CARE MEMORY SKETCH SHEET

Circulation · co-design workshop

Name or ID: _____

Design title:

1. Whose hands cared for you?

A person, a place, a time. Only share what you are comfortable sharing.

2. What did their hands do?

Pressed, held, rubbed, scraped, cupped, stroked, warmed? (For example: giác hơi, cạo gió, 부항, a massage, holding your hand.)

3. What senses were involved? (circle all that apply)

◯ Touch ◯ Pressure ◯ Warmth ◯ Smell ◯ Sound
◯ Sight ◯ Other:

4. What did it feel like? (circle or add your own)

◯ Calm ◯ Safe ◯ Warm ◯ Painful but good ◯ Playful
◯ Close ◯ Grounded ◯ Other:

5. Which element belongs to this memory?

Circle one, and say why in a few words.

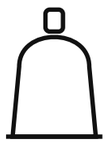
◯	◯	◯	◯	◯
Wood	**Fire**	**Earth**	**Metal**	**Water**
thumb · growth	index · activation	middle · grounding	ring · release	little · stillness

Tips

Think with your hands: how did that care feel on your skin?

Start with a feeling: safe, warm, held, close?

It doesn't have to be perfect. Just honest and expressive.



Draw the hands you remember: their shape, where they touched, how they moved.

Where on the body? Which fingers? Slow or quick, light or firm? Was there warmth, a smell, a sound? Label anything that matters: materials, textures, temperature, pressure.

Use arrows, labels or small notes. Then, in clay, make the shape your own hand takes around your cupping cup.

Quick storyboard (how did the care happen over time? what came first, next, last?)

FIRST	NEXT	THEN	LAST

GLOWING CUP DESIGN SHEET

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Name or ID: _____

Design title:

1. What is your glowing cup?

Describe it in 1–2 sentences. Whose care does it carry, and what is it for?

2. Who holds it, and how?

One person or several? Which fingers lead? Is it pressed, cupped, passed on, placed on the body?

3. When does it glow?

Your circuit lights up when the sensor is pressed. Where does the sensor sit, and where does the light glow?

4. Your colour (tick one; this sets your circuit)

○ Wood	○ Fire	○ Earth	○ Metal	○ Water
0	1	2	3	4

5. What experience does it create? (circle or add your own)

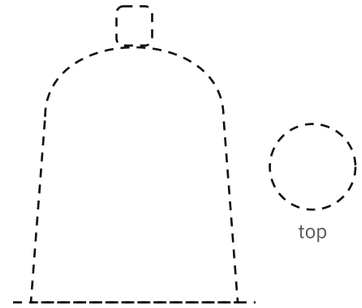
○ Calm ○ Soothing ○ Warm ○ Playful ○ Connecting
○ Grounding ○ Other:

6. What changed after holding the cups with others?

Did sensing together at the table shift your idea? What did you add, remove or rethink?

Draw your glowing cup: what it looks like, how it is held, where it glows.

Sketch the clay grip around the cup outline, or draw your own. Mark where fingers go, where the sensor sits and where the light shows. Label materials, textures and size.



Cup outline, roughly to scale. Draw around it.

Quick storyboard (how is it used over time? what happens first, next, last?)

FIRST	NEXT	THEN	LAST

DRAWING SHEET Circulation · co-design workshop

Name or ID: _____

Draw whatever helps explain your idea: what it looks like, how it is held, who is holding it.

Details, alternatives, the hands, the light, the colour. Use arrows, labels or small notes.