**Overall Experience: During Activity**

* How would you describe the experience during the activity? Please Explain?
  + P1- In terms of breathing it was nice to have a guide to look at, there was nothing wrong or confusing about it. It was quite clear and self-explanatory in terms of what to do, so it was good in that sense.
  + P2- It was quite intense because it’s quite a quiet activity I suppose, maybe because we’re in this room with people who aren’t doing the exercise. That kind of throws you off abit. It’s quite relaxing, I think.
* What would be some words you use to describe this experience? Why?
  + P1- Introspective, relaxing, and I guess nice.
  + P2- Mindful, relaxing, peaceful because there’s something about breathing in and out you know? We don’t really pay attention to it a lot day to day, so to be told to sit down and do it brings abit of attention to it but it’s nice to have that as the only thing to think about for 5 minutes.
* Do you think it was easy to breathe together? Please Explain? How/Why?
  + P1- No, because we were both looking at one screen and so how do I know he’s breathing with me? I’m breathing with the circle, but I don’t know if he is at every point. So, I’m synchronized with the phone but not necessarily with him.
  + P2- Yeah, I mean again with the app it makes it easy providing we’re both just following the pattern that’s shown on the app. Yeah, I think that’s an easy thing to do. I suppose unless my partner is visually doing something to show that they are breathing I have no confirmation. But in my head, we were both breathing at the same time, I thought we were at the same time.

**Overall Experience: After Activity**

* How did you feel after the activity?
  + P1- Definitely more relaxed, it was definitely a relaxing experience, and less tense. It was a nice feeling after you’ve done a breathing exercise so yeah. I guess it’s the quiet as well, that was also quite nice.
  + P2- Yeah, quite similar I suppose. Less tense, more relaxed. Yeah, I’ve just finished work, I’ve been working all day, so it was quite a change from that, it was nice.
* Do you think the activity was beneficial in any way? Please Explain, How and Why?
  + P1- Yeah, I kind of made me feel more relaxed. It was nice to know someone was doing it with me, that was nice. Yeah, it was definitely relaxing overall and kind of clears your head in a way.
  + P2- I think that’s a difficult question to answer because I assume in a similar way to my partner, you do feel more relaxed certainly and less tense but beyond that I’m not sure.
* Did you experience anything during your participation that you didn’t initially expect?

* + P1- I guess I didn’t think it would be as relaxing as it was, but I think that’s also a product of doing 3 sessions of 5 minutes. I think that’s a good thing also, because I don’t know if I would’ve gotten that with one 5-minute session. So, yeah I think from the point of view of relaxing me and clearing my head, I think I didn’t expect that to happen to the level that it did.
  + P2- No, I’d say I didn’t. It was close to what I expected.

**App feedback**

* Did you use anything similar before? If yes, what does it do?
  + P1- I actually haven’t, I did exercises before, that would’ve been years ago back in school when we would do breathing exercises to warm up. So in school I would’ve done it but definitely not in the past 4-5 years.
  + P2- Yeah, I’ve used an app called headspace, which I think is a mindfulness app with a similar setup, but it only starts with a breathing exercise and goes into meditation. More generally breathing with other people, I work in a theatre, so we do those exercises all the time. We’re constantly doing that.
* Did you ever engaged in breathing together with anyone? If yes, how was the experience?
  + P1- No, it was always in the point of view of yourself, never with another person.
  + P2- Yeah, it was quite similar. In warmup scenarios before doing physical work, they do it in yoga as well. But yeah a very similar experience, It made me relax and centred me.
* What do you think about the breathing feedback in the app? Was the feedback helpful in guiding your breathing together? (Were you able to breathe with the feedback – expanding/contracting circle)
  + P1- I think breathing feedback itself is a good idea, because breathing is very beneficial to many things. It makes you feel more relaxed and less tense and doing that with another person allows you to experience that together, which is good. The feedback on the app wasn’t so good, It was almost there, really close. I would’ve preferred to have more feedback on what my partner is doing because it’s all well with us doing it together, but how do I know we’re doing it together? How do I know that it’s synchronous? There’s not really much difference between that and me doing it on my own other than that I’m using the same circle that someone else it, and if I had feedback on how the other person was breathing that would be more like “Ah someone else is in this with me, that’s nice”

I thought the circle was good, a nice visual representation, Very good. The background colours were good as well, I thought that was fine so yeah.

* + P2- That was good, that worked really well.
* If any? what improvements, you think could be made?
  + P1- I’d suggest having one circle that moves in and out to guide the two people and then I’d have sensors on both participants and have two separate different coloured circles tracking them with the hope of both circles matching up to the one they’re following. It’d be nice to have audio as well, but the colours were great, I’d change nothing about the colours and the actual aesthetic of it. I thought It looked really nice.
  + P2- I think it’s quite unusual to set your own pace by second because I’ve never thought of how many seconds I breathe for. So, you could change that to have fast, slow or medium breathing and have some pre-set options there. But we had to play about at the start to figure out, took abit of trial and error to get it right.

**Overall Picture of the Project:**

* Do you see any benefit of doing this activity together compared to when you are doing this remotely in separate locations? How/Why?

* + P1- Yes, I do. I think it’s a good exercise, ok so the difference is really small. I think remotely breathing together wouldn’t be that different with the app, I think that’s a wicked idea. Because you can connect virtually with a physical manifestation. However, when someone is physically there, you just have this feeling of knowing they’re there, I can’t explain it but they’re there and that adds an extra layer of genuineness to it.
  + P2- I think most of the benefits could happen either way, I think there’s a benefit to doing it on your own especially when we talk about relaxation and destressing. Although I suppose it is always nice to not do something on your own, to know there’s someone else there.
* Do you think you learn/gained anything from performing this activity together?
  + P1- Yeah, id say so. It was nice knowing we’re taking part in a joint activity together. It was nice to know that he was in the same boat as me so yeah, I enjoyed that sense of being synchronized.
  + P2- I’m not sure if I learnt anything, I wouldn’t say I necessarily learnt anything. I’d say I gained that sense of relaxation at least.
* If you were given access to the application how often/long would you use it?
  + P1- I think it’s a difficult question to answer to be honest.
  + P2- Yeah again, apps I’ve had before have kind of reminded me to do it every day, but you just ignore them if you’ve got something to do or it’s not a convenient time. I’d say there’d be a benefit if you did it every day.
* What makes you feel that way?
  + P1- The risks with things like this is, for me to use it for a long period of time it would have to fit around my day, and I can’t predict my day. If I were to go out of my way, I could probably use it indefinitely until I got bored of it, but the hardest part would be being consistent with it. Because like other meditation apps people use them for a short amount of time and leave it. Getting that consistency is important.

If the situation was different and we were in separate geographical locations I would definitely use it more often because I think specifically in the sense of people being apart, this would be useful. However if we were together I’d be less inclined to go out of my way to make time for it.

* + P2- If I had a healthcare professional tell me I have to do it everyday then I’d definitely do it.