

Team 2:

What are we building?

An app/program that randomly generates activities to help people emotionally regulate.
? could be called "Regulation Break."

What does it do or what kind of problem does it solve?

Problem -

Working in a school with young people with special educational needs when young people are emotionally unregulated they are encouraged to take a short timed emotional regulation break. There are many activities available to help regulate but often in the moment it is hard for the adults and young people to think of what activity to do.

If there were a program/app that randomly generated suitable activities that the young people or assisting adults could choose from this would be useful.

In an ideal world the app would have a simple interface that could be clicked on to generate the activities.

This app could also be useful to adults, both neurodiverse and neurotypical. Neurodiverse adults are often prone to mood swings and the app could help them when they are struggling.

Key features of the system.

Front end

There will be a grouping of words for emotions, in different colours, to make it accessible for all audiences. The user will enter their login details and select one of the words.

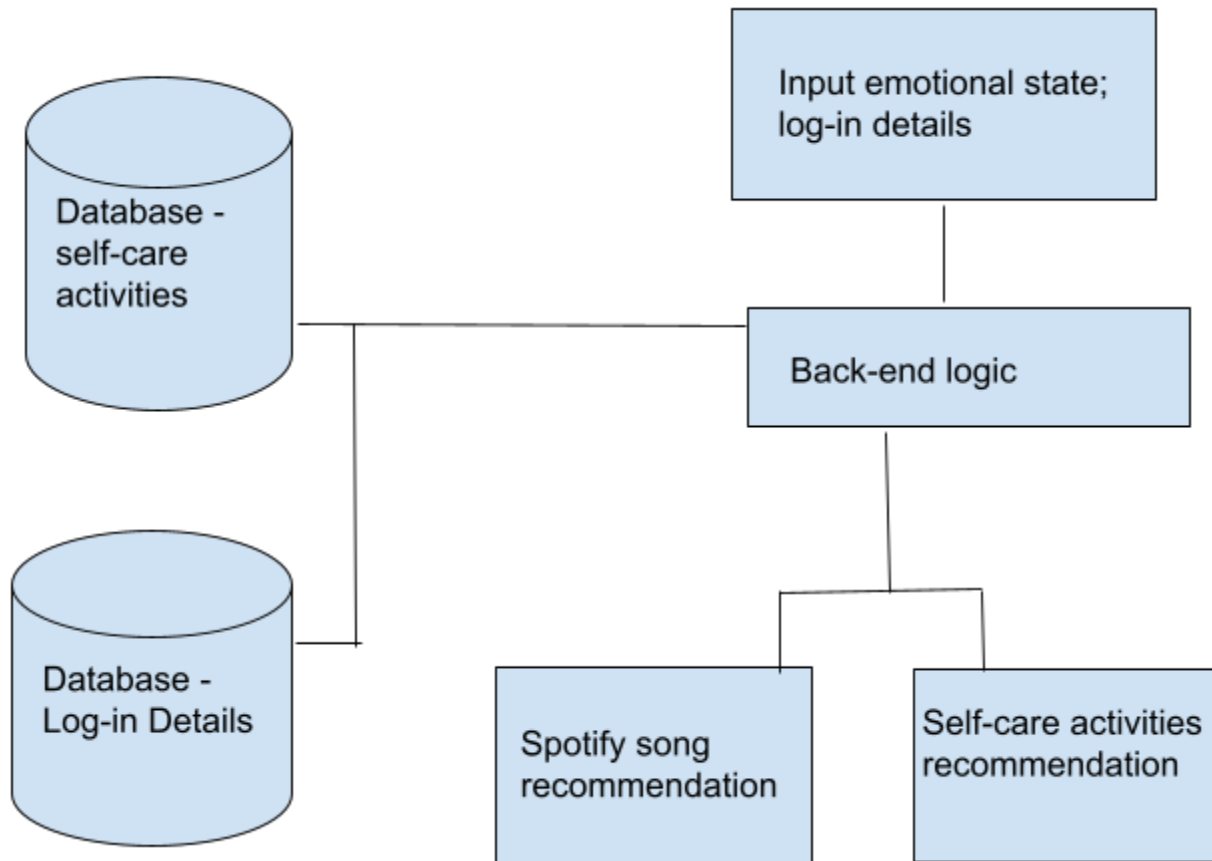
Data base

We would have a database for the login details of the users, a database to log the emotional states (if the users were adults), and a database populated with self-care activities.

Back end

We would use an API to connect to the activities database and an API to connect to the login details database.

Simple Architecture Diagram.



Our Team Approach.

How we will distribute the workload.

We will distribute by agile working perhaps scrum?

Emma Gill - SQL database, python
Kathleen - API random generating activities, python
Emma Moseley - Frontend - login API, flask
Alice England - UX design, Frontend
Eloise Melville - python testing, python
Manisha Grewal - python testing, github testing

How we will manage the code.

There will be a main file, a db_utils file, HTML/CSS file and an app file. API, SQL database, unit testing, flask

How we are planning to test the system

We are planning to evaluate our progress with weekly meetings.

User testing session.

Continuous testing.

Unit tests