

It and I

Short Project Description

It and I tells a story about a relationship between the wearer and It, the bracelet.

By accompanying you on a daily basis, It observes your actions and interactions with the real world and over time integrates your routines through your gestures. Beware, It will express its personal preferences through different behaviors in anticipation or in reaction to your actions. Its state depends on you. You will have to learn to understand It, as It learns from you and reveals your habits.

Will you be ready to change your habits and get out of your comfort zone in order to make It happy or will you ignore its demands at the risk of making its life with you a hell, or worse?





Field observations & Key Insight

The theme of routine emerged through interviews I led about repetition of actions or events over time. As I dug deeper, I realized that the notion of routine has a certain duality since it can have both a positive and negative influence. Then, I look at works of fictions to find the mechanic of mentor and disciple, where the mentor, through his actions, will influence the way of life of his disciple.

These observations led me to the fact that routine shapes the way we live our lives, but in a sense it is imposed on us by external causes, it does not necessarily result from conscious and deliberate choices.



In which situations do you find yourself in a routine?

J'ai la routine du soir où je me sens mal à l'aise si je le fais pas. Je me douche, brosse les dents, skincare, bois un verre d'eau. Ca me dérange d'aller au lit sans avoir fait ça, du coup je me sens un peu coincé dans cette routine. Je me sens coincée dedans car si je le fais pas ça m'embête, je me sens pas bien, mais d'un autre côté ça m'embête pas de le faire.

Je pense à partir du moment où ça fait ~deux semaines que je fais la même chose tous les jours. Par exemple aller sur la terrasse, je le faisais pas avant et depuis la rentrée si, c'est mon nouveau lieu de pause, ma nouvelle routine.

Moi j'ai tendance à éviter la routine à tout prix sinon j'ai l'impression que le temps m'échappe, j'essaie de casser mes habitudes, de changer mes trajets, pas manger aux mêmes heures, sinon je perds la notion du temps qui passe.

Je fonctionne avec des routines pour me repérer dans le temps. Sauf qu'à un moment j'en ai marre car j'ai envie de nouveautés. Par ex, prendre les mêmes trajets, acheter les mêmes choses à manger à cause des mes allergies, car c'est reposant pour l'esprit, aussi pour des réperages spaciaux et temporels.

How do you feel about being in a routine?

Tu sors pas de ta zone de confort, mais dans un sens ça permet de développer un bien-être, tu te stress pas à aller dans tous les sens, demander à trucs à des gens. Tu arrives à t'organiser toi-même car tu sais exactement ce que tu fais.

C'est à la fois rassurant et ennuyeux. Ca me fait perdre la mémoire, dans le sens où c'est des gestes qui sont très mécaniques, je fais pas attention

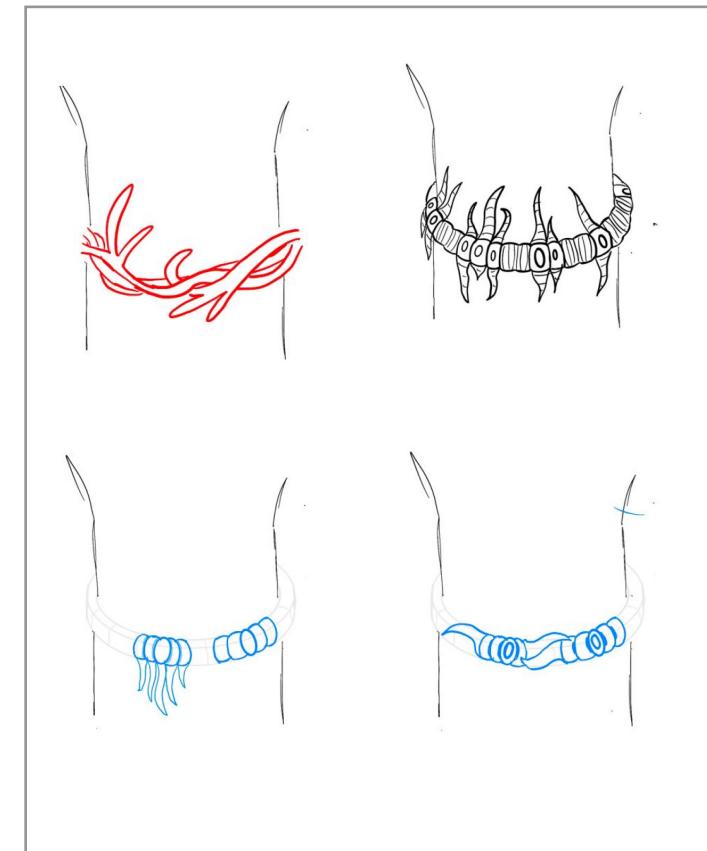
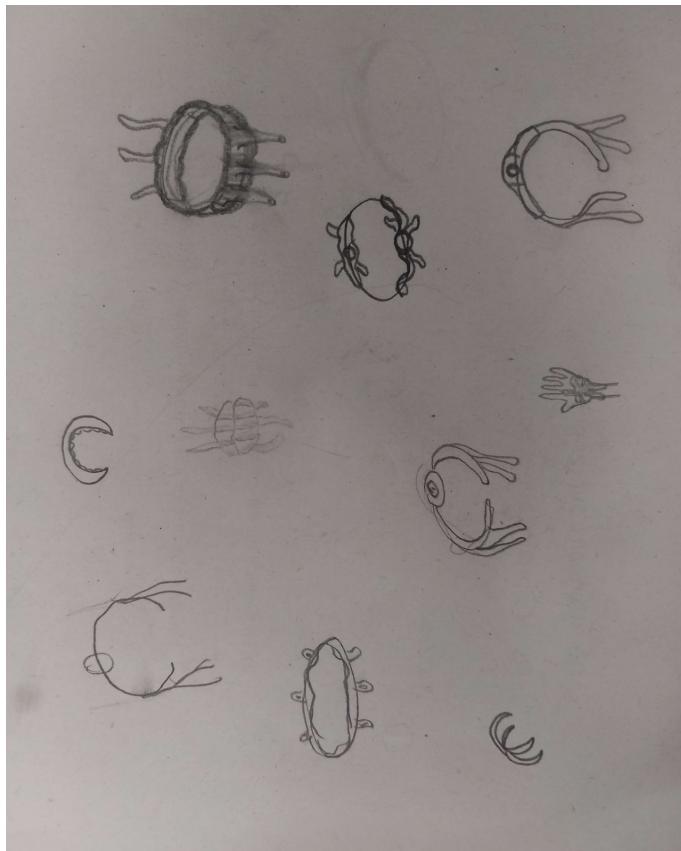
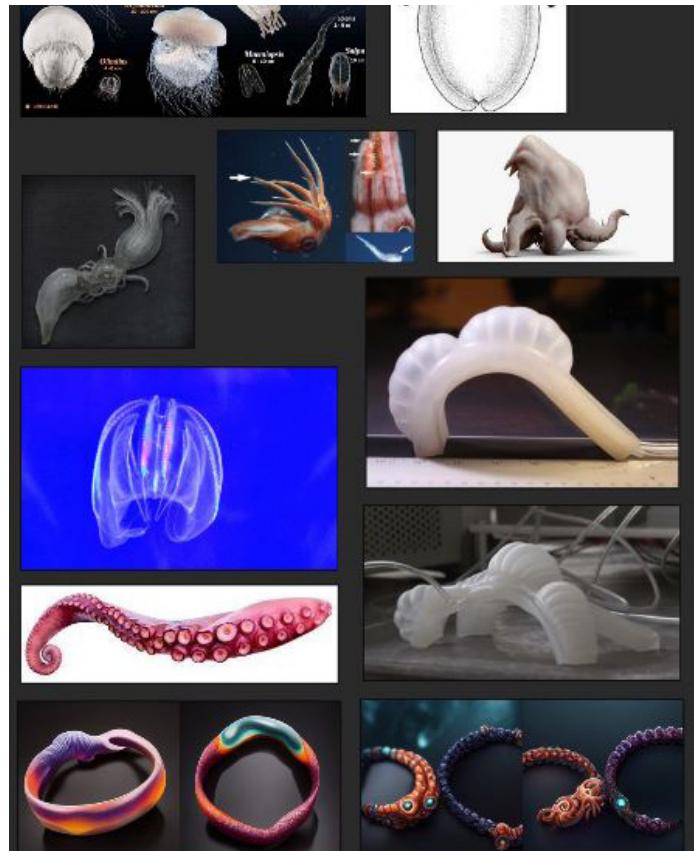
- The Hedge Knight → mort du mentor, rencontre avec un disciple
- Mob Psycho → rencontre avec un mentor
- Stanley Parable → everyone disappeared
- Neon White → mort
- Before your eyes → mort
- Elden Ring → brought back to life
- Yakuza 0 → framed for a murder
- Card Shark → entraîné dans des magouilles malgré lui
- The Forgotten City → an archeological discovery
- Kingdom → mort d'un être cher
- SnK → mort de la famille
- Papers Please → a new job
- Stardew Valley → leaving their job
- Mindhunter → nouveau travail?

Usage scenario

It has its own personality. It will observe your actions and remember what you did and when. It may appreciate them or not. When an action is performed, It will express itself through vibrations. Once a routine is integrated, It will also express itself in anticipation of an action; he may want you to repeat it or hate it. Its light represents its health, more or less luminous according to its state.

Loved action and routine is repeated				Hated action and routine is repeated				Hated action and routine is changed			
I have It on my wrist. A glow emanate from It.	I'm used to run at 17:00.	It reacts positively to the fact i'm running at this hour.	I notice its vibrations and its glow has increased a bit.	I have It on my wrist. A glow emanate from It.	I'm used to be on my computer at 17:00.	It reacts negatively to the fact I'm on the computer at this hour.	I notice its vibrations and its glow had decreased a bit.	I have It on my wrist. A glow emanate from It.	I'm used to be on my computer at 17:00.	It reacts negatively to the fact I'm on the computer at this hour.	I notice its vibrations and its glow had decreased a bit.
Days go by and this situation repeats itself.	I'm about to go to my daily run.	Since It knows I'm about to run and loves it, it rejoices.	I'm happy to please It by doing something I love.	Days go by and this situation repeats itself.	I'm about to go on my computer.	Since It knows what I'm going to do and hates it, It is apprehensive.	I'm sad It doesn't like it, but I need to work.	Days go by and this situation repeats itself.	I'm about to go on my computer.	Since It knows what I'm going to do and hates it, It is apprehensive.	I'm sad It doesn't like it and its light is really dim. I'm gonna run instead today.
			I go running.		It reacts negatively.	There is no more light.	It doesn't react to any actions anymore. It's dead. I'm sad.			It reacts positively.	Its reaction makes me happy.

Shape research & development



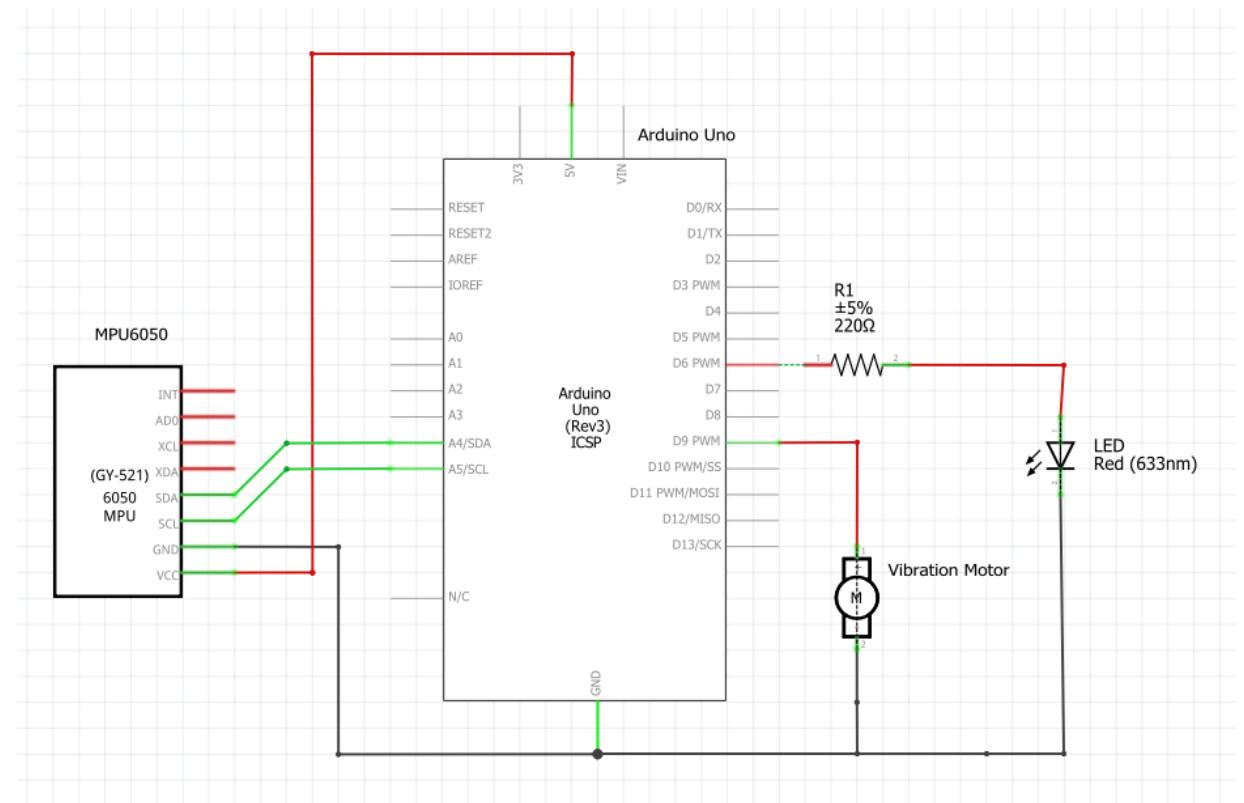
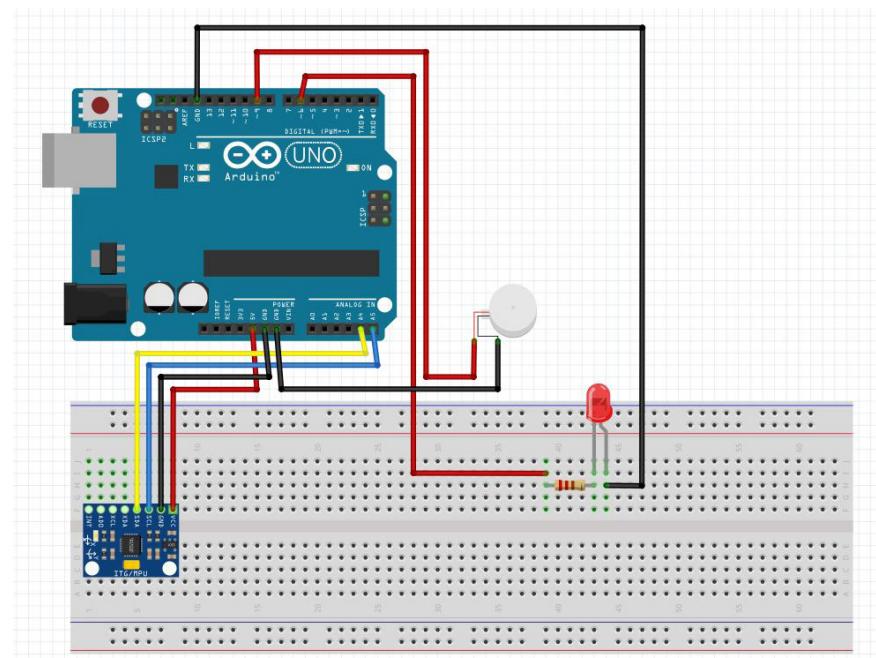
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Electric diagram



Plan Drawings

Materials: silicone

Scale: 2:1 in mm

