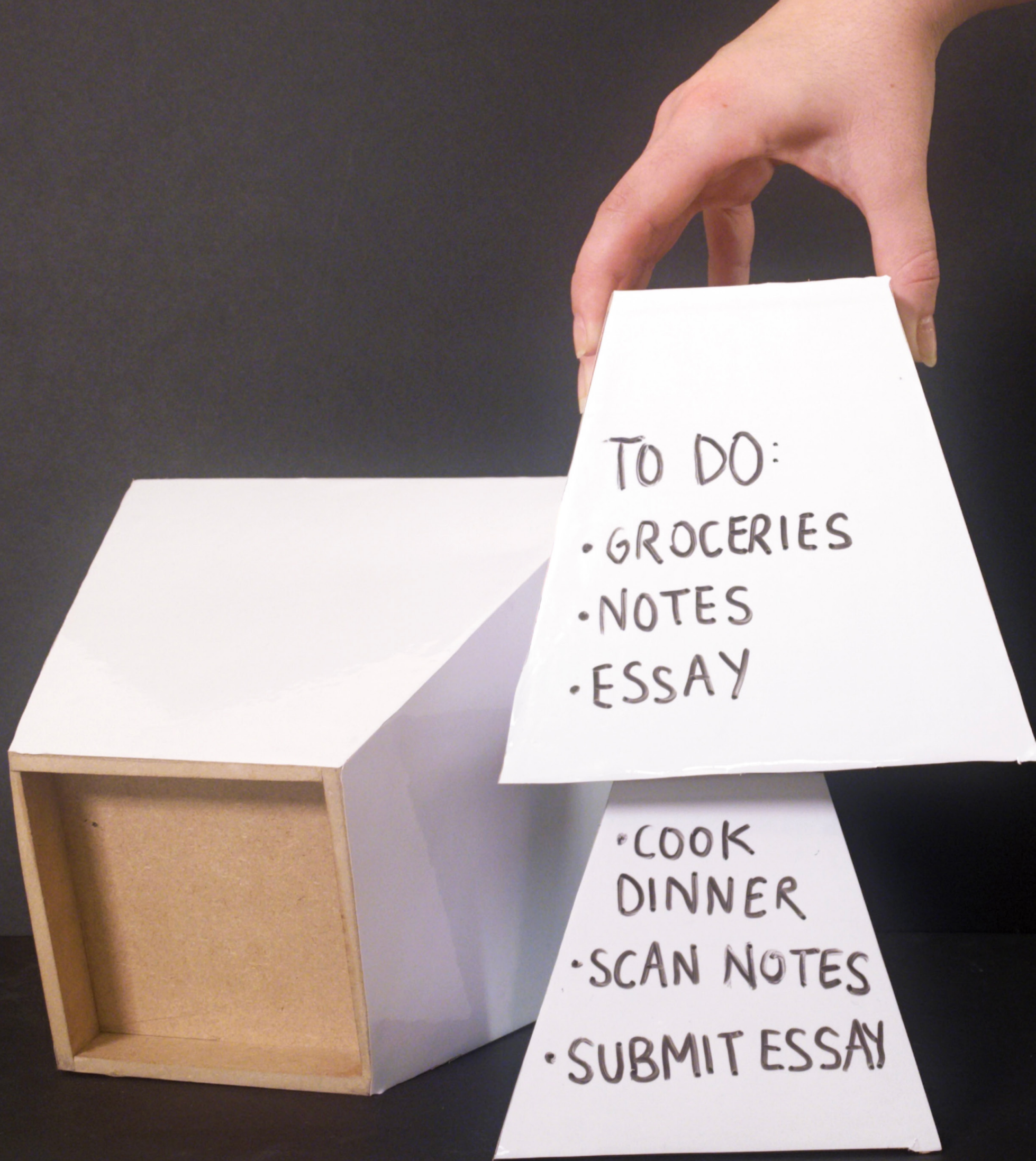


Matrynote

A **stackable whiteboard tool** that transforms **overwhelming to-do lists** into **clear, mindful steps**. Inspired by the nesting logic of Matryoshka dolls, it invites **students** to **engage physically** and **mentally with their plans**, encouraging conscious focus in a fast-paced world.



TO DO:
• GROCERIES
• NOTES
• ESSAY

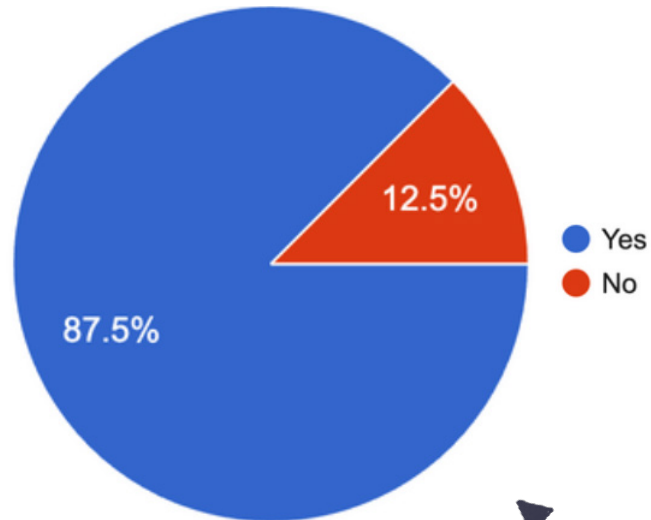
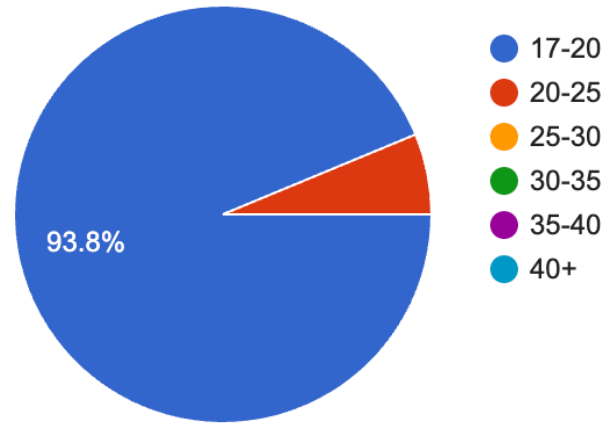
• COOK
DINNER
• SCAN NOTES
• SUBMIT ESSAY

Research

Primary

Do you need to practise a more **conciuous living**?

What is your **age**?



What **methods/products** have you **tried** to be **more conciuous and mindful**?

- I make to do lists. and i love crossing off stuff. so that makes me work quicker... sometimes
- Scrollguard, and app to stop scrolling but I get around it in various ways because Im an addict
- A schedule/plan that keeps me occupied and doesn't let my mind wander aimlessly.
- Learning self control and not multitasking every activity I do.
- Guided meditation, deleting my most used apps such as Instagram, using do not disturb feature on my phone, eating healthy, exercising, practicing a hobby like drawing or writing
- journalling, to do lists
- Do more hobbies that force me to be in the moment and calm down

Would you be open to using a **physical product** as a reminder to stay concious about **task productivity**?

- Yes, I am open to trying anything to help me stay focus and concious. The compulsive need to stay on top of things will make me use it.
- I would actually use it if it helped me
- interactiveness of the product and how focused it makes me on other tasks
- Yes - I would use it if I can connect with the product
- YES IT WOULD BE GREAT, I would use it if it was useful hehe.
- I would be open to use a physical product because I really want to work on my mindfulness and to improve my ability to stay focused on one task at a time
- If I'm forced to use it for a while each day and if it's fun

Observations of Life without Social Media

To observe the impact of a two-month Instagram detox on mindfulness, focus, and self-perception, and explore whether digital habits affects the present-moment awareness.

March, Muscle Memory
Habitual phone checks. Switched to music/YouTube Shorts subconsciously.

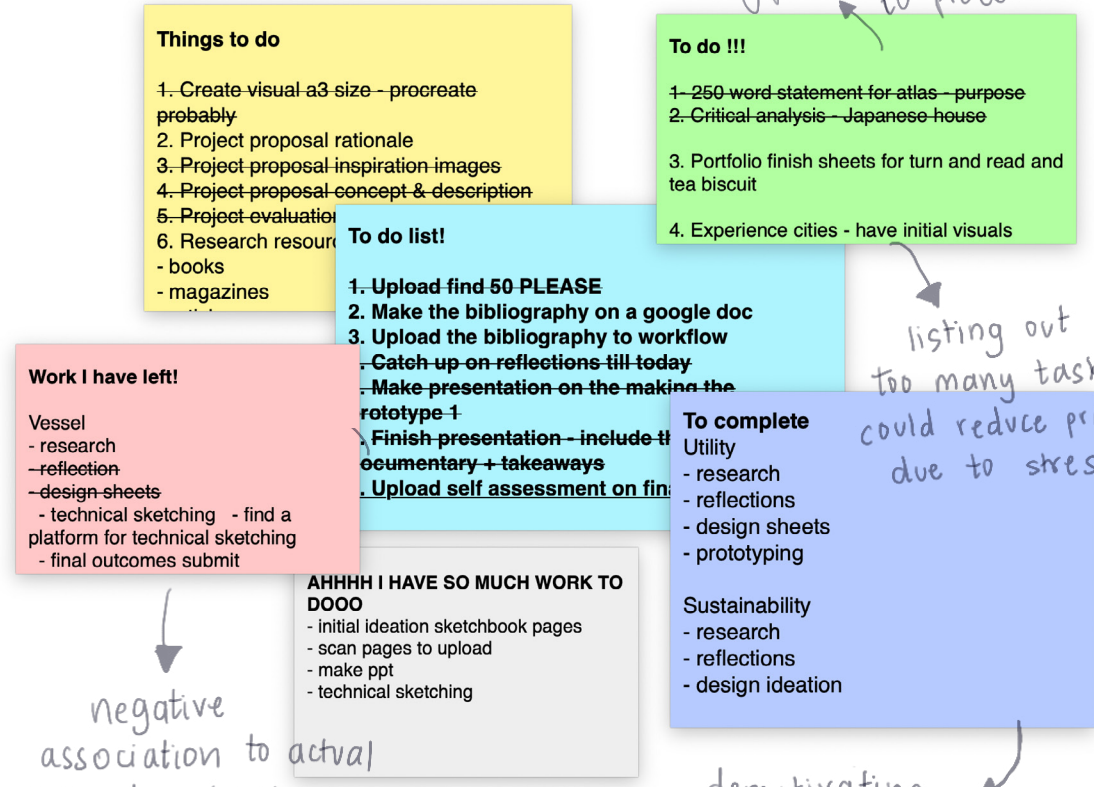
April, Redirection & New Routines
Stopped reaching for Instagram. Read news, explored new hobbies.

May, Clarity
No longer missed Instagram. Enjoyed

in-person connections, felt peaceful
The Instagram detox led to **increased mindfulness** and a **stronger sense of self-worth**, as I was less influenced by online validation. Although I **missed** some **social connections**, the experience resulted in a more peaceful lifestyle, showing that **stepping away** from digital platforms for even a **short amount of time**, can **enhance overall well-being, increase self awareness** and **increase productivity**. This stresses the need to manage time well, **limiting media use to focus on more important tasks**.

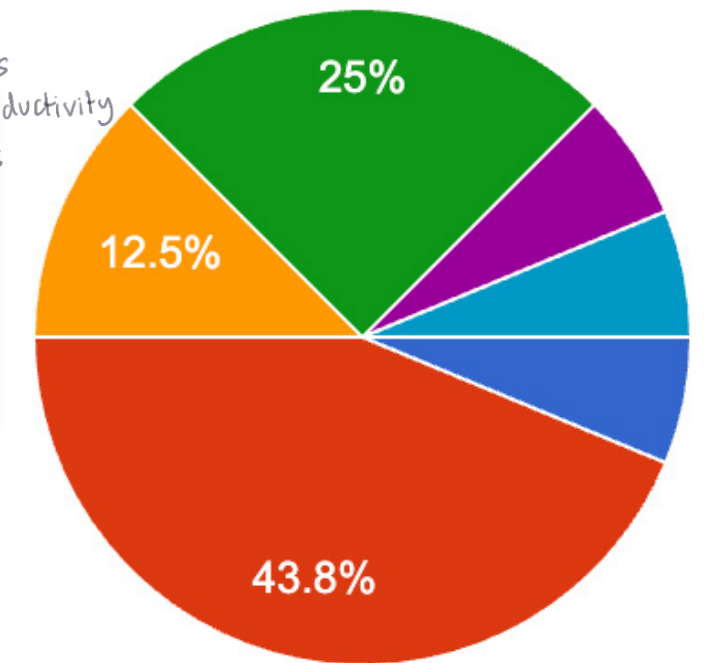
survey responses

Digital To Do Lists of a Student



If you were to **purchase** such a product, what **factors** would **most influence** your decision?

- Aesthetics
- Functionality
- Customizability
- Ease of use/convenience
- All of those



Research

Secondary

The Matryoshka doll, originating in Russia, is a **traditional nesting doll** with layers that **decrease in size** as they are **stacked**. The term “Matryoshka” has been derived from the Russian name Matrona, meaning “little matron,” being linked to the Latin word for mother, “mater.”

The first Matryoshka doll was created in the late 19th century by Vasily Zvyozdochkin and Sergei Malyutin, who drew **inspiration** from **Japanese Fukurama** dolls. Each doll nested inside the next, creating a smaller, more intricate version of the original figure.



Matryoshka Dolls,
Russian

Over time, Matryoshka dolls became associated with family, with the **largest doll representing the mother**, and the smaller ones her **children, representing** a layered concept of growth and **continuity**. Initially, the dolls were mass-produced, containing multiple figures, alternating between genders, and symbolizing the various stages of a family’s life.

The name **Matrynote** is a blend of “**Matryoshka**” the doll and “**note**,” reflecting both the **physical structure** and **function** of my product.



Fukurama Dolls,
Japanese

Nesting in Other Products



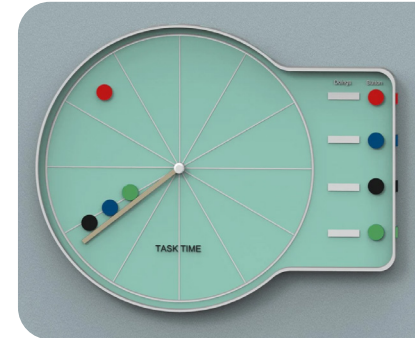
Set of 3, John Lewis



Grimm's Stacking Fire



Measuring Cups, Fortnum & Mason



Task Time, Dominic



Chloro, Sparpluck (2018)



Fall Lamp Concept (2024)



Mover Eraser Combo



Carved Bowls, Kutaraq Studio



The Lift, FluidStance (2022)



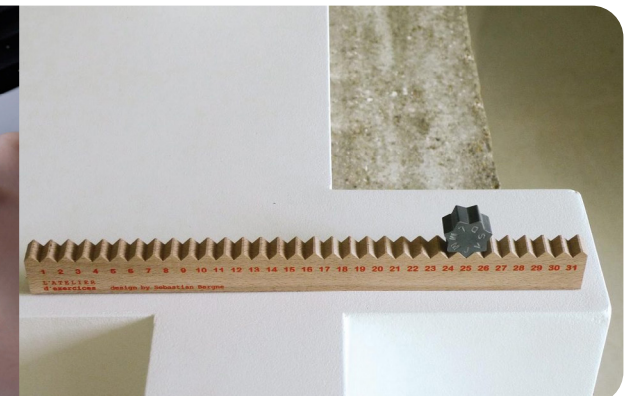
Nendo (2016)



The Stool, Sheng-Wen, Wang



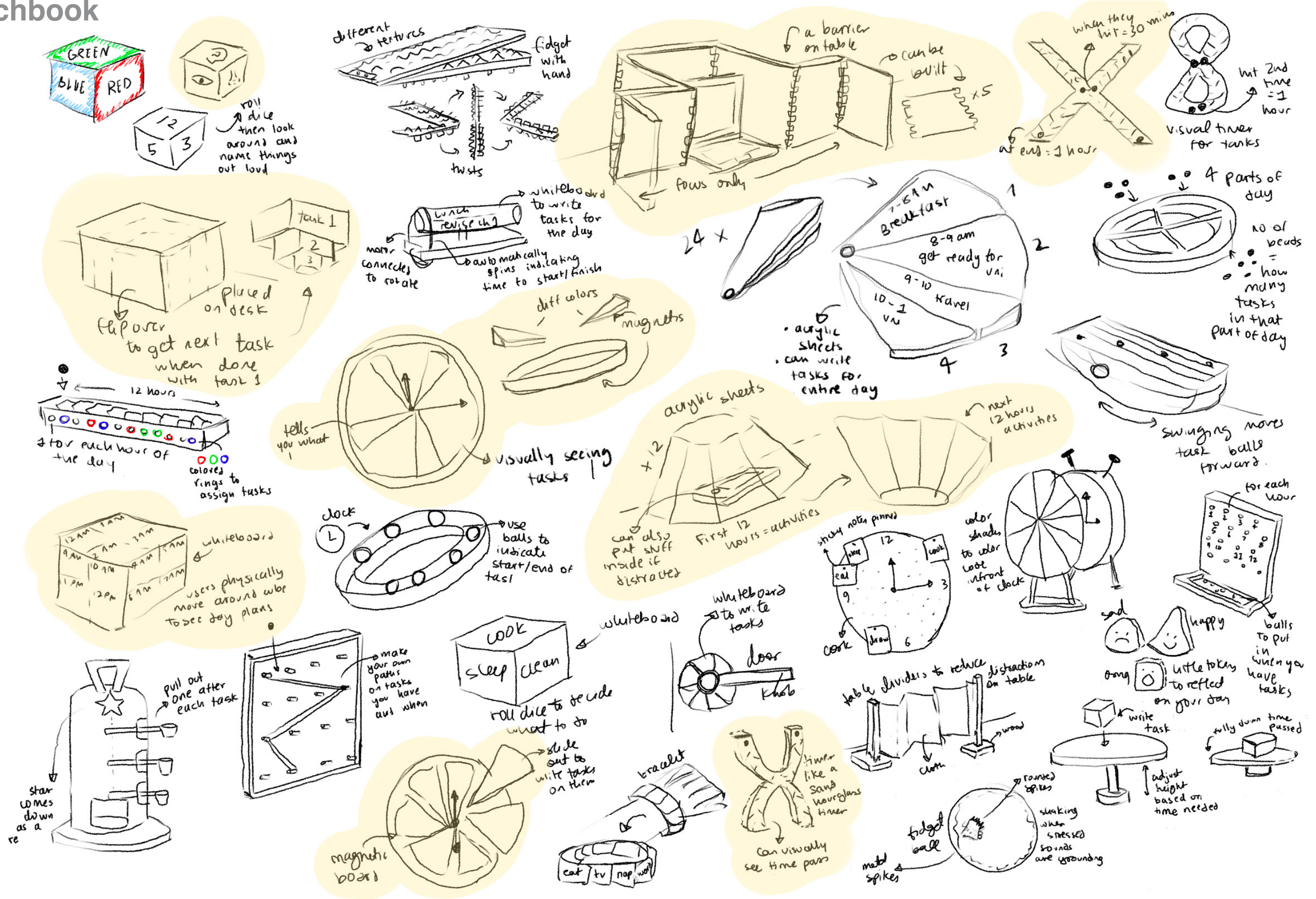
RowRow, Jiwon Song



Monthly Calendar, Sebastian Bergne

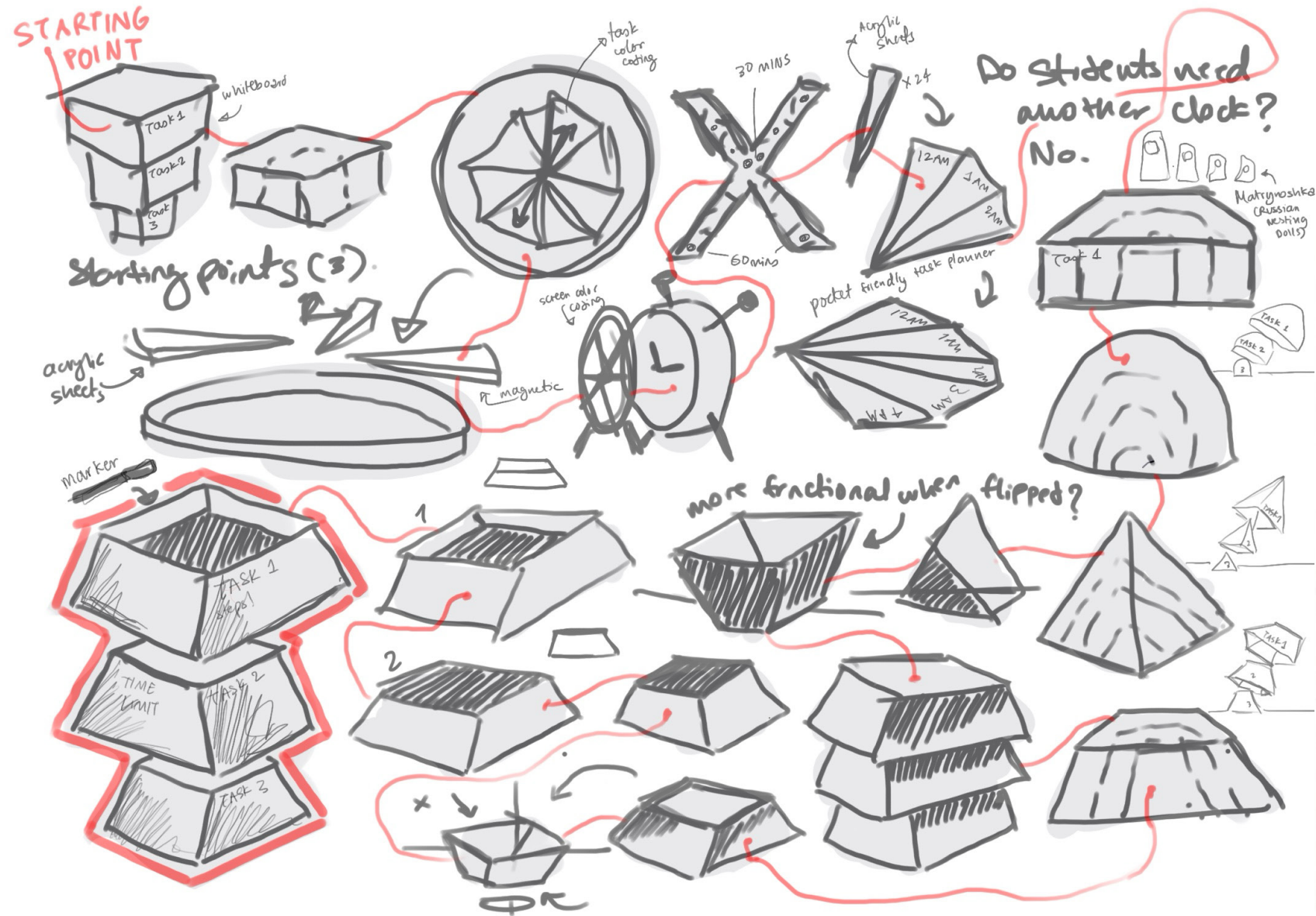
Ideation

Sketchbook

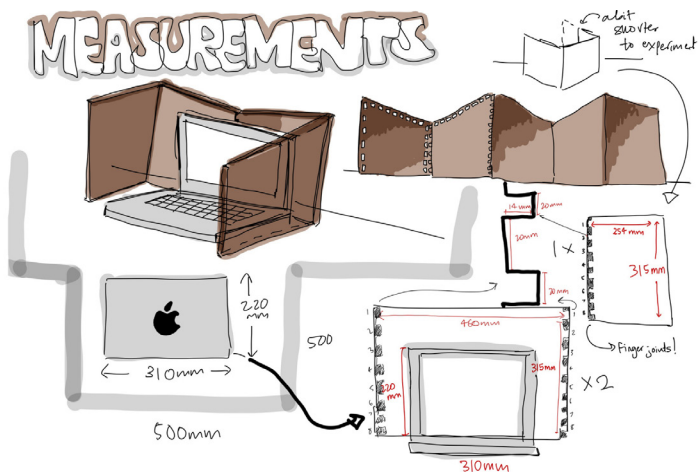
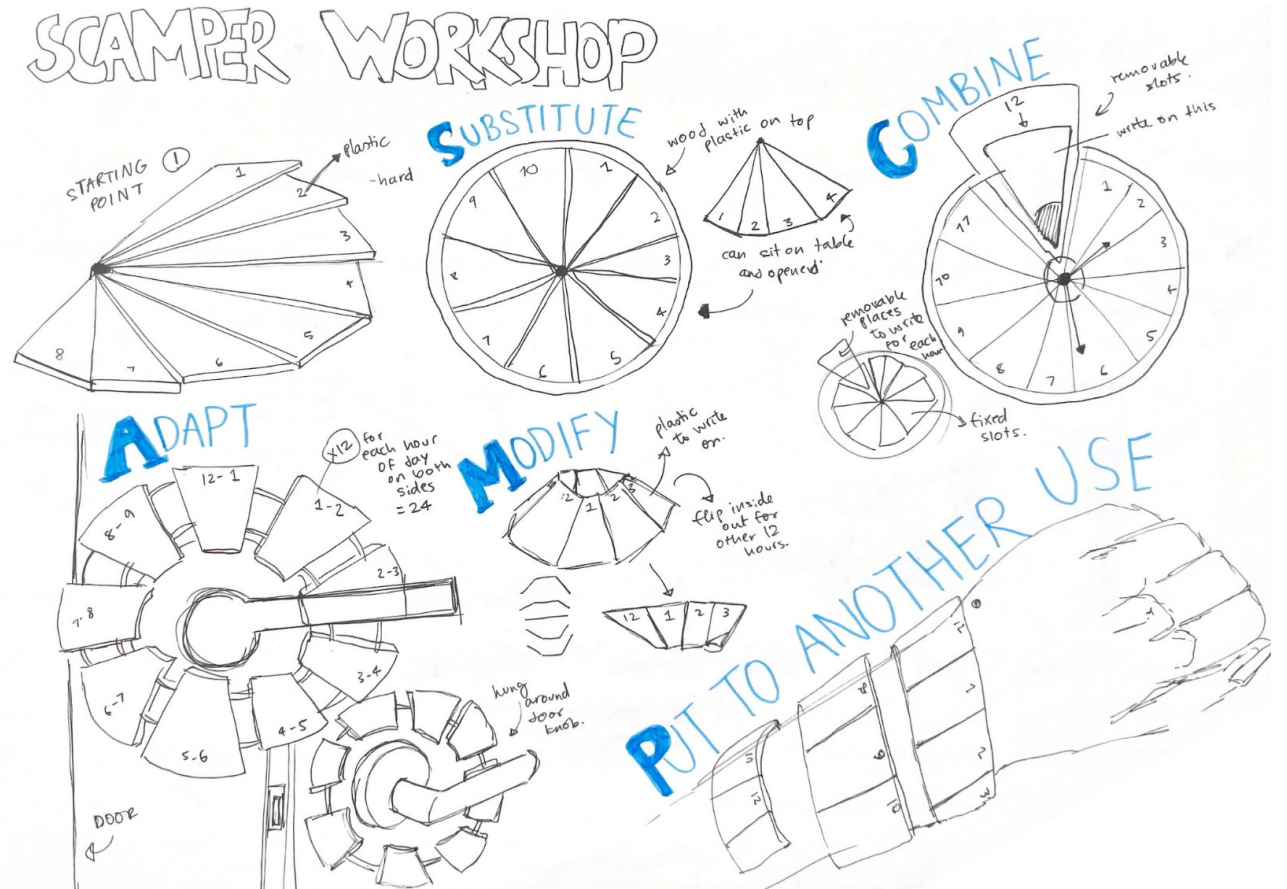


Design Development

Design Testing & Process



Prototyping a Miniature of a Gravity Based Time Keeper

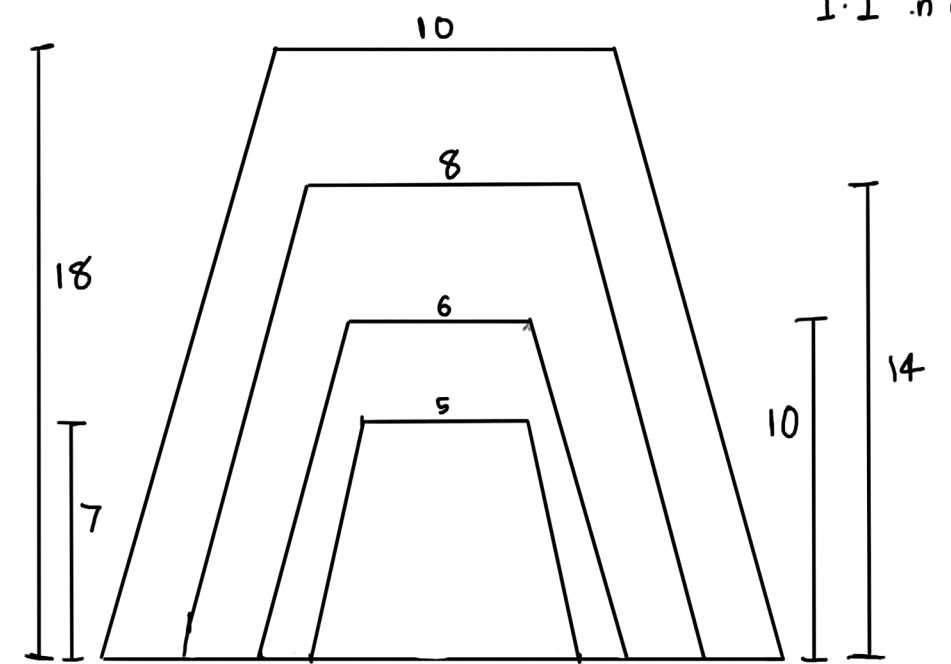
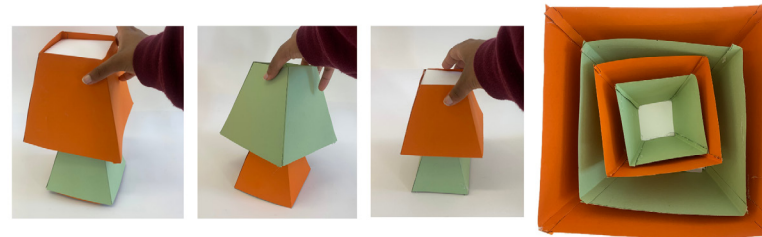
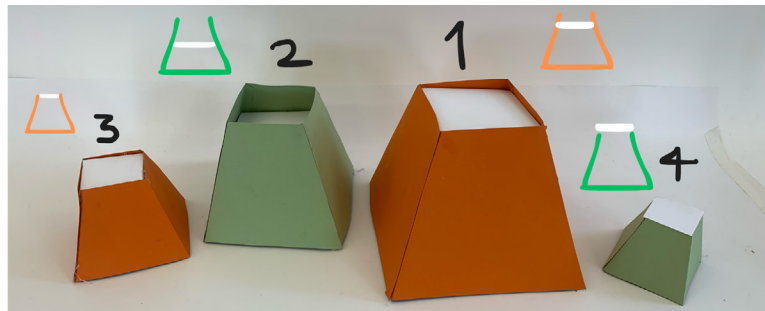


Prototyping a Portable Focus Only Zone

Process

Prototyping & Woodworking

1:1 in cms

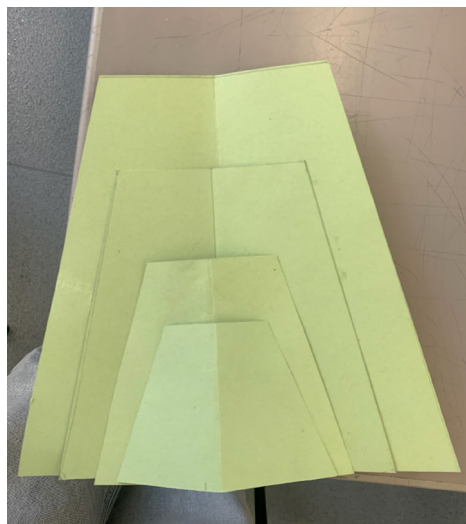


Conclusion
 Prefer the 1st one mainly
 a little space but not too much for it
 to have an effect on the height of
 the cones under it

phone
 gives user plenty of space
 along the sides to keep their
 phones in vertically

not as a storage
 but as a display like
 the other boxes

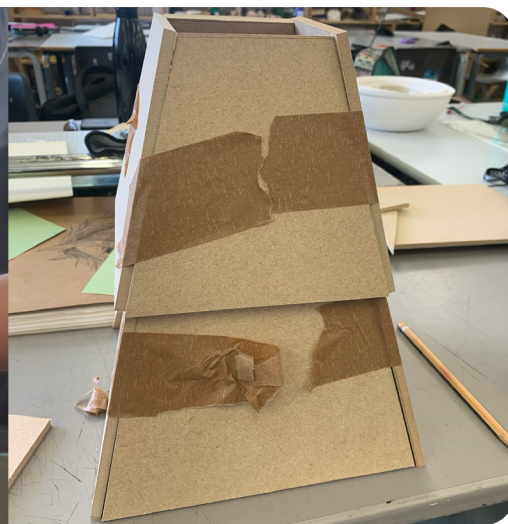
not as a storage
 but as a display like
 the other boxes



Stencil



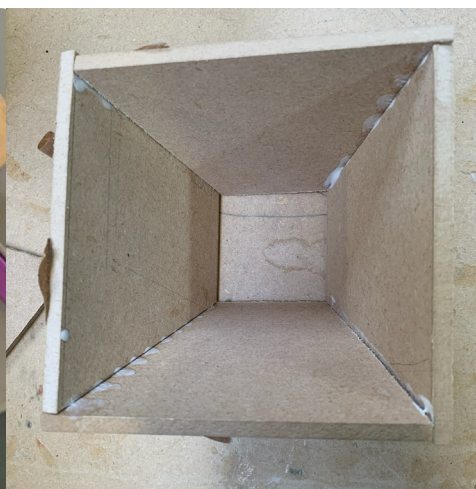
Cutting



Assembly



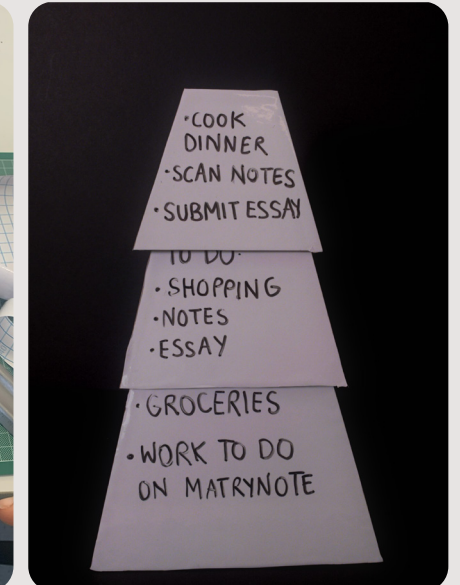
Stacked



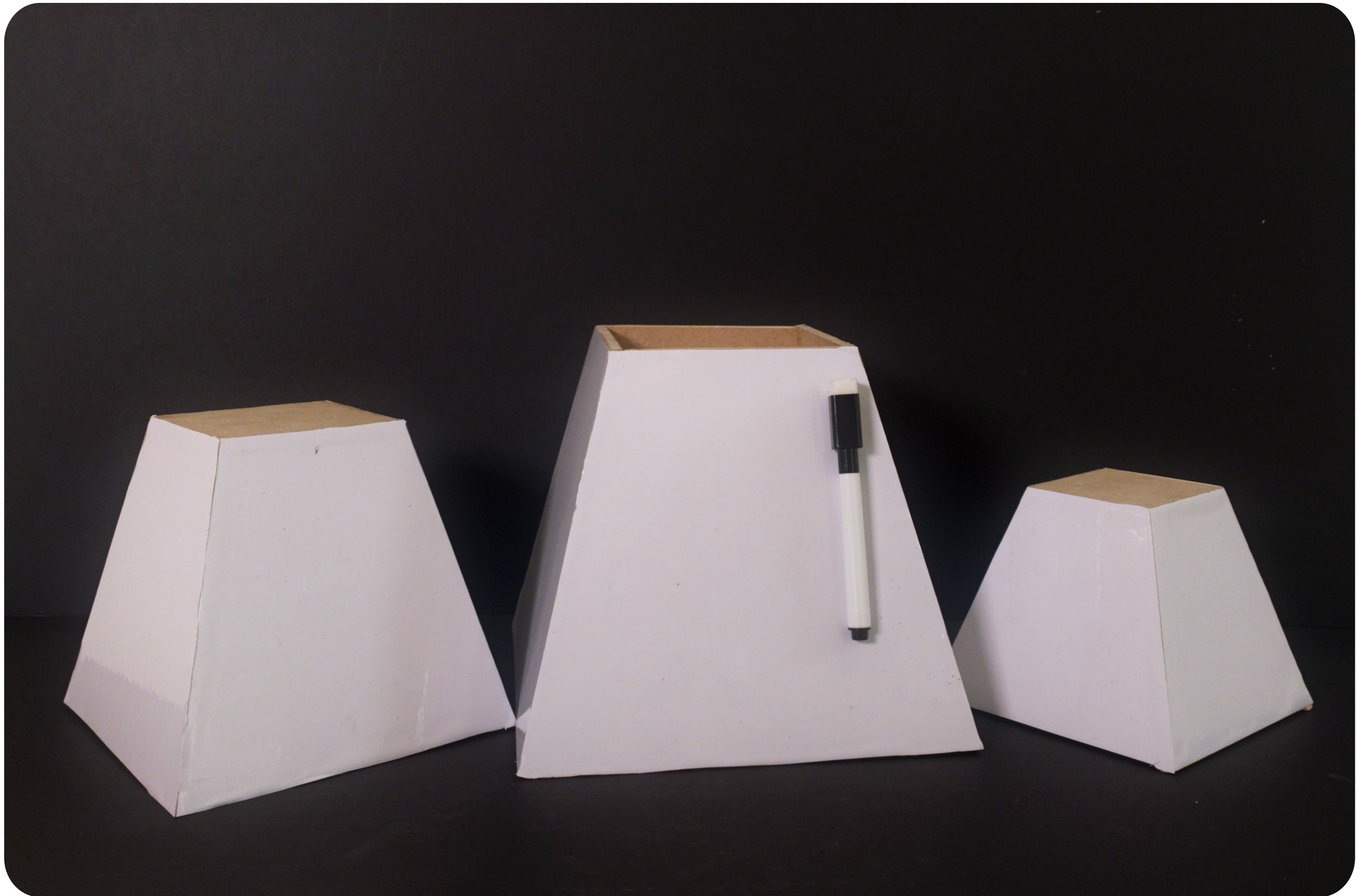
Gluing



Roofs



Final Outcome



Final Outcome

In Use

