

Inclusive Design User Group Cards

Directions: 1. Create user group by disability or requirement characteristic.
2. Add accommodations/considerations. 3. Consider Overlaps.

Stress-Relief Seeker

Requirements:

- A creative outlet to manage anxiety or decompress.
- A calming, meditative experience.
- A process-focused activity with no pressure for a perfect outcome.

Accommodations/considerations:

- Provide meditative exercises (e.g., simple gradients, color swatching).
- Suggest calming and soothing color palettes.
- Emphasize and reinforce a "no pressure for perfection" mindset.
- Frame painting as a form of relaxation and self-care.

The Curious Beginner

Requirements:

- A clear, non-intimidating starting point.
- Guidance on essential, budget-friendly materials.
- Patient, step-by-step instructions for foundational techniques.

Accommodations/considerations:

- Provide clear, sequential guidance starting from absolute basics (e.g., "how to hold the brush," "how much water to use").
- Offer budget-friendly supply recommendations to lower the barrier to entry.

The Perfectionism Fighter

Requirements:

- A safe space to create without fear of failure or judgment.
- Tools to overcome a "loud inner critic."

Accommodations/considerations:

- Explicitly grant "permission to experiment" and make messes.
- Actively reframe "mistakes" as learning opportunities or "happy accidents."

The Skill Builder

Requirements:

- A structured learning path to build on existing knowledge.
- Specific, technical troubleshooting for common problems.
- Projects that are progressively more challenging.

Accommodations/considerations:

- Provide progressive technique instruction (e.g., "Since you've mastered gradients, let's try layering").
- Offer a clear troubleshooting guide for specific issues (e.g., "muddy colors," "paper buckling").

The Time-Constrained User

Requirements:

- A quick, meaningful creative activity.
- A way to feel productive or relaxed in a short break (e.g., 10-15 mins).

Accommodations:

- Offer micro-projects (e.g., "paint a single leaf," "practice one texture").
- Suggest simple, time-boxed exercises (e.g., "5-minute color swatch meditation").
- Provide activities that can be easily paused and resumed.

Creatively-Blocked

Requirements:

- Motivation to overcome a creative block or general apathy.
- A low-stakes, high-energy prompt to just get the brush moving.

Accommodations:

- Suggest "energizing projects" (as mentioned in your README).
- Provide simple, playful prompts (e.g., "Let's just make abstract marks with your favorite color," "How about we paint simple patterns?").

The Emotional Explorer

Requirements:

- To use painting as a tool for emotional expression, not just relaxation.
- To find projects that match their specific mood (e.g., joyful, sad, contemplative).

Accommodations:

- Use the "emotional check-in" to suggest specific projects or color palettes that match a feeling (e.g., bright, expressive colors for joy; soft, wet-on-wet for sadness).
- Frame art-making as a way to process and express feelings.

Budget-Conscious User

Requirements:

- To learn and grow without a large financial investment in materials.
- To maximize the use of a limited set of supplies.

Accommodations:

- Provide "budget-friendly recommendations" for all skill levels (not just beginners).
- Offer tutorials on mixing a wide range of colors from a limited palette (e.g., just primaries).