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# Inner Garden: an Augmented Sandbox Designed for Self-Reflection

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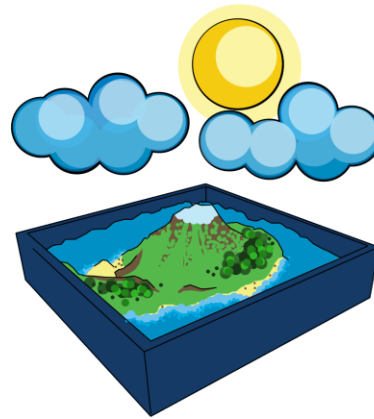
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# Inner Garden

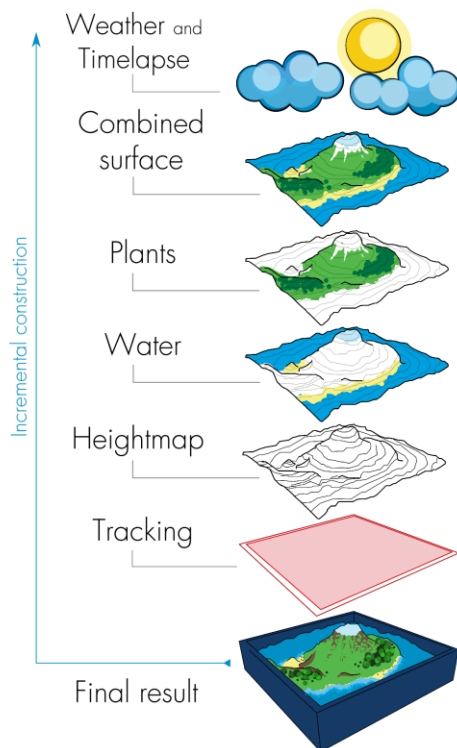
An Augmented Sandbox Designed for Self-Reflection

## Introduction

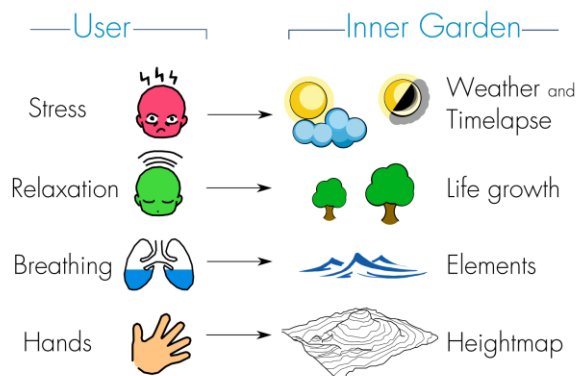
We present a prototype of an augmented sandbox where the sand is used to create a miniature living world, designed as an ambient display for contemplation and self-reflection. The landscape can be reshaped at any time. Once the sand is left still for a moment, the world starts evolving – vegetation grows, water flows and creatures move around – according to the user's internal state, which is measured using physiological sensors.



## Garden layers



## Influencing the garden



## Future work

We would like to explore the impact of the Inner Garden in the wild. Current possible directions include:

- **Public or shared spaces:** to foster socialization and empathy
- **Virtual Reality:** going inside the garden to foster contemplation
- **Tangible interactors:** stones, tools and other toys