**Pcomp-week 2 Reflect exercise**

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**Reflect on creating interfaces for your body. Consider how we engage with tools – how does this impact how your body extends into the tools around you? What possibilities do you see?**

In the article it descripts that “the body is our general medium for having a world”. It is very interesting when you find out if a human encounters a bear in the woods, the body reacts quicker than the conscious mind can perceive the threat. The way we engage with the tools is also like our mind to our body. In my point of view, almost all the tools that we have are extensions of ourselves. The speakers, the stereo equipment, the dishwasher and so on. Sometimes we compare our minds to software and our bodies to hardware. From time to time we wonder which of these two is more important. But for me they are both important, because without any part of it would be impossible to get things done again.

The human mind is infinitely inquisitive about the unknown, so I would also say that the possibilities of extending our body and creating interface for our body are also infinite. Because of the lowering of the entry barrier more and more people without basic knowledge are able to enter the creative programming industry. Creative computing will see an unprecedented growth, and I am one of them. The lowering of the threshold gives us pure artists more potential and challenges, and in the future human-computer integration may no longer be a paper exercise. That's why I say the possibilities offered by human-computer integration are endless.

**How are these materials for these sensors created? How are they disposed of? Who does that impact?**

The different types of sensors—whether organismal or computational— that can be used to indicate environmental change are productive of different modes of sensing not just in relation to types of sensors but also through the diverse practices that they organize and operationalize. I’m very surprised to find out that sometimes a certain creature could become a sensor. Usually, the man-made sensors are basically made of plastic, glasses and metals. The other two materials are fairly ecologically friendly, but the extremely hard-to-degrade nature of plastic makes it becomes necessary to spend a lot of time recycling. Every year, a large number of animals die of starvation because they accidentally eat plastic, and governments are also calling on people to voluntarily separate and recycle the plastic product. However, there are still many products that are not recyclable for secondary processing. These non-recyclable plastics will be harmful to nature, but unfortunately no convenient and cheap alternatives have been found so far. These plastics will continue to affect the ecosystem: global warming, sea level rise, animal extinction, etc. After all this, will humans, as part of the ecological cycle, be spared? I doubt it.