

TRIPP VR

Rating
🍏🍏🍏½

Mindfulness reimaged through immersive VR experiences.

\$\$\$\$

Purpose & Overview

combines guided meditation, soothing visuals, and interactive breathing exercises to promote mindfulness, focus, and emotional well-being.

PIX VR Framework Evaluation

Type of Interaction



- Interactive tools like mood tracking and head movements.
- No co-creation, but offers customizable meditation experiences.



Aim of Learning

- Focused on mindfulness and emotional regulation.
- Promotes self-awareness and relaxation.

Authenticity of Engagement



- Structured, guided experiences tailored to user mood.
- No open-ended exploration.



Flow and Metacognition

- Engages users with calming visuals and immersive mechanics.
- Encourages reflection and mood tracking for self-growth.

✓ Strengths

- ✓ Personalized experiences tailored to user mood.
- ✓ Scientifically backed meditation techniques.
- ✓ Ideal for reducing stress and enhancing focus.

⚠ Limitations

- ⚠ Graphics and sound quality could improve.
- ⚠ Requires VR hardware, limiting accessibility.

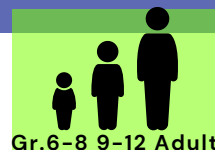


Educational Applications

- Emotional Regulation: Integrate into classrooms to teach mindfulness techniques.
- Therapeutic Contexts: Support mental health professionals with relaxation tools.



[Webpage link to lessons and curriculum connections](#)



Gr.6-8 9-12 Adult