For this Practice we created the MLD Kit, which stands for The Multisensory Life Documentation Kit. This kit is a book which holds different kind of instructions that the user can document, collect, remember and re-life their memory of their lives by using the sense Touch, Mood, Sound and Smell. In this time the digital system is something we nowadays use a lot, our phones, laptops, tablet, computer etc. With this kit we’re want to hack the digital system. Taking a picture with your phone is what we mostly do as remembrance, however after taking the picture, we don’t always look back at it or miss part and can’t really remember that moment very clear. But if we intentional save that memory by documenting it besides your phone, you’ll actually remember it in a better and different way.

We now live in a digital time and kind of forgot how to save things the old way. By using objects to document instead of using your phone. With this kit we wanted to use these senses to create a perspective in how you can remember the memory. We did leave the vision and taste out of the kit, because the vision part will be automatically there when the user documents with the other senses and for the taste…it could get really unhygienic….So instead of these two we added a mental well being part. Even when the visual sense is one of the strongest part to remember, by having to many visuals or to less, your memory can get blurry. And to let people also realize that we don’t always need this digital world to remember. Just like FB and snapchat where we always get a reminder what we shared on this day 4 years ago, for example.

We started together with having the idea of creating a monthly kit, or to have a restock concept, where the user could added the tools they favor. However we made it really hard for ourselves and decided to focus more on the kit itself instead of what could happen around it. After our feedback session the question “why” became a really important question. Why do we put these tools in the kit, why does it make it more personal, why is it in this kind of box.

I started researching other kits, however the element “personal” weren’t as important as for our kit. Most of the things I found where items that people could get and create their “own personal” kit. After searching out for more kits I came across a book called:

***“ Intermittent Fasting Survival Guide “ by*** [***Milkova Neli***](https://medium.com/@milkovaneli?source=post_page-----f91f8ffd9640--------------------------------)**.** That includes tips and trick(and what you “need”.) and an article: “***7 Benefits of Keeping a Journal” by*** ***Kaiser Permanente.***  Which gave the idea to create a book of our kit, instead of making a kit with other tools in a box. This way people can make it really personal by deciding what to use. This way people are free to also add pictures or other ways In their own MLD.

But why is this kit important? Why is it important?

**“*Oscar Wilde once said, “Memory… is the diary that we all carry about with us.”” – Article: The Importance Of Memory by*** [**Kristian Cereno**](https://www.albertafilipinojournal.com/author/kristian-cereno/)

Memory is a really important part in our lives, we learn from it, we can feel happier(mental health) we can grow from it. And if you remember it better, the skill or lesson of it will stay stronger and longer with you. That is where our kit can step in, by documenting that memory in different ways and create more layers of that moment.

For my major Animation I can relate with this project. Before creating something you do a research and always have to think why you going to use it. For animation we always have to think why we use this colour, shape or movement? Why do you want to show this? What do you want to tell? Especially after the feedback we got the question why a lot. And that is something in animation, don’t do it or leave it if it doesn’t add anything…So with the hacking practice, We added stuff but realized we didn’t need it, and created something new that did add something for the user.

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