Future Workplace Innovation Toolkit: co-design for well-being

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How To
Choose cards from each category:
objects (min 1, max 3)
actions (min 2, max 5)
sensing (min 1, max 2)
wellbeing (min 1, max 2).

Make your own cards if you feel creative.

Combine them to make a story and a sketch about an experience / interaction / future workplace.

If you are out of ideas, check inspiration cards.

Objects

Everyday workplace objects / spatial features.

Choose (or make) at least one card.

Object — An office plant or planter.

Object — A shelving unit / room devider.

Object — The whole room.

Object — Floor or walls.

Object — A work desk /table.

Object — A lounge chair / sofa.

Object — An office chair.

Object — A desk lamp.

Object — A lap top tray or a small table.

Object — A display or a screen.

Object — A clock, watch or a wearable.

Object — A window or an opening.

Object — A door or an opening.

Object — A cup or a bottle.

Object — Blinders or curtains.

Object — A notebook or post -it.

Object — A pillow / back support.

Object — Make a picture or draw your own!

Object

Object

Well-being

Choose (or make) at least one card from one or more categories: environmental, physical, social, emotional.

Environmental Wellbeing — **Air Quality** — Surface latend aspects such as CO2, humidity, air flow that impact wellbeing.

Physical Comfort — **Active Working** — Increase movement opportunities and active transitions between places and tasks.

Social Wellbeing — **Social Awareness** — Bring co-presence in remote work.

Emotional Wellbeing — **Mood Awareness** — Build a better understanding of your own emotions and others' . Empathy.

Environmental Wellbeing — **Bring nature** — Connecting and interacting with nature in the workplace is often undermined.

Physical Comfort — **Working Postures** — Alternating between sitting and standing postures; ergonomic support.

Social Wellbeing — **Collective Rythmicity** — Enhance social connectedness in co-located and remote workplace.

Emotional Wellbeing — **Bodily Awareness** — Enhance awareness on physical conditions.

Environmental Wellbeing — **Enviromental Awareness** — Write your own idea.

Physical Comfort — Write your own idea.

Social Wellbeing — **Work - life inclusion** — Write your own idea.

Emotional Wellbeing — **Calm / Restore** — Write your own idea.

Environmental Wellbeing — Write your own idea.

Physical Comfort — Write your own idea.

Social Wellbeing — Write your own idea.

Emotional Wellbeing — Write your own idea.

Actions

Interactions and actuations.

Choose one or more cards.

Each can have multiple interpretations.

Action — **Move / add motion** — a body, a hand moves or a feature, object, surface element moves.

Action — **Adjust function through movement**

Action — **Extend / Expand** — surface, or beyond a space.

Action — **Illuminate**

Action — **Switch on/off**

Action — **Add features from nature** — biophilic environments

Action — **Interact with nature** — biophilic environments

Action — **Extrude**

Action — **Add Light / change lighting**

Action — **Scale up or down**

Action — **User(s) Immerses in/out** — a place, interface, or a task.

Action — **Vibrate**

Action — **Add / Change Color**

Action — **Unfold / Fold**

Action — **Connect / Disconnect**

Action — **Share** — data or experiences.

Action — **User(s) assembles components**

Action — **Align components around center**

Action — **User(s) assembles components**

Action — **Add Noise**

Action — **Auditory feedback**

Action — **Transition between** — spaces, functions, states.

Action — **Become Aware**

Action — **Visualize / 2D visual feedback** — a screen, or a display

Action — **Physical-ize / 3D visual feedback**

Action — **Touch / Haptic feedback**

Action — **Bend**

Action — **Animate**

Action — **User(s) customizes**

Action — **User(s) reconfigures**

Action — **Change Flexibility**

Action — **Twist**

Action — **Project / projection**

Action — **Zoom in / out**

Action — **Layer** — data or material.

Action — **Fold**

Action — **Change Transparency**

Action — **Collapse / Flatten**

Action — **Cover or wrap / enclose.**

Action — **Break into components.**

Action — **Change Shape / Geometry**

Action — **Change Direction**

Action — **Change Point of Contact**

Action — **Rotate**

Action — **Feedback Loop**

Sensing

Passive data sources - feel free to come up with more privacy - friendly ideas.

Sensing — **Environmental Sensors** — Air Quality, Temperature, Humidity, Light

Sensing — **Movement / physical activity sensors**

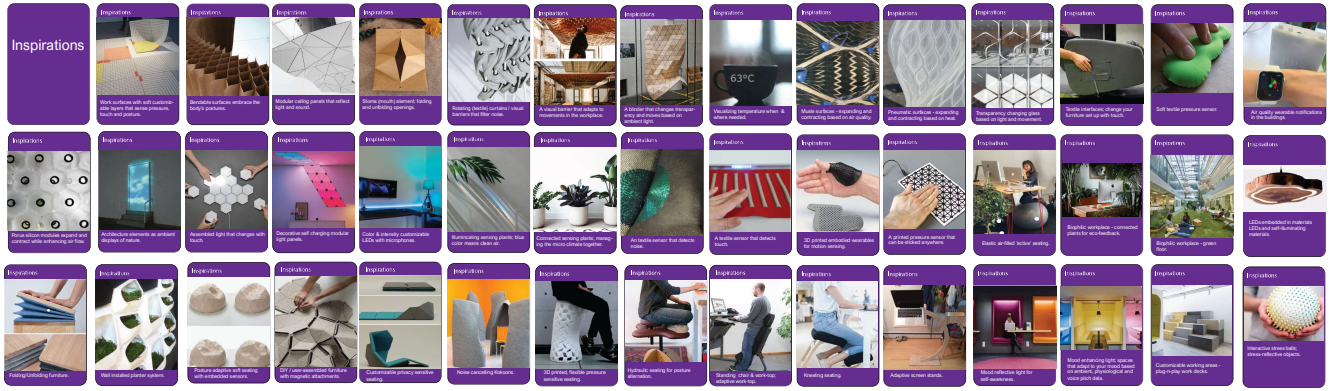
Sensing — **Physiological sensor** — Heart Rate, Respiratory Rate

Sensing — **Proximity / Pressure / Touch**

Sensing — **E-textiles** — Sensors embedded in fabrics and clothes.

Sensing — **Bendable Sensors** — Sensors embedded in soft surfaces such as silicon.

Sensing — **Embedded Sensors** — Sensors inside or on surfaces / built elements.

Sensing — **Embodied Sensors** — Sensor worn as bands, belts, 3D printed gloves, or silicone patches.

Inspirations