



McBride Collection of Stories and Designer Discipline



**Designer Discipline for Wellness Series:**

# Kori Faces Weekend Fun



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# Designer Discipline Wellness Faces Weekend

**Christopher T. Boyko, Rachel  
Cooper, Nick Dunn**



## **Designer Discipline Wellness Faces Weekend:**

**Designer Discipline for Wellness: Kori Faces Weekend Fun** Shawna Doyle, 2015-12-08 Kori is excited to finally try out for her third grade track team on Monday but there is a dilemma Kori faces weekend fun At a Friday track team tryout meeting Coach told everyone they must maintain self discipline to follow a balanced diet over the weekend in order to do well at Monday s tryouts Does a balanced diet mean that Kori cannot enjoy any of her favorite treats all weekend Oh no but what about Kareem s big roller skating birthday party Saturday Does this mean Kori can t have any of her favorite cake birthday cake How difficult is it to maintain a balanced diet Does self discipline mean no fun How will Kori maintain self discipline through the fun weekend ahead Find out these answers and more as we follow Kori on this weekend tale of challenge and choices Kori just may find out that maintaining self discipline is not so difficult especially with the help of a mother who is a wellness coach an awesome best friend and a precocious little sister who although annoying loves her big sister The journey through Kori s weekend is fun for children and adults and includes a great healthy recipe for Opiemeal that families can have fun making together Kori Faces Weekend Fun is the first story in the Designer Discipline for Wellness series brought to you by Shawna Doyle wife and mom of two little girls and the founder of Designer Discipline LLC a lifestyle consulting company which centers on wellness including aspects of nutrition goal setting and family work life balance The Designer Discipline for Wellness series engages children and parents on the following themes Wellness Discipline Friendship Family Teamwork The series also teaches an expanded vocabulary for young readers and critical thinking skills The Designer Discipline for Wellness series is an enjoyable experience for readers of all ages *Design for Wellbeing* Ann Petermans, Rebecca Cain, 2019-11-04 *Design for Wellbeing* charts the development and application of design research to improve the personal and societal wellbeing and happiness of people It draws together contributions from internationally leading academics and designers to demonstrate the latest thinking and research on the design of products technologies environments services and experiences for wellbeing Part I starts by conceptualising wellbeing and takes an in depth look at the rise of the design for wellbeing movement Part II then goes on to demonstrate design for wellbeing in practice through a broad range of domains from products and environments to services Among others we see emerging trends in the design of interiors and urban spaces to support wellbeing designing to enable and support connectedness and social interaction and designing for behaviour change to tackle unhealthy eating behaviour in children Significantly the body of work on subjective wellbeing design for happiness is increasing and several case studies are provided on this demonstrating how design can contribute to support the wellbeing of people Part III provides practical guidance for designing for wellbeing through a range of examples of tools methods and approaches which are highly user centric participatory critical and speculative Finally the book concludes in Part IV with a look at future challenges for design for wellbeing This book provides students researchers and practitioners with a detailed assessment of design for wellbeing taking a distinctive global approach to design practice and

theory in context Design for Wellbeing concerns designers and organisations but also defines its broader contribution to society culture and economy

**Research Anthology on Cross-Disciplinary Designs and Applications of Automation** Management Association, Information Resources,2021-10-29 Throughout human history technological advancements have been made for the ease of human labor With our most recent advancements it has been the work of scholars to discover ways for machines to take over a large part of this labor and reduce human intervention These advancements may become essential processes to nearly every industry It is essential to be knowledgeable about automation so that it may be applied

**Research Anthology on Cross Disciplinary Designs and Applications of Automation** is a comprehensive resource on the emerging designs and application of automation This collection features a number of authors spanning multiple disciplines such as home automation healthcare automation government automation and more Covering topics such as human machine interaction trust calibration and sensors this research anthology is an excellent resource for technologists IT specialists computer engineers systems and software engineers manufacturers engineers government officials professors students healthcare administration managers CEOs researchers and academicians

*Handbook of Research on Improving Engineering Education With the European Project Semester* Malheiro, Benedita,Fuentes-Durá, Pedro,2022-03-18 Engineering education aims to prepare engineering undergraduates for their future professional journey where they will be called on to solve challenges affecting individuals companies and society The European Project Semester EPS exposes students to project and challenge based learning paying special attention to international multidisciplinary teamwork sustainable design innovative thinking and project management in order to develop a set of desired professional skills The Handbook of Research on Improving Engineering Education With the European Project Semester shares the best practices in engineering education through close examination of the EPS It describes the adopted learning framework analyzes how it contributes to the development of skills reports on the types of challenges proposed to teams and delivers a set of team project cases from the network of providers Covering topics such as engineering ethics project management and sustainable behavior this book is essential to students in engineering engineers engineering educators educational researchers academic administration and faculty and academicians

**ICEL 2018 13th International Conference on e-Learning** Professor Eunice Ivala,2018-07-05

**Educational Technology Beyond Content** Brad Hokanson,Gregory Clinton,Andrew A. Tawfik,Amy Grincewicz,Matthew Schmidt,2020-04-09 This book is the outcome of a research symposium sponsored by the Association for Educational Communications and Technology AECT Consisting of twenty four chapters including an introduction and conclusion it argues that informational content should not be the main element of education and that to provide more for learners it is necessary to go beyond content and address other skills and capabilities It also discusses the false premise that learning is complete when the information is known not when learners seek more their own directions answers and ideas The authors assert that the ability to synthesize solve problems and generate ideas is not based on specific content although

education often focuses solely on teaching content Further they state that content can be separated from the learning process and that instructional design and educational technology must be about the skills habits and beliefs to be learned

The Handbook of Design for Sustainability Stuart Walker,2013-11-07 Sustainability has emerged as a central issue for contemporary societies and for the world community as a whole Furthermore many of the social and environmental concerns that are embodied in the term sustainability are directly or indirectly related to design Designers help to define our human made environment how it is produced how it is used and how long it endures Despite some forty years of development and increased awareness of the critical relationships that exist between design decisions and modes of production energy use environmental impacts the nature of work and human exploitation design for sustainability is still not widely understood or followed The Handbook of Design for Sustainability presents a comprehensive state of the art overview of this crucial subject its development its methods its practices and its potential futures Bringing together leading international scholars and new researchers to provide a substantive insight into the latest thinking and research within the field The Handbook covers a breadth of historical and theoretical understandings and includes a series of original essays that explore methods and approaches for designers and design educators The Handbook presents the first systematic overview of the subject that in addition to methods and examples includes historical perspectives philosophical approaches business analyses educational insights and emerging thinking It is an invaluable resource for design researchers and students as well as design practitioners and private and public sector organizations wishing to develop more sustainable directions

**Designing Therapeutic Environments** Bruno Marques,Jacqueline McIntosh,2025-04-17 This book draws on the relationship between culture and the environment and its connection with health and well being Therapeutic environments are settings that comprise the physical ecological psychological spiritual and social environments associated with treatment and healing Throughout the chapters the understanding of therapeutic environments is broadened through the exploration of specific Indigenous cultural and social dimensions Case studies comprise a combination of research papers regarding the theoretical and conceptual underpinnings of therapeutic environments and their application following traditional methods This book contributes to the expanding body of knowledge focusing on the role of therapeutic environments and their role in shaping health and well being through the development of new research methods This book is essential for practitioners scholars and students in architecture landscape architecture interior architecture urban design planning geography building science public health and environmental engineering

**Positive Technology: Designing E-experiences for Positive Change** Andrea Gaggioli,Daniela Villani,Silvia Serino,Rosa Banos,Cristina Botella,2019-09-23 In recent years there has been a growing interest in the potential role that digital technologies can play in promoting well being Smartphones wearable devices virtual augmented reality social media and the internet provide a wealth of useful tools and resources to support psychological interventions that facilitate positive emotions resilience personal growth creativity and social connectedness

Understanding the full extent of this potential however requires an interdisciplinary approach that integrates the scientific principles of well being into the design of e experiences that foster positive change This book provides an overview of recent advances and future challenges in Positive Technology an emergent field within human computer interaction that seeks to understand how interactive technologies can be used in evidence based well being interventions Its focus of analysis is two fold at the theoretical level Positive Technology aims to develop conceptual frameworks and models for understanding how computers can be effectively used to help individuals achieve greater well being At the methodological and applied level Positive Technology is concerned with the design development and validation of digital experiences that promote positive change through pleasure flow meaning competence and positive relationships

**The Routledge Companion to Interdisciplinary Studies in Singing, Volume III: Wellbeing** Rachel Heydon,Daisy Fancourt,Annabel J.

Cohen,2020-05-19 The Routledge Companion to Interdisciplinary Studies in Singing Volume III Wellbeing explores the connections between singing and health promoting the power of singing in public policy and in practice in confronting health challenges across the lifespan These chapters shape an interdisciplinary research agenda that advances singing s theoretical empirical and applied contributions providing methodologies that reflect individual and cultural diversities Contributors assess the current state of knowledge and present opportunities for discovery in three parts Singing and Health Singing and Cultural Understanding Singing and Intergenerational Understanding In 2009 the Social Sciences and Humanities Research Council of Canada funded a seven year major collaborative research initiative known as Advancing Interdisciplinary Research in Singing AIRS Together global researchers from a broad range of disciplines addressed three challenging questions How does singing develop in every human being How should singing be taught and used to teach How does singing impact wellbeing Across three volumes The Routledge Companion to Interdisciplinary Studies in Singing consolidates the findings of each of these three questions defining the current state of theory and research in the field Volume III Wellbeing focuses on this third question and the health benefits of singing singing praises for its effects on wellbeing

**Transformative Education for Regeneration and Wellbeing** Janet J. McIntyre-Mills,Yvonne Corcoran-Nantes,2022-09-29 The edited volume advocates for teaching systemic ethics as a form of life long learning within nature s classroom to support social and environmental justice This book also explains critical systemic thinking as both an individual and a collective responsibility through many ways of knowing spanning the arts and sciences to inspire creativity This volume contributes to theory and practice by making suggestions as to how to re frame the content structure and process of education for transformation This volume makes a case for a more relational understanding of human beings and other species This volume also explores a more integrated curriculum where learners are given the opportunity to explore many ways of knowing and learning to earn learn and grow a future through circular economies co operatives and learning communities This book highlights how the models of sustainable development focus on education for wellbeing in line with the UNESCO approach outlined in 2021 that

emphasizes the systemic nature of education rooted in protecting the environment and supported by the participation of active global citizens This volume demonstrates transformation of our thinking and practice is overdue and calls for changing the narrative through our standing together and redesigning systems of education to prioritize a more holistic worldview that embraces the planet and living systems The focus of this volume is on values perspectives and ways to make a difference through addressing a range of practical concerns such as food energy and water security Ontologically the editors perspective is shaped by recognising kinship with nature as expressed by Indigenous custodians Epistemologically the editors and contributors to this volume explore ways to enhance education based on working across cultures and disciplines using a cross cultural approach and mixed methodology Axiologically the editors support the notion of transformative research that promotes balancing non anthropocentrism with an approach that draws on Indigenous wisdom whilst addressing patriarchal notions through gender mainstreaming

Oxford Textbook of Creative Arts, Health, and Wellbeing Stephen Clift,Paul Marc Camic,2016 There is growing interest internationally in the contributions which the creative arts can make to wellbeing and health in both healthcare and community settings A timely addition to the field this book discusses the role the creative arts have in addressing some of the most pressing public health challenges faced today Providing an evidence base and recommendations for a wide audience this is an essential resource for anyone involved with this increasingly important component of public health practice

**Human Aspects of IT for the Aged Population** Qin Gao,Jia Zhou,2025-05-28 The three volume set LNCS 15809 15811 constitutes the thoroughly refereed proceedings of the 11th International Conference on Human Aspects of IT for the Aged Population ITAP 2025 held as part of the 27th HCI International Conference on Human Computer Interaction HCII 2025 which took place in Gothenburg Sweden in June 2025 The total of 1430 papers and 355 posters included in the HCII 2025 proceedings was carefully reviewed and selected from 7972 submissions The three volumes cover topics as follows Part I Designing Older User Experiences Social Connectedness and Psychological Support Part II Smart Homes and Communities for Aging in Place eHealth for Aging Part III Older Adults and the Smart City Technology Adoption IT Literacy and the Digital Divide Living with AI

**Engineering Design and Mathematical Modelling** Nnamdi Nwulu,Mammo Muchie,2020-12-17 Engineering Design and Mathematical Modelling Concepts and Applications consists of chapters that span the Engineering design and mathematical modelling domains Engineering design and mathematical modelling are key tools techniques in the Science Technology and Innovation spheres Whilst engineering design is concerned with the creation of functional innovative products and processes mathematical modelling seeks to utilize mathematical principles and concepts to describe and control real world phenomena Both of these can be useful tools for spurring and hastening progress in developing countries They are also areas where Africa needs to skill up in order to build a technological base The chapters in this book cover the relevant research trends in the fields of both engineering design and mathematical modelling This book was originally published as a special issue of the African

Journal of Science Technology Innovation and Development      The Educators' Guide to Whole-school Wellbeing Denise M. Quinlan, Lucy C. Hone, 2020-02-20 The Educators Guide to Whole school Wellbeing addresses challenges faced by schools wanting to improve wellbeing While many schools globally now understand the need to promote and protect student wellbeing they often find themselves stuck not knowing where to start what to prioritise or how to implement whole school change This book fills that gap This book provides companionship through rich stories from schools around the world that have created wellbeing practices that work for their schools It guides educators through processes that help create individualised contextualised school wellbeing plans With chapters addressing why wellbeing what is whole school change dynamics measurement staff wellbeing coaching cultural responsiveness and how to build buy in it is the first of its kind Balancing research and practice for each topic with expert practitioner and researcher insights this book gives schools access to best practice guidance from around the world in a user friendly format designed for busy educators What sets the authors apart from the many school wellbeing practitioners globally is their substantial experience working alongside diverse school groups While many have experience in one school few work across a multitude of very different schools and clusters giving these practising academics a unique appreciation for effective cross context processes      **The Educator's Guide to Designing Games and Creative Active-Learning Exercises** Joe Bisz, Victoria L. Mondelli, 2023 Every educator's imaginative instincts will be guided by this book's practical design method which harnesses the power of play for student learning Teachers from all disciplines and levels can create a full spectrum of engaging exercises through the authors six accessible ALLURE steps Ask where to apply the play List the mental moves Link the mental moves to the play Understand how the learning principles operate Run the activity game Evaluate the learner experience Along with principles from game based learning pedagogy readers will explore a framework of original complex mechanic teaching templates which will help their fledgling instructional activities cross the bridge into fully formed games Beginners and veterans will find multiple entry points from adding a single playful element student roles to discussions to more elaborate designs riddles and simulations They will also learn different levels of producing physical tabletop components cards boards plastic pieces or light digital options discussion board riddles Google Slides games Born from the authors extensive experiences running professional development workshops this guide has been frequently requested by teachers at the secondary school and college levels librarians instructional designers and others caught by the allure of educational games and play Book Features Offers hands on practical advice about how to be more playful with your students with a focus on nondigital activities and games Written in the language of instructional design so advanced knowledge about games or technology is not required Provides creative instructional techniques that will boost student engagement for both in person and online instruction Includes more than two dozen original illustrations and designs to aid understanding Addresses the need for accessible inclusive learning environments      **Designing Future Cities for Wellbeing** Christopher T. Boyko, Rachel Cooper, Nick Dunn, 2020-09-17



Designing Future Cities for Wellbeing draws on original research that brings together dimensions of cities we know have a bearing on our health and wellbeing including transportation housing energy and foodways and illustrates the role of design in delivering cities in the future that can enhance our health and wellbeing It aims to demonstrate that cities are a complex interplay of these various dimensions that both shape and are shaped by existing and emerging city structures governance design and planning Explaining how to consider these interconnecting dimensions in the way in which professionals and citizens think about and design the city for future generations health and wellbeing therefore is key The chapters draw on UK case and research examples and make comparison to international cities and examples This book will be of great interest to researchers and students in planning public policy public health and design

### **Urban Design Under Neoliberalism**

Francisco Vergara Perucich, 2019-05-01 This book discusses the status of urban design as a disciplinary field and as a practice under the current and pervasive neoliberal regime The main argument is that urban design has been wholly reshaped by neoliberalism In this transformation it has become a discipline that has neglected its original ethos designing good cities aligning its theory and practice with the sole profit oriented objectives typical of advanced capitalist societies The book draws on Marxism inspired scholars for a conceptual analysis of how neoliberalism influenced the emergence of urbanism and urban design It looks specifically at how in urbanism s everyday dimensions it is possible to find examples of resistance and emancipation Based on empirical evidence archival resources and immersion in the socio spatial reality of Santiago de Chile the book illustrates the way neoliberalism compromises urban designers ethics and practices and therefore how its theories become instrumental to the neoliberal transformation of urban society represented in contemporary urbanisms It will be a valuable resource for academics and students in the fields of architecture urban studies sociology and geography

*Positive Computing* Rafael A. Calvo, Dorian Peters, 2014-11-28 A case for building a digital environment that can make us happier and healthier not just more productive and a theoretical framework for doing so On the eve of Google s IPO in 2004 Larry Page and Sergey Brin vowed not to be evil Today a growing number of technologists would go further trying to ensure that their work actively improves people s lives Technology so pervasive and ubiquitous has the capacity to increase stress and suffering but it also has the less heralded potential to improve the well being of individuals society and the planet In this book Rafael Calvo and Dorian Peters investigate what they term positive computing the design and development of technology to support psychological well being and human potential Calvo and Peters explain that technologists growing interest in social good is part of a larger public concern about how our digital experience affects our emotions and our quality of life which itself reflects an emerging focus on humanistic values in many different disciplines Synthesizing theory knowledge and empirical methodologies from a variety of fields they offer a rigorous and coherent foundational framework for positive computing Sidebars by experts from psychology neuroscience human computer interaction and other disciplines supply essential context Calvo and Peters examine specific well being factors including

positive emotions self awareness mindfulness empathy and compassion and explore how technology can support these factors Finally they offer suggestions for future research and funding Sidebars Timothy N Bickmore Jeremy Bailenson danah boyd Jane Burns David R Caruso Mihaly Csikszentmihalyi Felicia Huppert Mary Helen Immordino Yang Adele Krusche and J Mark G Williams Jane McGonigal Jonathan Nicholas Don Norman Yvonne Rogers     **Architecture and Health** Dina Battisto, Jacob J. Wilhelm, 2019-10-17 Architecture and Health recognizes the built environment and health as inextricable encouraging a new mind set for the profession Over 40 international award winning projects are included to explore innovative design principles linked to health outcomes The book is organized into three interdependent health domains individual community and global in which each case study proposes context specific architectural responses Case studies include children s hospitals rehabilitation facilities elderly housing mental health facilities cancer support centers clinics healthy communities healthcare campuses wellness centers healing gardens commercial offices infrastructure for developing countries sustainable design and more Representing the United States Africa Asia Europe and Australia each author brings a new perspective to health and its related architectural response This book brings a timely focus to a subject matter commonly constricted by normative building practices and transforms the dialogue into one of creativity and innovation With over 200 color images this book is an essential read for architects designers and students to explore and analyze designed environments that promote health and well being

## **Designer Discipline Wellness Faces Weekend** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Designer Discipline Wellness Faces Weekend**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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### **Designer Discipline Wellness Faces Weekend Introduction**

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