Mastering Tinkering

Tinkering Playgroud domains

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Domain #1 - Lowering time spent sitting

Problem statement: People spend to much time sitting without breaks

The average Dutchman (aged 4+) sits for 9,5 hours per weekday (2024).

Idealy, we should:
- **Stand up** and **stretch** for a minute or two **every 30 minutes**.
- Take a **short walk** (even just around the room) **every hour.**
- **Change posture** frequently—if possible, use a sit-stand desk to alternate positions.
- Give your **eyes** a **break** using the 20-20-20 rule: **every 20 minutes**, look at something 20 feet away for at least 20 seconds.

Domain #1 - Lowering time spent sitting

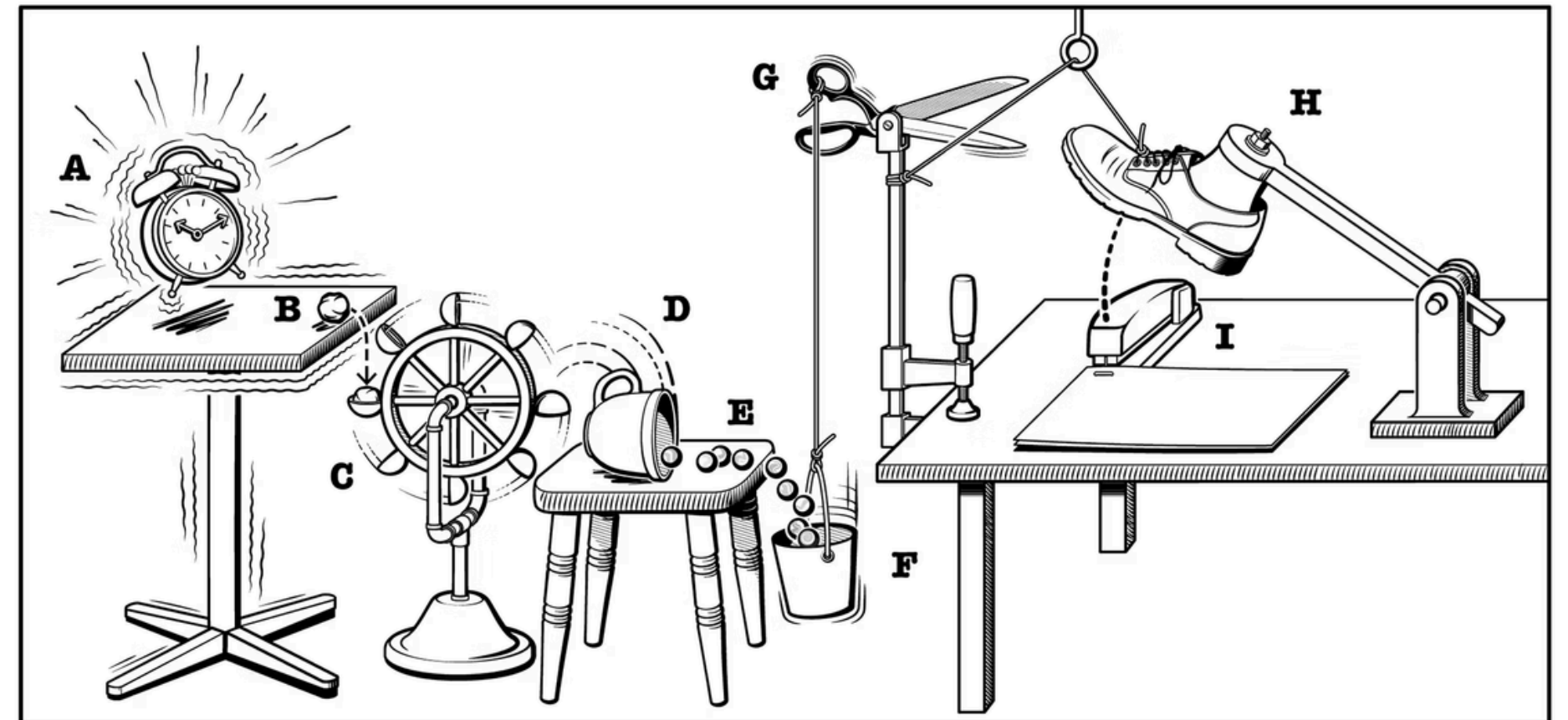**Solution: build a system that helps you improve your sitting behaviour**
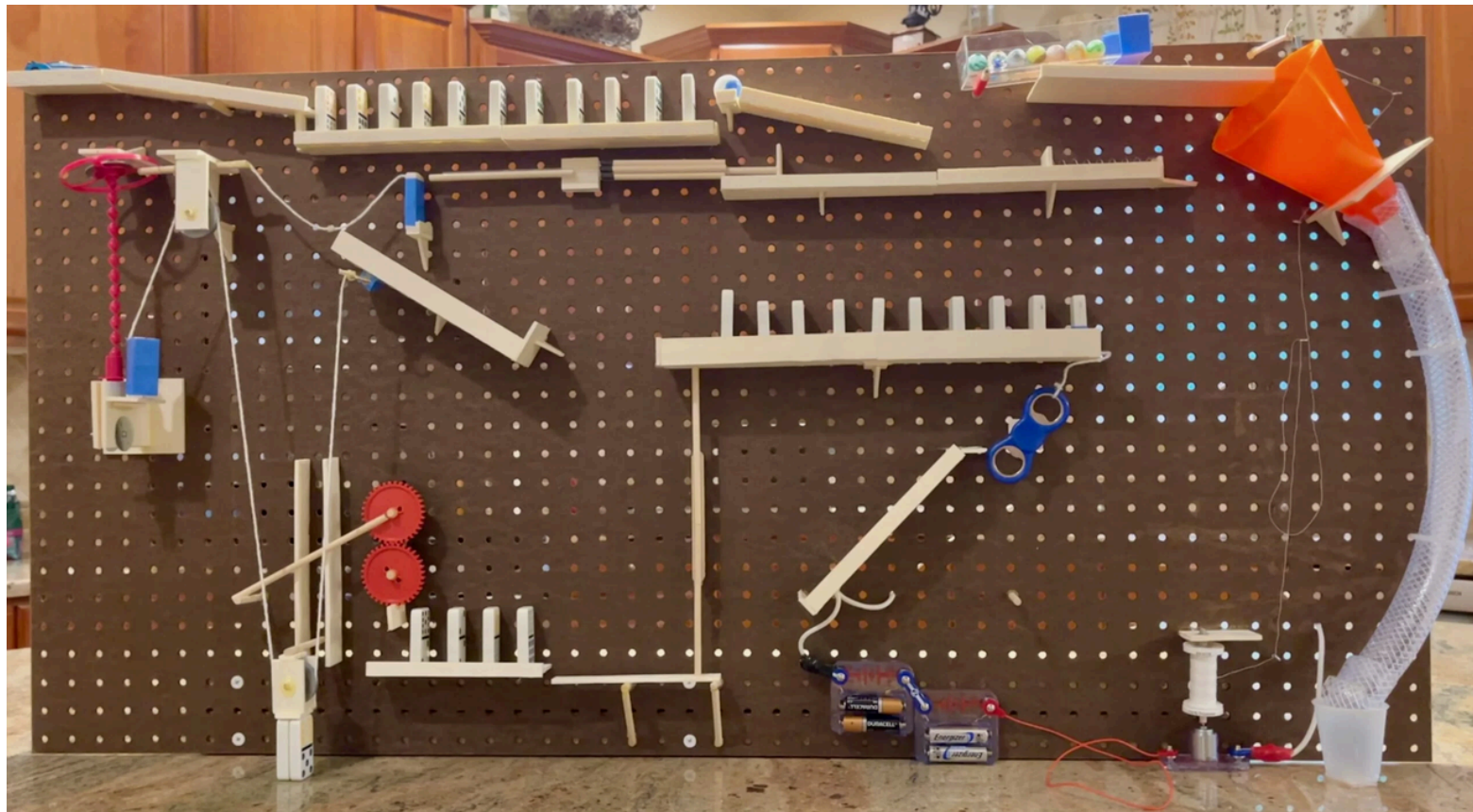
This can be achieved by making use of
- Light
- Sound
- Vibrations
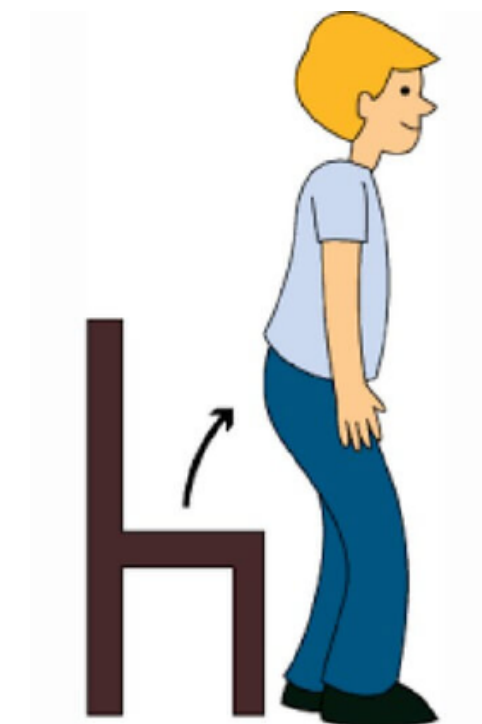
Domain #2 - Chain reaction

Rube Goldberg Machine - Chain reaction
to carry out a simple task in a complex way

Domain #2 - Chain reaction

Learn to understand different input

- Light sensor
- Pressure sensor
- Etc.

Learn to translate input to ouput

- Servo
- Fan
- Sound
- Etc.

→ Colllaborative & fun computing