How Bodies Matter: Five Themes for Interaction Design

Our physical bodies play a central role in shaping human experience in the world, understanding of the world, and interactions in the world.

This paper draws on theories of embodiment-from psychology, sociology, and philosophy-synthesizing five themes we believe are particularly salient for interaction design: thinking through doing, performance, visibility, risk, and thick practice. We introduce aspects of human embodied engagement in the world with the goal of inspiring new interaction design approaches and evaluations that better integrate the physical and computational worlds.



doing



prototyping



Performance

Action-centered skills





Motor Memory

Reflective reasoning is too slow



Situated Learning





Visibility Facilitates

Verified Voting That's what

performance is about

Physical Action is

Characterized by Risk

Trust and Commitment Personal responsibility

Thick Practice



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