**Overall Experience: During Activity**

* How would you describe the experience during the activity? Please Explain?
* P3- It was very hard to focus on both breathing and connecting to my partner, I wanted to close my eyes to focus more on my breathing, but that desynced me from both the app and my partner as I could not see it anymore, I fell like I fell out of pattern when i really should not have.
* P4- Peaceful like meditation, focusing on breathing felt off to me because I don’t focus on breathing for extended periods of time, I had a hard time keeping up with the 3 second animation. It also gave me a light-headed feel .
* What would be some words you use to describe this experience? Why?
* P3- Strange, focusing on breathing for such a long time was alien to me, relaxing because I focused on one single action for 5 minutes at a time.
* P4- Meditation, peace of mind and I get some time to myself.
* Do you think it was easy to breathe together? Please Explain? How/Why?
* P3- No, it was hard to keep to the pattern and the rhythm of my partner because the only thing I have to tell my partners breathing is by feel, and me and my partner could be out of sync at any time with the app.

Also, completely syncing to the app was also hard because you can’t really relax as you are constantly looking at the animation, it becomes more mechanical than it really should be, maybe it’ll go away with repeated use.

* P4- Relatively yeah, the animation helped keep us in sync. Assuming we sync at the same time we will be synced for the majority of the time.

**Overall Experience: After Activity**

* How did you feel after the activity?
* P3- The activity made me feel relaxed, because during it we do something very mechanical whereas normally you don’t, it gets you in touch with your body.
* P4- Lightheaded and a bit dizzy
* Do you think the activity was beneficial in any way? Please Explain, How and Why?
* P3- No idea, aside from relaxing me I didn’t feel anything else.
* P4- It got me to think, like concentrate my thinking for a period of time so it cleared my thoughts, so I don’t have to think about anything else.
* Did you experience anything during your participation that you didn’t initially expect?

* P3- No
* P4- The light-headedness and dizziness

**App feedback**

* Did you use anything similar before? If yes, what does it do?
* P3- Yes, I’ve used a fitness breathing tracker that was designed to regulate my breathing
* P4- No, not any breathing apps. This is the first time.
* Did you ever engaged in breathing together with anyone? If yes, how was the experience?
* P1- Never before
* P2- Maybe in like martial art sessions during our warmup sessions in kendo I guess.
* 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)
* P3- I think it focuses more on the breathing action instead of focusing on staying synced up with your partner, it makes you need to guess a lot.

* P4- The animation and the timing were useful for regulating my breathing, the feedback was decent.
* If any? what improvements, you think could be made?
* P3- Something aside from visual feedback to tell you when you are supposed to breath in or out. Also, the visual feedback itself is unintuitive and it’s hard to tell when you are reaching the end of a breath, it makes it hard to have a controlled breath forces you to rush sometimes.

It would be nice to have feedback telling you how close you are in sync with the other person.

* P4- Make the app more interesting, maybe have some more appealing visual designs

**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?

* P3- Not during the time that I had with the app, I couldn’t tell.
* P4- It gave me some perspective on my own breathing since I could compare my breathing to another person.
* Do you think you learn/gained anything from performing this activity together?
* P3- No, not really.

* P4-I learned that I breathe slower than other people usually.
* If you were given access to the application how often/long would you use it?
* P3- As it currently stands, I probably wouldn’t use it. Maybe for controlling my own breath but not to sync with another person.
* P4- Maybe I’d use it during stressful times for mediation for a couple of minutes.
* What makes you feel that way?
* P3- It’s hard to tell if you are syncing with another person. We have a shared timer but because we are both humans we can easily fall of track of the animation and the app does not give any feedback on our individual breathing.

* P4- The activity felt very peaceful and so it could be useful during those times when I really need to get away.