

Human-Centered Design Thinking Worksheet

1. EMPATHIZE: Design something meaningful for your partner

Have a conversation with your partner to find out what they know about the topic, make personal connections, and find out what is most important to them by asking questions.

What do the terms *health and well-being* mean to you? What does a healthy community mean to you? What communities are you a part of? Think outside of just your school community and neighborhood. Tell me about a typical week for you- what activities, habits, or routines help you feel healthy and well? What challenges or barriers make it difficult for you to take care of your health and well-being? Who or what supports your well-being? (People, places, programs, technology, routines, etc.) What programs, services, or activities in your community support health? Have you seen examples of communities that do a good job of supporting people's health and well-being? Ask them to: "tell me more", "tell me why you feel that way", or follow up on a comment.

2. DEFINE: What is the problem your partner is trying to solve?

Partner's name

needs a way to _____
What: Pick ONE problem that is most important to your partner that you need to solve.
 What are they most concerned about? What are they most passionate about?

because _____

Why: Explain why this problem is important to your partner. Use facts or stories from #1 to help explain.

3. IDEATE: Brainstorm & sketch solutions to solve your partner's ideas

Sketch 2-4 ideas to help solve the problem

Add lots of detail. Use words and arrows to help describe your sketches.

Share your sketches, gain feedback & redesign ONE idea

Share your sketches with your partner. Use their feedback to modify, redesign or create a new idea.
 Share this sketch with your group. Who has the best solution to the design challenge?
 Everyone needs to sketch the final idea on the Final Prototype Sketch.

Final Prototype Sketch

Please use this sketch at Skills Exploration Days – it will be the blueprint to help you build your prototype.
Don't forget to add a title for your prototype!

A large, empty rectangular area with rounded corners, outlined in a thick yellow border. This area is intended for the student to draw their final prototype sketch.