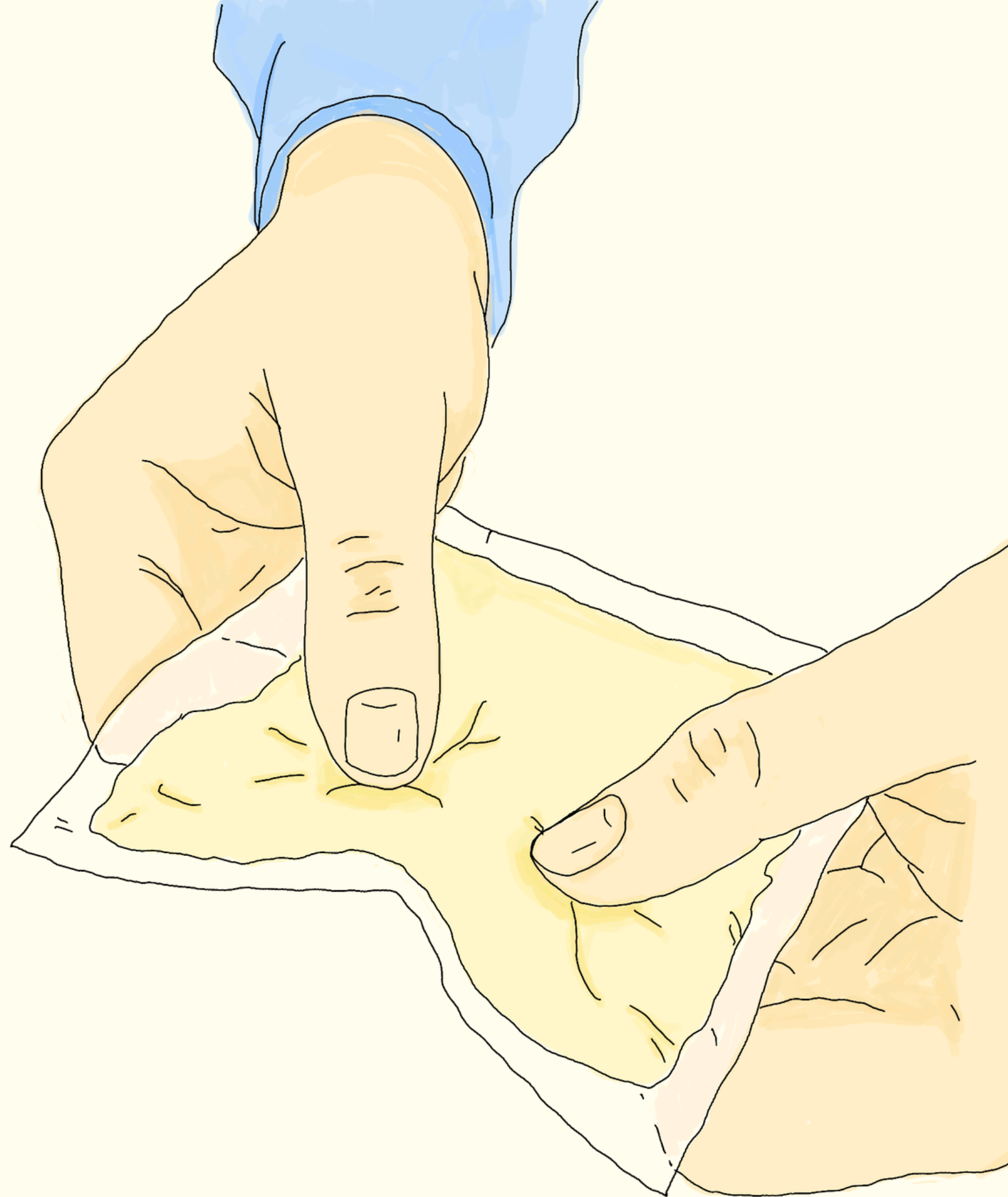


Material

MAPPING

Arianna Perini (1853147), Juliët Roeffen (2050099), Megan van Gerwen (1930834)



Calming:

“The process of reducing agitation or bringing about a peaceful state”
(Definitie En Betekenis Van “Calming” in Het Engels | Beeldwoordenboek,
n.d.)

“To stop someone feeling upset, angry or excited.” (“Calming”, 2026)

VS

Disturbing:

“Making you feel worried or upset” (“Disturbing”, 2026)

- Some materials were not calming by themselves, **but their patterns made them feel soothing**
- The calming feeling was linked more to **hand movement** than to the material properties

Calming

- Material **consistency** influenced our experience
- **Soft, cozy, fluffy, and squishy** materials felt more **calming**
- **Stiff, pointy, and rough** materials felt more **disturbing**

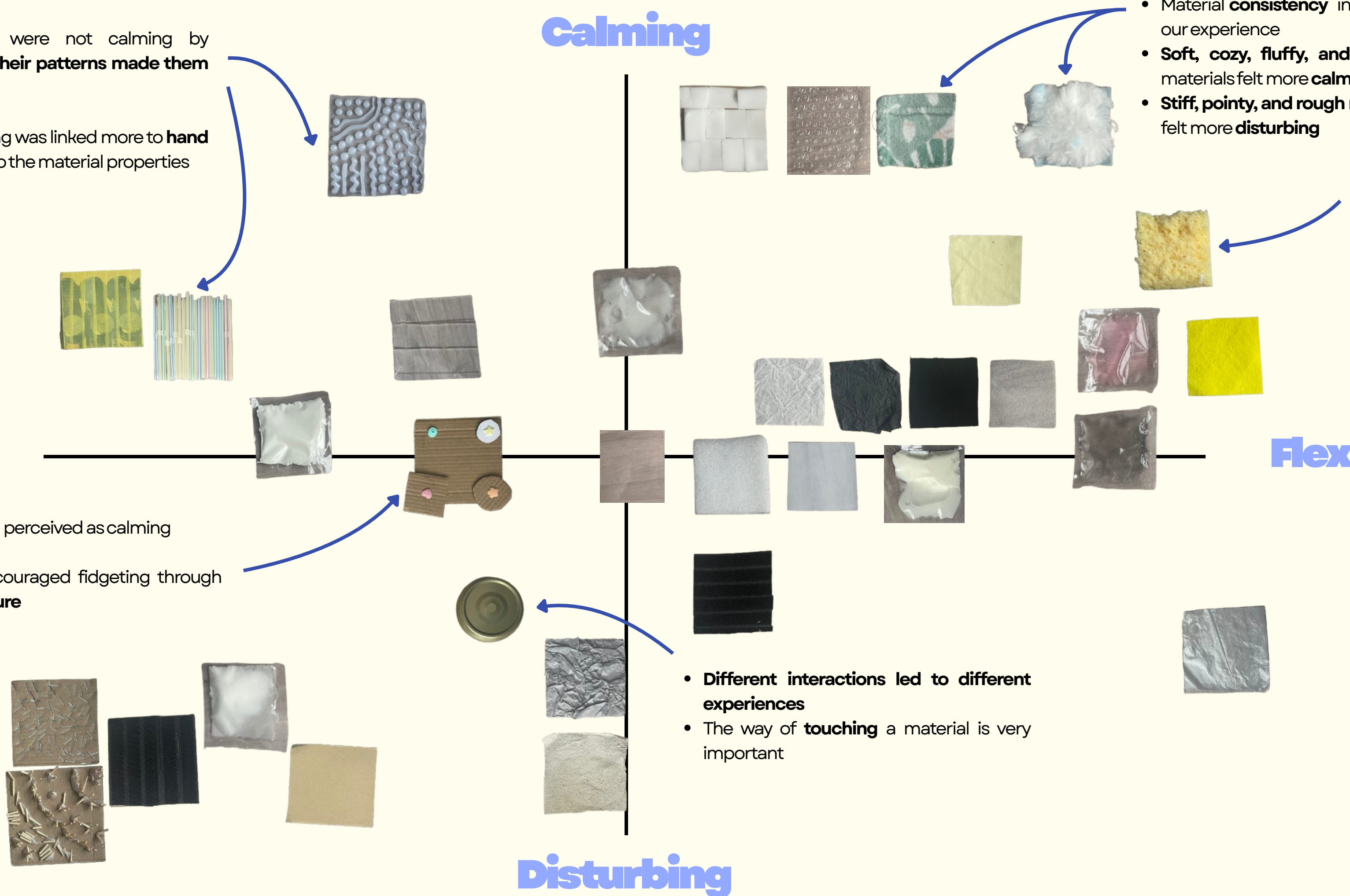
Stiff

- **Fidgeting** was often perceived as calming
- Some samples encouraged fidgeting through their **form** and **texture**

Flexible

- **Different interactions led to different experiences**
- The way of **touching** a material is very important

Disturbing



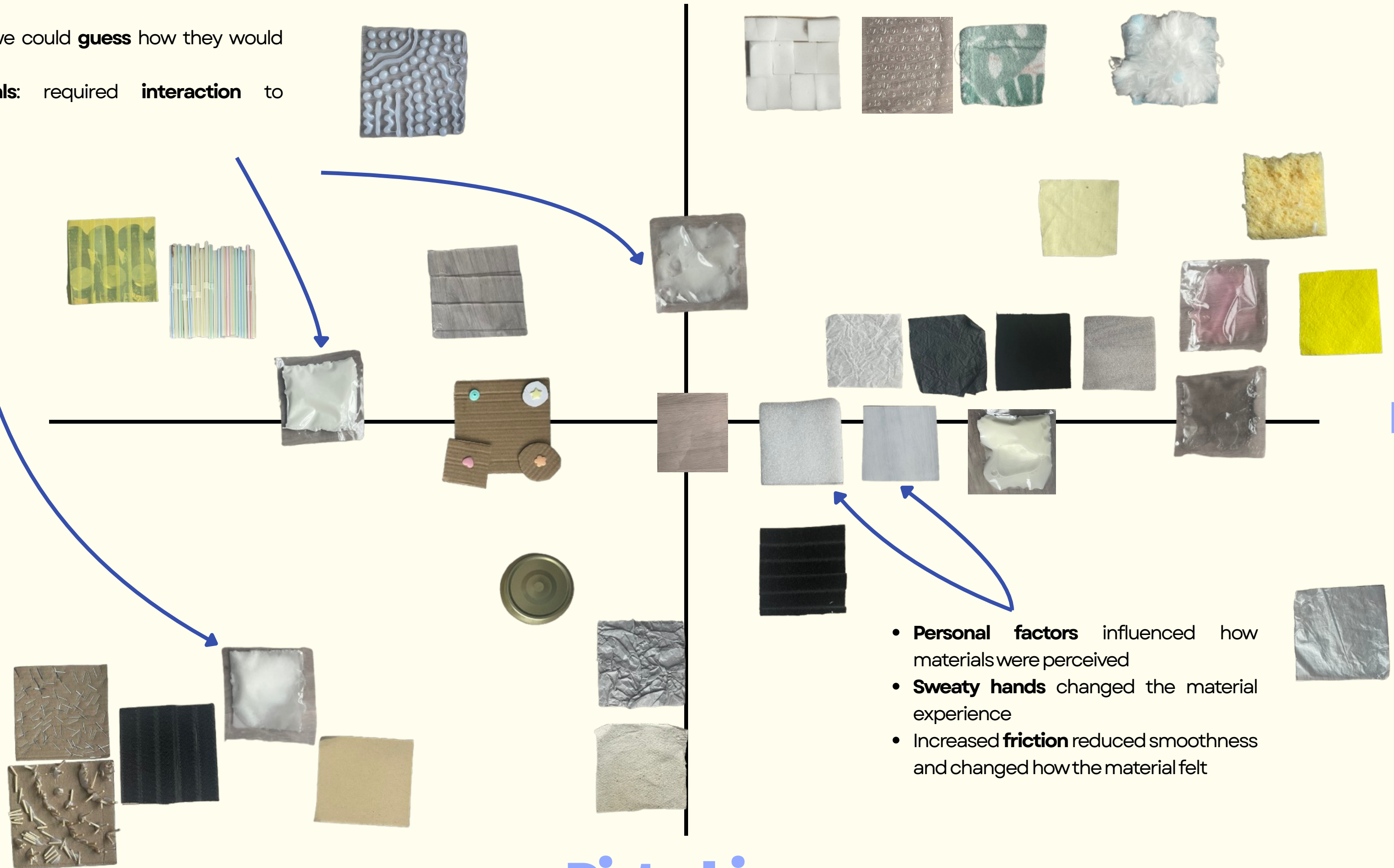
Calming

- **Familiarity** influenced how we predicted material experiences
- **Known materials:** we could **guess** how they would feel just by **looking**
- **Unknown materials:** required **interaction** to understand

Stiff

Flexible

Disturbing



- **Personal factors** influenced how materials were perceived
- **Sweaty hands** changed the material experience
- Increased **friction** reduced smoothness and changed how the material felt

Reflection

- We realised we **lacked vocabulary** to describe material experiences
- We often talked about **liking/disliking** instead of describing sensations
- Discuss and define what “calming” means
- We found that everyone interpreted calming differently: → **dynamics & movement**
→ **patterns & hand movement**
→ **softness & consistency**
- Materials were very diverse, making the matrix hard to place accurately
- We decided to create more specific matrices with fewer, similar materials
- We agreed to use the same interaction method to improve comparison

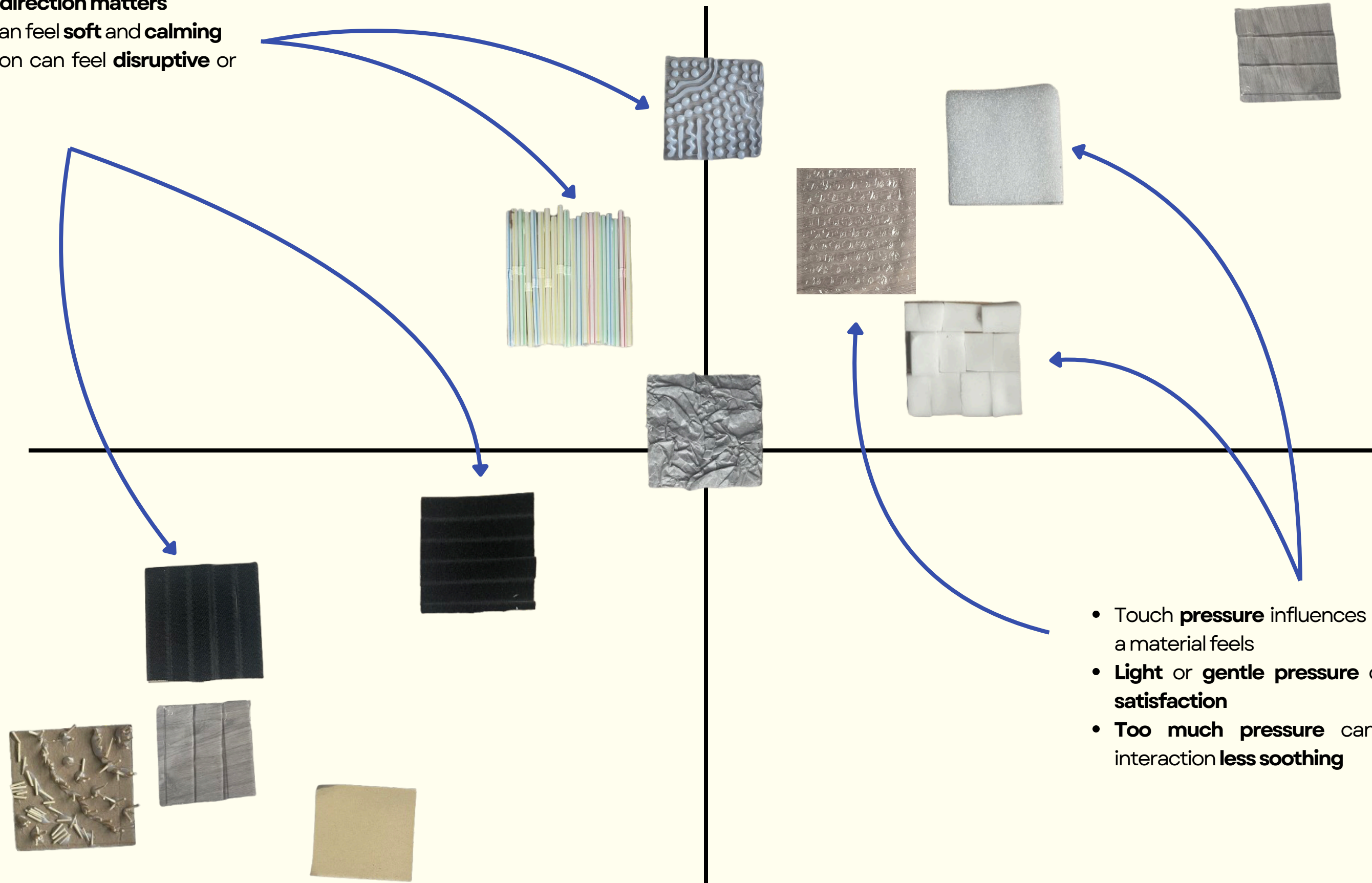
Calming

- When **stroking direction** matters
- One direction can feel **soft** and **calming**
- Another direction can feel **disruptive** or **unpleasant**

Rough

Smooth

Disturbing

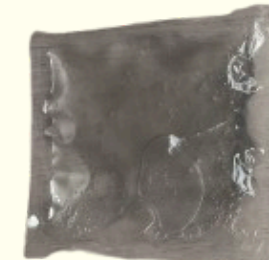


- Touch **pressure** influences how calming a material feels
- **Light** or **gentle pressure** can increase **satisfaction**
- **Too much pressure** can make the interaction **less soothing**

Interaction: stroking with 2 fingers

Calming

- **Unfamiliar** materials highlighted the role of **surprise**
- **Unexpected** sensations could feel very **calming**
- Discovering these surprises made interactions more engaging and soothing



Static

- **Consistency** and material properties are essential for the experience
- **Solid** and **granular** materials felt **unpleasant**

Dynamic

Disturbing

Interaction: squeezing

Conclusion

- **Calming** materials → **soft, smooth, pleasant, and dynamic**
→ rounded patterns, flexible surfaces
- **Disturbing** materials → **rough, sticky, rigid, or pointy**
→ sharp patterns, sticky surfaces
- **Interaction matters:** squeezing, fidgeting, tracing contours enhanced calm
→ Same material can feel different depending on touch or manipulation
- Visual appearance can be misleading → Some materials looked calming but felt disturbing on touch
- **Future** approach: focus on haptics (blindfolding), using the same interaction for a better comparison

References

calming. (2026). <https://dictionary.cambridge.org/nl/woordenboek/engels/calming>

Definitie en betekenis van “Calming” in het Engels | Beeldwoordenboek. (n.d.). LanGeek. <https://dictionary.langeek.co/en-NL/word/26850?entry=calming>

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