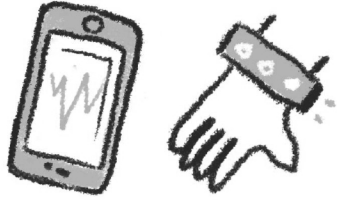


Imagine and create a prototype for a tool, sensor, or device that is impossible with today's technology.

Think about inputs and outputs. How would your internal state look if it were a drawing or a sound/song?
expresses, or communicates something about your emotional/physiological state.
Create a low-tech wearable that tracks,



How would you improve a tool that already exists?

This zine was created by the MIT Media Lab Public Library Innovation Exchange (PLIX) and Caitlin Morris, a researcher in the Fluid Interfaces group.

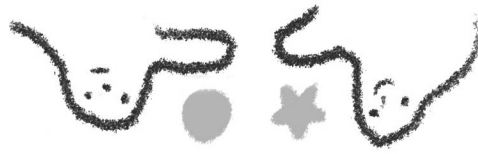
More ideas:
plix.media.mit.edu/activities

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Share your experience running this activity on Twitter or Instagram and tag us **@heyplix**

plix.media.mit.edu



Would you want to share your hidden emotions with those around you?



Imagine ways to improve your own interoception.
 What would you measure?
 How would you use the information to better see the mind-body connection?

Understanding Yourself



Skin Moisture
 A tool sends electricity to two spots on our skin. If the electricity flows easily between those two spots, it can tell how sweaty we are!



Heart Rate
 A tool shines a light on our blood vessels. Sensors measure how much light gets reflected.



Breath
 Sensors measure the small movements of our chest, or measure the movement of the air into and out of our nose/mouth.



Mind and Body

Close your eyes and take a few deep breaths.

Do you notice anything change in your body?

Does your heart start to beat more slowly?

Does your mood change in any way?

Our minds are linked to our bodies.

Our thoughts and emotions can influence the different parts of our body. They can change your heart rate, your breathing, and even the way your skin feels!

Sometimes we notice these sensations, but most of the time they can be invisible to us.

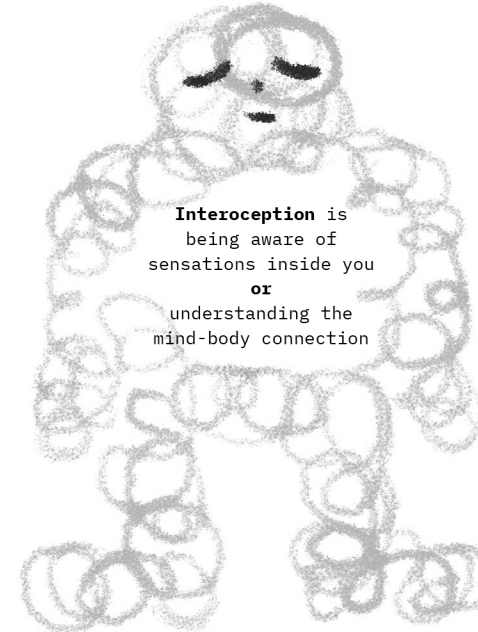


We can use technology to improve our own interoception.
 Sensors can use light and electricity to "see" our heart pumping, our breathing, and how sweaty we are!

Technology helps make our invisible processes more visible.

Tools See What We Cannot

Understanding the mind-body connection is called **interoception**.



Interoception is being aware of sensations inside you or understanding the mind-body connection