

## CWSF 2018 - Ottawa, Ontario



### Andrew Johnson, Cameron Johnson

#### VR ? Virtual Relaxation

**Challenge:** Innovation

**Category:** Senior

**Region:** Avon Maitland-Huron Perth

**City:** Stratford, ON

**School:** Stratford Central S.S.

**Abstract:** Our project examines the effects of VR mindful body-scan on blood pressure and pulse rate. We created a VR to appeal to teens and eliminate distractions that might interfere with the body-scan experience. Mindfulness helps individuals relax and increases awareness of their body. Introducing students to the practice of mindfulness alongside VR technology, lowers blood pressure and evokes an overall feeling of calmness.

#### Biographies

Andrew - Hi! My name is Andrew. I am 14 and in grade 9 at Stratford Central Secondary School in Stratford, Ontario. My interests include computers, cartooning, acting, and art. I enjoy helping others, and along with my brothers, am involved in fundraising activities and food drives to support our local community. I first became interested in mindful meditation when I attended a workshop organized by my science teacher. After doing more research, I was excited to discover the additional benefits of mindfulness. My brother and I expanded this to include the use of VR technology to appeal to a wider audience. I am excited about new technology and have be...

Cameron - My name is Cameron. I am 16 and in grade 11 at Stratford Central Secondary School in Stratford, Ontario. My interests include computers and scientific discovery. I am also a competitive fencer. This past year I was a member of the Minister of Education Student Advisory Council and met students from across Ontario. My brothers and I have a Me to We group and initiate fundraising and food drives in our local community. I am excited about new technology and have been exploring ways to incorporate VR into everyday life. I first discovered Virtual Reality while taking an evening program at University of Waterloo. The teachers at my school allow me...

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