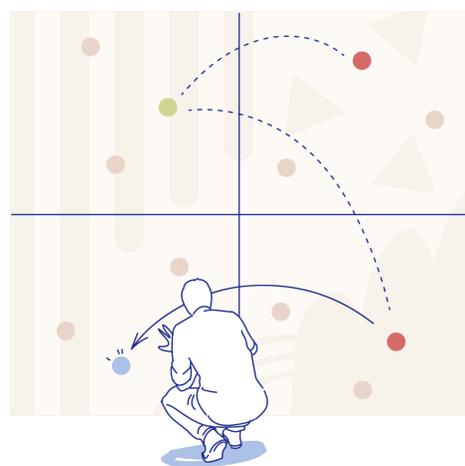
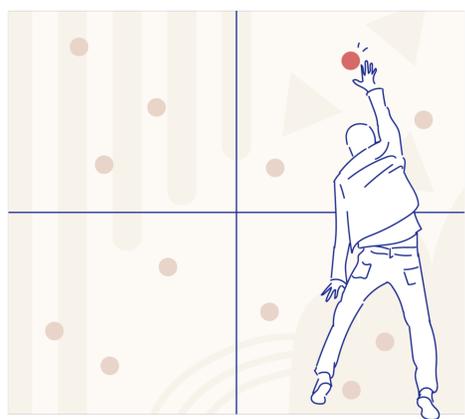


Reimagining the work break through play

Exploring active play to energise workers at the office.



■ Design challenge: play at work

Play is typically associated with entertainment for children, and not necessarily something for adults to indulge in. This especially holds true in formal settings such as the workplace. Here, individuals are expected to act responsibly and be productive, which can make playful behaviour seem out of place. But humans are not designed to work for hours on end, though many of us fail to recognise this fact and act upon it.

This challenge asked for a design that could outdo the usual coffee break and create healthier break habits in the work environment, using active play as a means for that goal.

▲ Conflicting motives

Play as an activity is *highly interactive, immersive* and *aims to amuse*. All of these qualities can help workers take their mind off work and recharge, albeit for a brief moment. Nevertheless, implementing playful breaks in the office is tied to many inner conflicts for users. Interviews with various office workers reveal that some people prefer not to use offered break activities such as a ping pong table, because they feel that they *want to spend work hours efficiently*, or because they wish to *have a break at their convenience*, without preparing tools or opponents first. Motives like these were combined into user dilemmas, which framed the scope for design.

● Final design: Button Bash

The resulting design was named Button Bash, featuring interactive panels with buttons and light. Through interactions and appearance, the product adds a playful character to any office environment with little means. It provides users with a window to recharge by moving the entire body around in an activity alone or with colleagues, that is within reach and ready to go at any given time.



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