

BUILDING BLOCKS FOR PHYSIOLOGICAL WELL-BEING IN THE BUILT ENVIRONMENT

1. INTER-SENSORY EXPERIENCE

- Circadian Well-Being
- Acoustic Well-Being
- Olfactory Well-Being
- Haptic Well-Being
- Thermal Well-Being
- Negative Air Ionization

2. 10 BIOPHILIC ELEMENTS

- Dynamic, diffused Sunlight/Moonlight & dynamic Shadows
- Building woven into Site (topographic design)
- Inhabited & breathing Building Skin
- Transitional Inside-Outside Spaces
- Flowing Water & Rain made visible
- Harvesting warming Sun & cooling Breezes
- Living Plants & aromatic-therapeutic Scents
- Acoustic Intimacy
- Natural haptic Materials
- Biomorphic Forms

3. 10 BIOPHILIC PATTERNS

- Refuge & Prospect
- Ordered Complexity (spatial & fractal)
- Building as Medium to experience Seasons & Place
- Silhouettes engage the Sky
- Soft Edges
- Play
- Mystery, Exploration & Discovery
- Hearth
- Sanctuary
- Awe

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