



Inner Garden: an Augmented Sandbox Designed for Self-Reflection

Joan Sol Roo, Renaud Gervais, Martin Hachet

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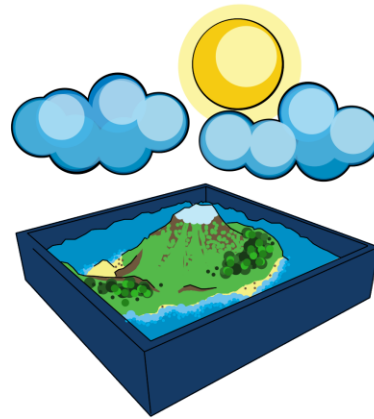
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Inner Garden

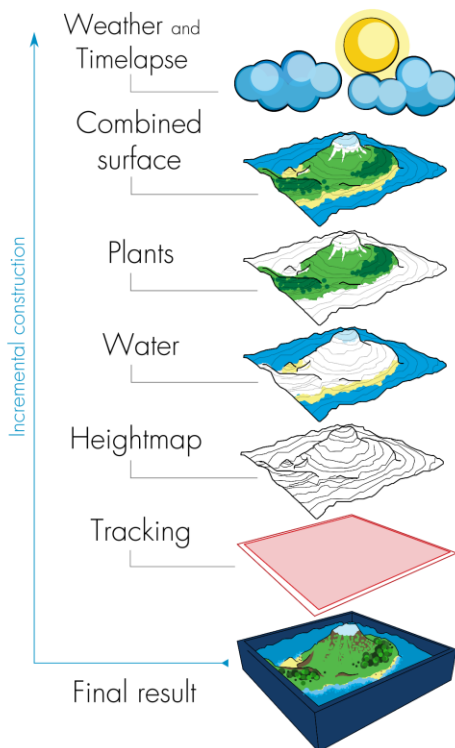
An Augmented Sandbox Designed for Self-Reflection

Introduction

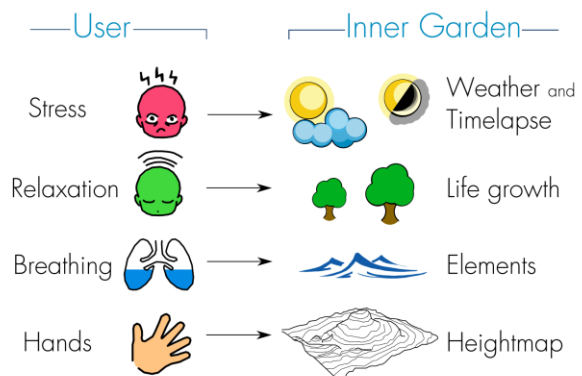
We present a prototype of an augmented sandbox where the sand is used to create a miniature living world, designed as an ambient display for contemplation and self-reflection. The landscape can be reshaped at any time. Once the sand is left still for a moment, the world starts evolving – vegetation grows, water flows and creatures move around – according to the user's internal state, which is measured using physiological sensors.



Garden layers



Influencing the garden



Future work

We would like to explore the impact of the Inner Garden in the wild. Current possible directions include:

- **Public or shared spaces:** to foster socialization and empathy
- **Virtual Reality:** going inside the garden to foster contemplation
- **Tangible interactors:** stones, tools and other toys