

Name: Star Doodles

Website: <https://stardoodles.qoom.space/files/home.html>

Description

Concept

With factors like stress and anxiety becoming more prevalent than ever, many people are turning to unhealthy coping mechanisms, like emotional eating and detachment. Star Doodle is a mindfulness focused art journal that uses psychological evidence from studies¹ to give users a better understanding of their negative emotions and practice in meditation through sublimation and artistic expression.

Prompts

Star Doodles randomizes prompts between either abstract/emotional prompts, such as "If you had a magic wand and could make anything you wanted appear, how would you change your life?" or prompts encouraging mindfulness/meditation, such as "draw circles along with your breath, with the start of the circle matching when you breathe in, and with the out breath starting at the half through the circle, and the end of your outbreath matching the end of the circle."

We will encourage that through prompts asking them to reflect on their emotional state from previous entries. We will add more types of prompts, as well as allow users to choose between types of prompts.

Here's a shortened version of our prompts code:

```
<!-- random prompts given to the user. a new one can be requested by
pressing the button-->
<div class="section">
  <h1>🌤️ prompt</h1>
  <div id="prompt"></div>
</div>
<div class="section">
  <button class="button" id="getPrompt" button onclick="getPrompt()">
    get new prompt</button>
</div>
```

¹ Bell, Chloe & Robbins, Steven. (2007). Effect of Art Production on Negative Mood: A Randomized, Controlled Trial. Art Therapy: Journal of the American Art Therapy Association. 24. 10.1080/07421656.2007.10129589.

```

<script>
    function getPrompt() {
        var prompts = [];
        prompts.push("How are you feeling today?");
        ...
        var prompt = prompts[Math.floor(Math.random() *
prompts.length)];

        document.getElementById("prompt")
            .innerHTML = '<p>' + prompt + '</p>';
    }
</script>

```

Input/Output

Users can draw art on a canvas capable of erasing, changing brush size, and clearing. Then, they can save their drawing as a PNG file on their laptop.

Following this, they can describe their artwork and elaborate on their feelings in a journal entry. This is a *textarea* that sends its contents into a TXT file when saved.

We designed Star Doodles with convenience and utility in mind. This allows users to access and edit the contents of their journal from directly drawing on our webpage or from uploading pictures of physical art from their phone. There is also a text box under each page for traditional journaling and additional thoughts. Our emphasis on privacy also means that the user can feel safe expressing themselves.

Technology Stack:

1. Qoom: HTML, CSS, Javascript
2. Google Fonts: Yusei Magic

...and other resources:

3. [Canvas tutorial](#)
4. Icons8.com, flaticon.com

