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CART 360

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Etude 1

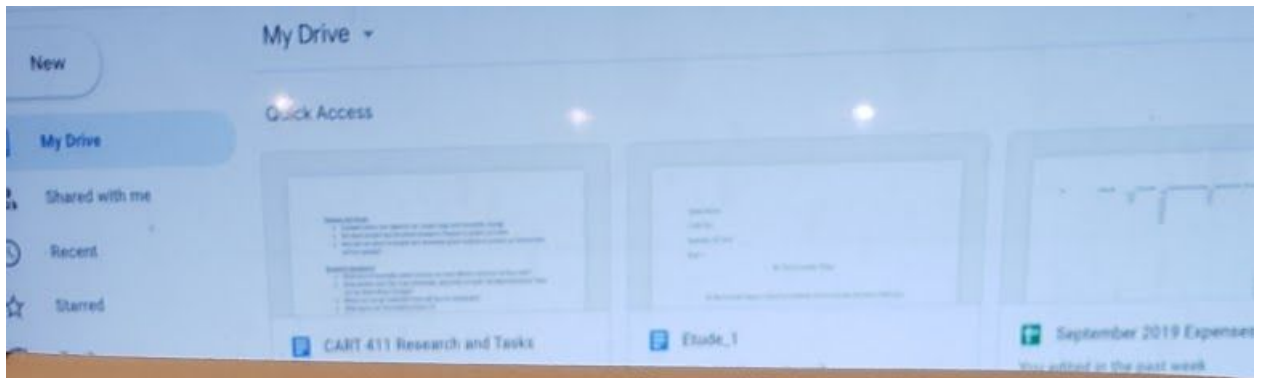
My Three Favourite Things

My first favourite thing is a brand new notebook. I love to feel the soft texture of the cover against my fingers and the smell of fresh paper as I flip through the pages. Smaller notebooks allow me to visualize how I can carry my thoughts with me and appreciate the accessibility to practice mindfulness and self care any place. When I begin to write in one, it offers me a chance to be alone with my thoughts and really take the time to practice self reflection. New notebooks are a safe space for my deepest most personal thoughts and allow me to learn from my past experiences by drawing on my previous entries and start a new chapter in my life. This thing isn't terrible conductive so I'm not sure how it can be made interactive electronically.

My second favourite thing is freshly ironed fabric and or/ironing wrinkled fabric. I love watching the steam escape the hot ironing plate and getting a free facial from the steam. Similar to journaling in the new notebook, ironing fabric puts me in a meditative state and allows me to reflect on the task at hand. It also allows me to consider how I treat the fabric and how I need to be careful with it if I want to create a successful project. In these moments I get to consider the make of the fibres, the weave of the fabric and the finish and how this will all come together to create a final product I can call my own. This thing is also not conductive.

My third favourite thing is a long, hot shower. I love the feeling of the warm water cascading down the drain and warming my toes. I love the smell of shower gel and shampoo and conditioner wafting together in the small room. Warm showers allow me to take care of myself on a fundamental

level and give me the chance to practice self care and treat myself to a nice time alone. Showers also allow me to have access to water, an element that is necessary for human survival. The meditative sound of water flowing around me gives me a moment to focus on my thoughts and be alone with my body and my mind. This is the most conducive out of the three but it doesn't seem to be very safe.

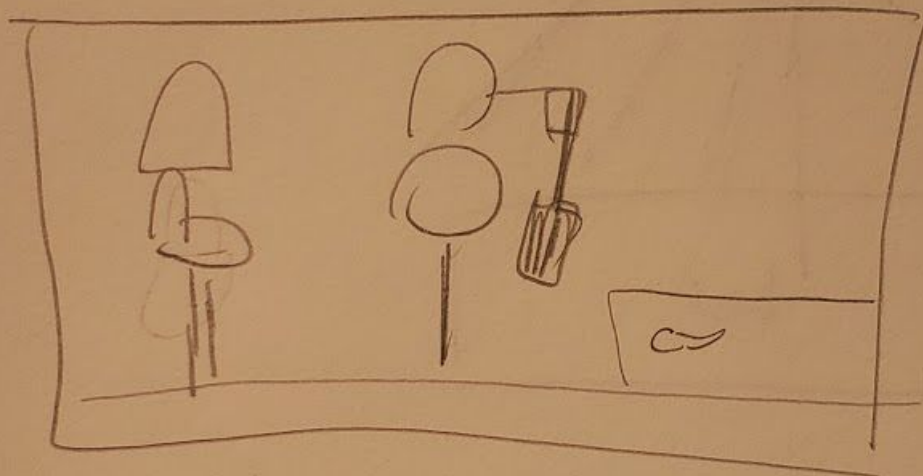


(3) A shower that is also a bedroom
I'm not sure how you would
this interactive, honestly. I just
want a bedroom and a shower
combined.



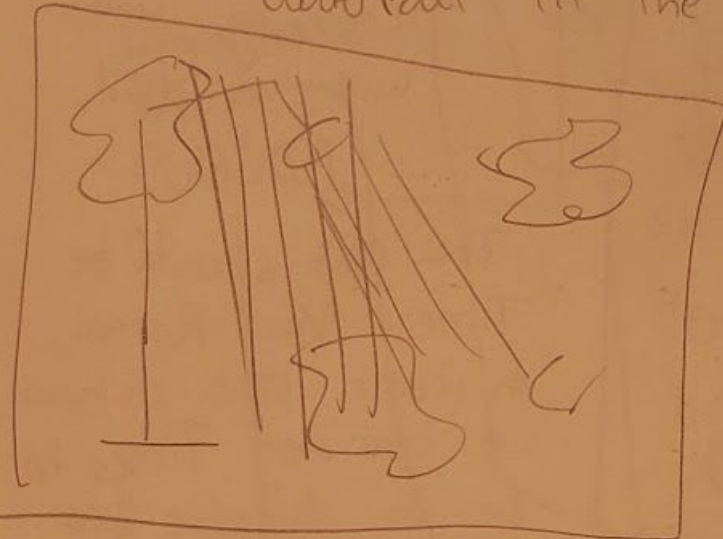
(2) A bathroom where every thing works
the opposite way

i.e. the toilet is the sink, the
shower is the toilet, the sink
sprays like a shower

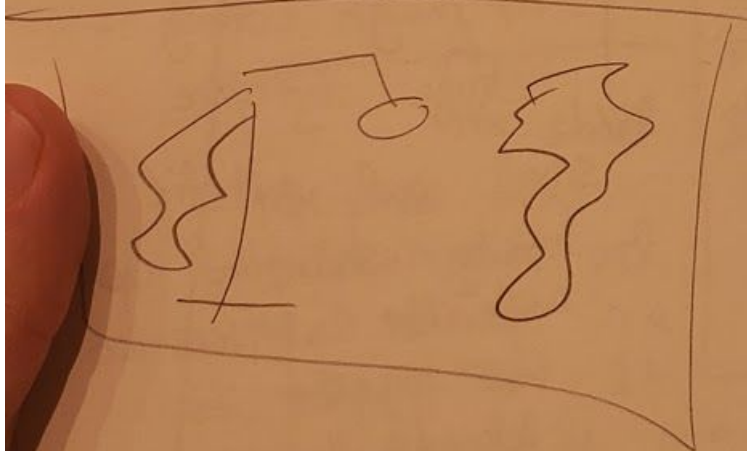


Interactive Shower

- ① A rain shower that creates the effect that you're in a waterfall in the rainforest.



← makes sounds and colour designs based on the person's mood



← calm shower is a light blue colour and looks like a calm rainforest, showers to relieve anger + stress

