Being mindful in the evening is overlooked for sleep-deprived parents with young children, especially with tv’s and smartphones grabbing their attention. This graduation project explored in the context of personal energy care to unlock evenings for parents and found out that mindful and secular rituals can energize them. This results in the mobile application: Tada. A gentle and guiltfree support tool that suggests personal rituals to energizes parents in the evening. The direct way of choosing rituals creates moment of frictions that makes you think what your current energy level is. Tada does not make choices for you, but Tada only supports your choices. In this way, Tada makes you slow down and mindful to recharge you for the next day.

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