

(OPTIONAL) 5. REFLECT ON YOUR JOURNEY

5 to 10 min



Congratulations, you did it!

Whether you have explored one future or many, you may certainly have more questions than answers. And it is on purpose!

If you wish, you – and your friends or family, if you have explored futures together – can step back for a second and reflect:

What particularly stood out to you as a current user of smart products?

Is there something you would like to change in your use or habits related to your connected house?

Please, feel free to share your thoughts with us or give us your feedback about this tool by contacting Henry Mainsah (Associated professor and project manager at OsloMet University) at henryma@oslomet.no

ACTIVITY GUIDE // HOME EDITION



ONCE UPON A SMART HOME

Explore the risks and opportunities of near future household smartification!

You will discover a series of **FUTURE FICTIONS** that invite you to dive into different possible and plausible futures for smart homes in Norway.

These scenarios intentionally narrate strange transformations and radical disruptions in our everyday life due to the evolution of smart home technologies.

These fictional explorations encourage you to think about how you would evolve and adapt in each depicted future. You will also be encouraged to change your perspective and imagine how you would be impacted by the situation if you were someone else.

Last but not least, a return to the present will help you consider actionable ideas that could be developed to manage the ongoing smartification.

START YOUR EXPLORATION >

1. DISCOVER THE FUTURE FICTION

5 min



You can either do this activity alone or with your friends or family. If you are exploring the futures in a group, we suggest that one of you play the role of timekeeper.

Then, start reading a **FUTURE FICTION** to discover the stakes at play in this future.

Take a moment to discuss within your group whether you find this future – or certain aspects of it – preferable or undesirable.

2. IMAGINE YOUR FUTURE DAILY LIFE

20 min



How would your daily life look in this future?

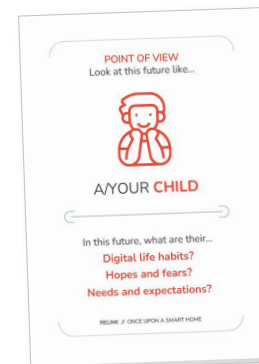
How would you adapt to or resist this situation?

After having read the fiction, you are encouraged to use your imagination to expand on the future depicted in the scenario:

- How would you evolve in this new context as a citizen, a user, or a professional?
- Think about your potential new life in terms of applications (new products, services, jobs, habits, or hobbies) and implications (issues and consequences on your personal or professional life, as well as your hopes and fears) generated by the future world highlighted in the scenario.

3. SWITCH YOUR POINT OF VIEW

15 min



How might another stakeholder or member of the public, whether a tech user or not, evolve in this same future?

Use the **POINT OF VIEW CARDS** to switch perspective and consider this future from another angle. This empathy exercise also allows you to rethink the risks and opportunities posed by this future world and to better understand the needs, uses, and expectations of other household members.

(OPTIONAL) 4. GET PREPARED TODAY

10 min



What can you do today to prepare yourself and your household for this future?

Now, it is time to return to the present! Flip the **FUTURE FICTION** to discover the scenario backstage: a selection of actual signals and trends that inspired this future scenario, making it a plausible and relevant perspective.

Take a moment to think about your current habits, uses, and needs, and consider what you could do to anticipate or prevent this future, at your level.