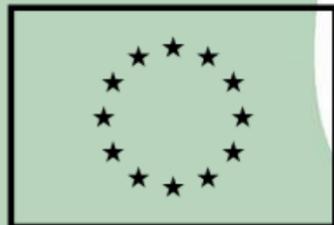


# well home

## Module 5

# LIVING MOODBOARD



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## WHY WE DO THIS ACTIVITY

After understanding how people use spaces and exploring different living styles, the next step is to imagine the **feeling or atmosphere of a space**.

A space is not only made of walls and furniture. It also creates **emotions**. Sometimes it is difficult to explain these feelings using words.

**Images, colours,** and **materials** can help express them more easily.

## WHY WE DO THIS ACTIVITY

By creating a moodboard, you can transform **feelings, needs,** and **ideas** into **something visible** that can be shared with others.

Personal experience becomes the starting point for designing better living spaces.

## WHAT THE 'LIVING MOODBOARD' ACTIVITY IS

The LIVING MOODBOARD activity is a **creative exercise** where you turn ideas and feelings into something you can see and share.

A moodboard is a large sheet where you combine:

- **Pictures** (objects or furniture images)
- **Colours**
- **Textures** and **materials**
- **Words** or small notes



## WHAT THE 'LIVING MOODBOARD' ACTIVITY IS

You **select elements** that represent how you would like a space to **feel** and **look**.

There is no need for drawing skills.

The goal is not perfection, but **expression**.

The moodboard helps make invisible ideas – such as **comfort, warmth, freedom, or protection** – visible and understandable.

# WHY YOU DO IT FOR YOURSELF FIRST

**Understanding yourself first** helps you later understand and respect the **needs of others**.

By creating a moodboard about your own ideal space, you begin to notice:

- what makes you **feel comfortable**
- what kind of **atmosphere you enjoy**
- what you need to **feel well in a space**

## HOW THIS ACTIVITY HELPS YOU IN REAL LIFE

Designers often use moodboards before starting a renovation or redesign project.

The moodboard helps you:

- choose **colours and materials** more consciously
- imagine the **atmosphere** of a space before changing it
- explain your **ideas** clearly to others
- make **design decisions** based on real feelings and needs



## **EXAMPLE:**

You are going to improve a shared living room in a residence for older people.

After observing how residents use the space and understanding their daily

habits and needs, you now want to

imagine how this room should feel and

look for them.

**What would you do next?**

Before choosing furniture or starting any renovation work, you would create a moodboard.

You would think about the atmosphere the living room should have. Should it feel calm and relaxing? Warm and familiar? Social and welcoming?

You would look for images, colours, textures, and materials that represent these feelings and support the wellbeing of the residents.



## **EXAMPLE:**

You are going to improve a shared living room in a residence for older people.

After observing how residents use the space and understanding their daily habits and needs, you now want to imagine how this room should feel and look for them.

**What would you do next?**

Maybe you choose soft and warm colours that create a sense of comfort and safety, or images of comfortable seating arranged to encourage conversation...

By collecting and combining these elements on a moodboard, you begin to translate people's needs and emotions into design ideas.

The moodboard helps you and others see the atmosphere of the future space before making physical changes.

# WHAT IS THE MOST IMPORTANT SKILL YOU GAIN HERE?

In this context, design awareness means:

- understanding how feelings and needs influence a space
- recognizing which colours, materials, and atmospheres make people feel comfortable
- making conscious choices instead of random aesthetic decisions

**DESIGN  
AWARENESS**

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*home*

# WHAT IS THE MOST IMPORTANT SKILL YOU GAIN HERE?

Little by little, this helps you:

- connect **emotions** with practical **design decisions**
- explain your **ideas** more clearly
- create spaces that reflect **real human needs** and **experiences**.

DESIGN  
AWARENESS

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## LET'S USE THE 'LIVING MOODBOARD' TOOL

Now you will:

- **Explore** images, magazines, and materials
- **Choose elements** connected to your feelings and preferences
- **Cut and arrange** images and materials on a large paper template
- Create your own **visual composition**
- Add **words, drawings, or symbols** if you wish

At the end of the activity:

- You may **explain** your moodboard to the group or simply **show** it without speaking



# QUIZ ANSWERS

1) A

2) C

3) A

4) A

5) A

6) B

7) B

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## Project partners

FUNDACIÓN  
**Intras**

**fonix**

**mem** mind  
emotion  
movement

 **SIVA**



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