Tool Template Sheet

This template sheet helps you to organise ideas, thoughts, and design decisions, all in one place. You are more than welcome to find your own ways of organising your ideas, the sheet is just one of many ways. The sheet does not have to be pretty or organised, whatever works for you is best!

BASICS

Let's start with some basics.

What's the name of your tool?

What is the inspiration behind your tool?
Are they any specific ideas, experiences or concepts that you are basing your tool on?

MENTAL HEALTH + SELF-CARE

What do people learn about mental health from your tool? What about self-care?

What kind of self-care focus does your tool have?

TECHNOLOGY

Which technology does your tool use?

On which device can people use your tool? On a phone? On a computer?

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What kind of technology is your tool?
An app? A browser extension? Software? Something fictional, or a technology that does not exist yet?

Are you planning to make and release your tool?

AUDIENCE + COMMUNITY

Who are you designing for? Why?
Who are you in- or excluding with your design?

Are you designing for a community?
Are you part of this community?

How are you learning about the people you are designing for? Are you talking to them?

Are you getting the community involved in making your self-care tool?

ACTIVITIES + SETUP

How should people use your self-care tool?

What kind of activities do people do with your self-care tool?

By themselves? ← → With others?

In public? ← → In private?

Indoors? ← → Outdoors?

What do people do with your self-care tool?
How do they learn these activities?
Can they make choices about what to do with your tool?

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Describe the activities and ideas found in your tool in detail.

How do people learn about the recommended way of using your tool?

Design

How does your tool look like?
What kind of mood or feeling does your tool have?

Time

How long should people use it for?
Do they use in one big chunk, or in several smaller, spaced out bits?

Minutes? Hours? Is there a recommended time? Is there a maximum time to using your tool?

Can people choose how long they want to use the tool for? How often should people use it?

If there is text in your tool, what kind of "voice" are you using in it? Are you speaking in a friendly and warm manner? Or are you describing things seriously and calmly? Loud and expressive?

How are you showing mental health? How are you showing mental health difficulties?

Which images or words are you using to show self-care? How could people understand the images or words you use? Could they interpret them differently?

How does your design deal with stigma or popular (stereotypical) displays of mental health?

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Extra activities:

→ Make a mood board with images, texts and other media that influences and inspires your tool..

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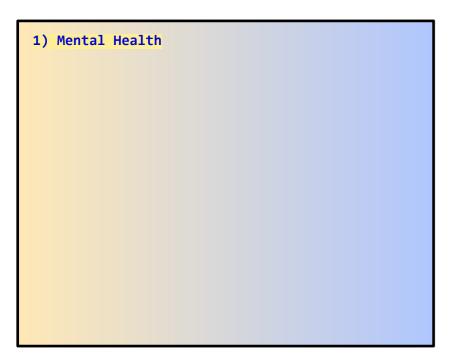## GOING BEYOND THE ORDINARY + WIDER REACH

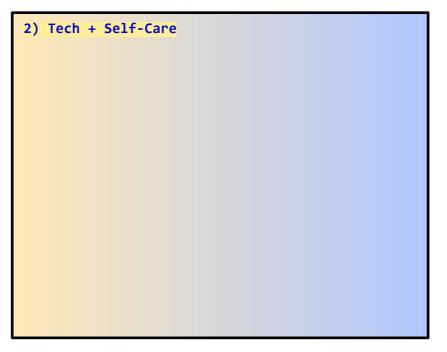What kind of futures can people imagine through and with your tool?

What are you doing to make sure that your tool does not cause harm – accidental or otherwise?

Are you planning to release your tool? Will you charge people money for it? What does this mean for the tool?
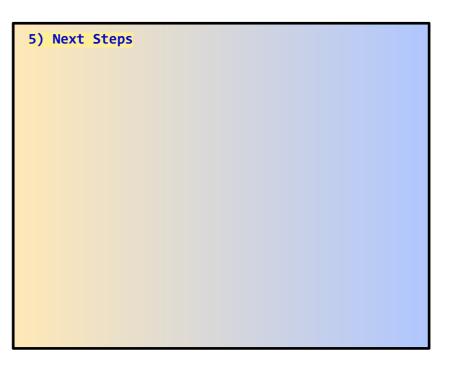
CARDS

Which cards are you using to make your tool?

1) Mental Health

2) Tech + Self-Care

3) Games + Self-Care

4) Community

5) Next Steps

What kind of criticism are you anticipating? What might people's comments or critique be? How do you answer it?

EXTRA PROMPTS TO IRON OUT DETAILS

Describe your tool in 1-2 sentences.

Describe how somebody would use your tool, from beginning to end.

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