Resonance

This project was created to encourage environmental awareness by helping users slow down, listen, and reconnect with the natural world. With UK woodlands in decline and biodiversity falling sharply, the app turns complex statistics into something easier to understand and experience. It uses reflective interaction to inspire awareness and a sense of responsibility, showing how design can be both practical and purposeful. The main audience is women aged 18–30, a group more likely to face mental health challenges and benefit from mindfulness-based tools, though the app is open to anyone interested in nature and wellbeing.
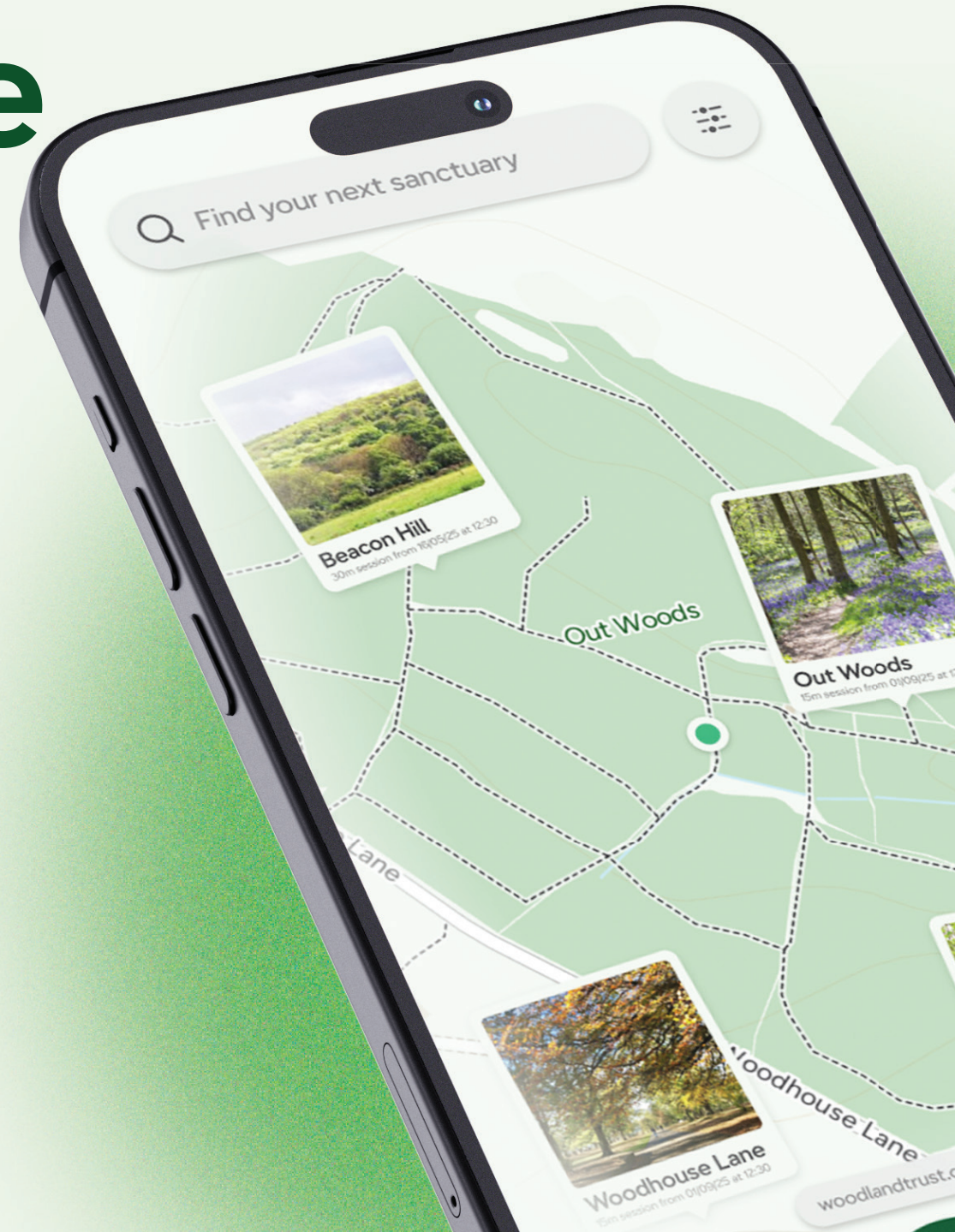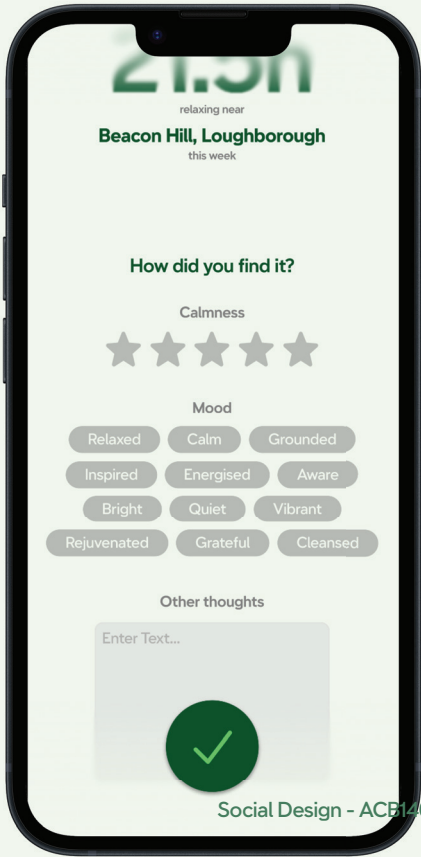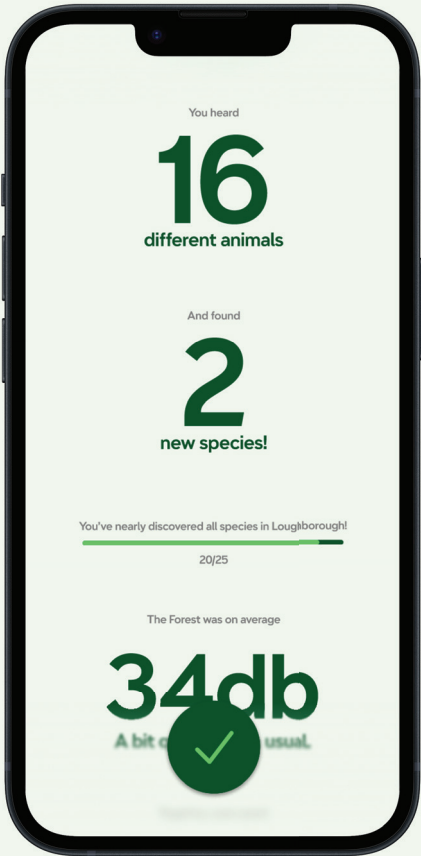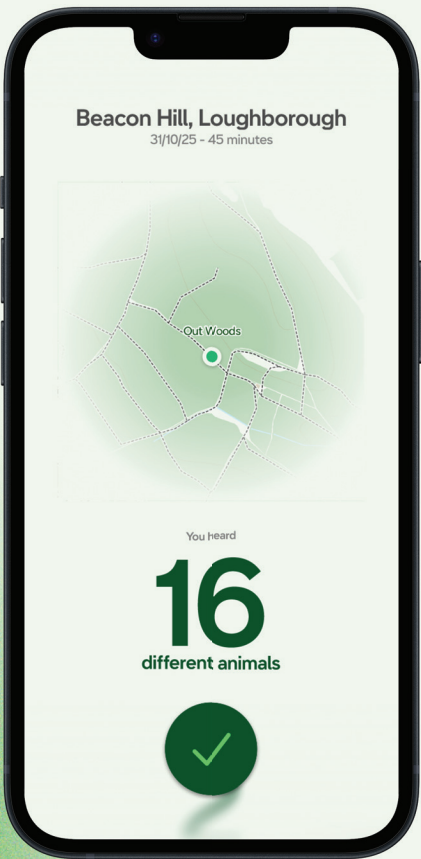
Resonance: Relax & Listen
Mental Health, Stress, Anxi...

Get

Will Baker - F427608

Meditation Pages

The app guides users through calm breathing while listening to woodland sounds, with species gently appearing on-screen as they are identified.

After each session, personalised summaries turn statistics into engaging narratives that highlight biodiversity trends and encourage reflection. The user is also asked to share their thoughts of the location, which is then shared on the local map.

Breathe and Listen...

You've heard a...
Robin
Wren
Blackbird
Blue Tit
Great Tit
Chaffinch

Will Baker - F427608

Beacon Hill, Loughborough
31/10/25 - 45 minutes

Out Woods

You heard
16
different animals

You heard
16
different animals

And found
2
new species!

You've nearly discovered all species in Loughborough!
20/25

The Forest was on average
34db
A bit quieter than usual.

21.5h
relaxing near
Beacon Hill, Loughborough
this week

How did you find it?

Calmness
★ ★ ★ ★ ★

Mood
Relaxed   Calm   Grounded
Inspired   Energised   Aware
Bright   Quiet   Vibrant
Rejuvenated   Grateful   Cleansed

Other thoughts
Enter Text...

Social Design - ACB140

Information Pages

The app includes a species library where the user can find animals and plants they've encountered in the woodlands. These pages highlight the local biodiversity and encourage curiosity. To build on this awareness, the app also includes a volunteering section, connecting users directly to conservation projects and community initiatives.

Species Discovered

Animals

Barn Owl *Tyto alba*	Read More →	
Black Grouse *Tetrao tetrix*	Read More →	
Blackbird *Turdus merula*	Read More →	
Blackcap *Sylvia atricapilla*	Read More →	
Blue Tit *Cyanistes caeruleus*	Read More →	
Bullfinch *Pyrrhula pyrrhula*	Read More →	

Trees

Alder

Barn Owl
Tyto alba

With bright white feathers and a distinctive heart-shaped face, there's no mistaking the barn owl. Catching sight of one on the wing is always a delight.

What do they look like?

Barn owls are unmistakable; with their signature heart-shaped faces, bright white underparts and mottled golden-buff upperparts, these birds are a striking sight.

Like most owls and birds of prey, female barn owls are larger than males.

Not to be confused with: the short-eared owl, when in flight. Short-eared owls have bold yellow eyes and are more heavily patterned than barn owls.

Community Projects

Near Loughborough, UK

Wildlife in Whittle Woods

🕐 16/12/25   👤 250

📍 Sherwood

Join local nature lovers and Woodland Trust volunteers in exploring biodiversity of Whittle Woods, one of Lancashire's most treasured woodlands. This project invites you to record any wildlife you encounter woodland birds and small mammals to fungi, mosses, and insects.

+ Join this Project

Link to Figma App

https://www.figma.com/proto/zoy1G8tRW7efI8TelegEpq/Social-Design

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