Inner Garden: an Augmented Sandbox Designed for Self-Reflection

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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

User

Stress
Relaxation
Breathing
Hands

Inner Garden

Weather and Timelapse
Life Growth
Elements
Heightmap

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 Interactions: stones, tools and other toys

If you want to know more about our work, you can visit https://team.inria.fr/petloc/