-The project should not simply focus on stopping phone use, but on creating new bodily behaviors.

-Think about different possible forms of the app, two directions:

1.A plugin-based intervention system:

interrupting other apps and triggering body-first tasks at specific moments.

2.An independent social platform:

where a small group of friends complete tasks together, upload images, and participate in collaborative interactions.

-Final presentation format:

consider creating a proposal video that explains how the system works and why it is needed, including walkthroughs and demonstrations of the interactions and interface.

-About card:

users could unlock corresponding cards after completing specific tasks;

a collectible reward mechanism could be integrated into the system.

The cards could also function as advertisements for the app, with QR codes on the back for downloading it.

[Enquiry]:

What would design become if digital interaction prioritised the body?

[Position]:

Contemporary digital interaction design is often driven by efficiency. These systems weaken bodily awareness, reduce interaction to finger-based operations, and encourage continuous, even addictive, patterns of use. This project attempts to challenge this logic by placing the body back at the center of digital interaction.

[Intention]:

- invites reflection on contemporary ways of using digital media.
- Encouraging different ways of behaving and prompting people to collectively rethink how they use their bodies.

[Question]:

- Form of existence:
Should it be an independent app or a plugin/intervention system?
- Mechanism:
Should users upload photos as proof of completing the interactions, or should the system simply display the interaction prompts?
- Triggering method:
Should interactions appear once per day, or be triggered based on time intervals, such as every ten minutes?

Body first interactions

-Outside Tasks

“upload the sky you saw after leaving the screen”

“What does your ceiling look like right now?”

“Take a photo of what is behind you.”

“Upload a shadow.”

“Upload something green.”

“Touch something that is not the floor with your foot.”

“Find someone wearing the same shoe color as you.”

“Take a photo in front of a mirror.”

-Eyes/vision

“Take a wink selfie.”

“Close your eyes while loading.”

“The page only continues after blinking.”

“Use your peripheral vision to look at the screen.”

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-Breath/rhythm

“Keep breathing deeply to continue scrolling.”

“Maintain your breathing rhythm during loading.”

“Pause.”

“Scrolling must follow your breathing speed.”

-Neck/spine/legs/feet/full-body

“Use your phone with your arms fully stretched.”

“Tilt your body 30 degrees to unlock the screen.”

“Raise your phone above your head to send a message.”

“Straighten your back before continuing.”

“The page becomes blurry when your body stays still.”

“Stand on tiptoe 10 times.”

“Spin around to refresh the page.”

“Crawl under a table to open the app.”

“Walk while using the app.”

“Stand on one leg.”

-Social

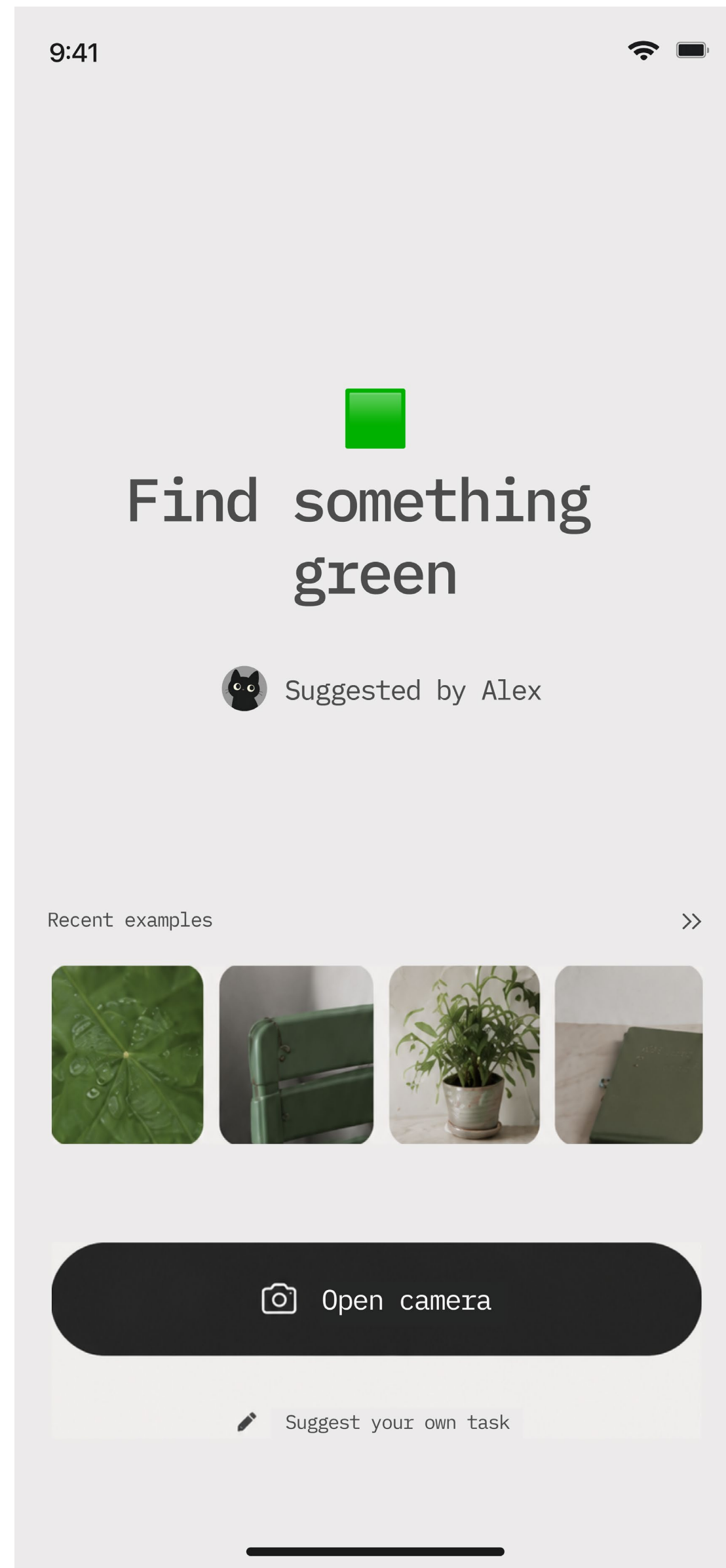
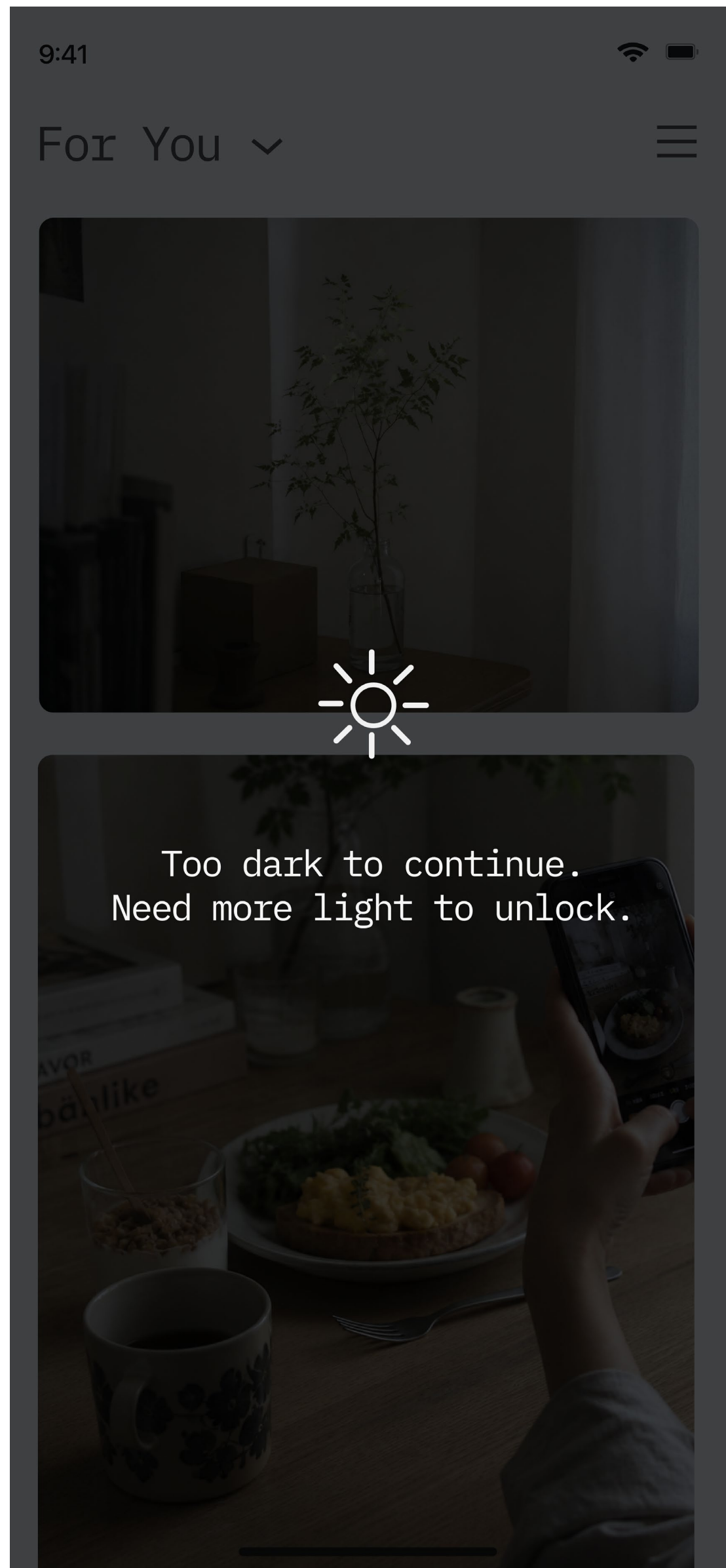
“Blink at the same time.”

“Draw the other person’s current posture on the screen.”

“Complete the movement together.”

“Five people must complete the task simultaneously.”

“Recreate another user’s uploaded posture.”



Oblique Strategies