

THE INNER CHILD AND IT'S FRIEND, TOTORO



Explanation of the treasure hunt



Experiencing negative side of inner child



Playground activity in group



Promenade into your childhood



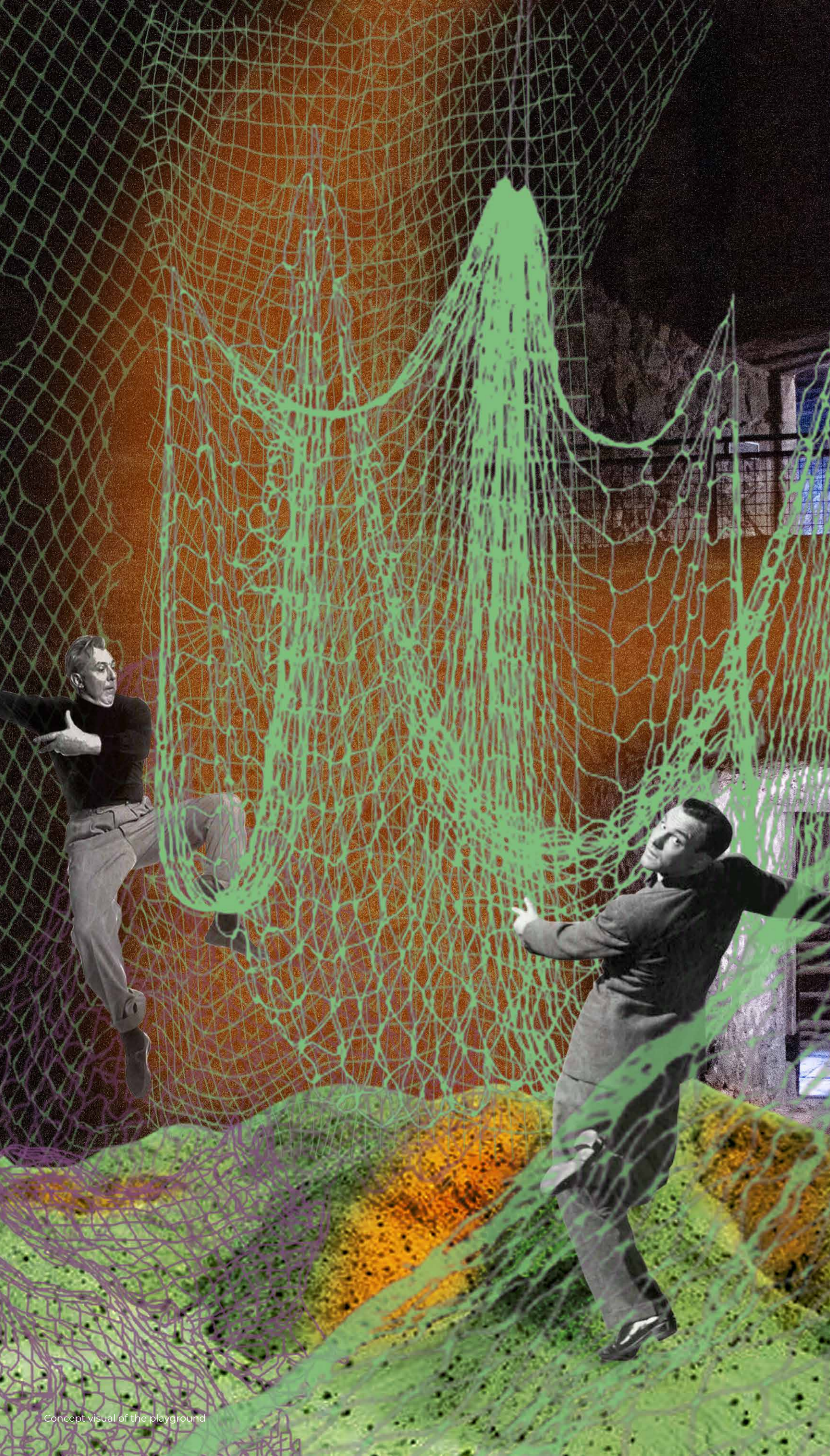
Ascension space, to take a step back



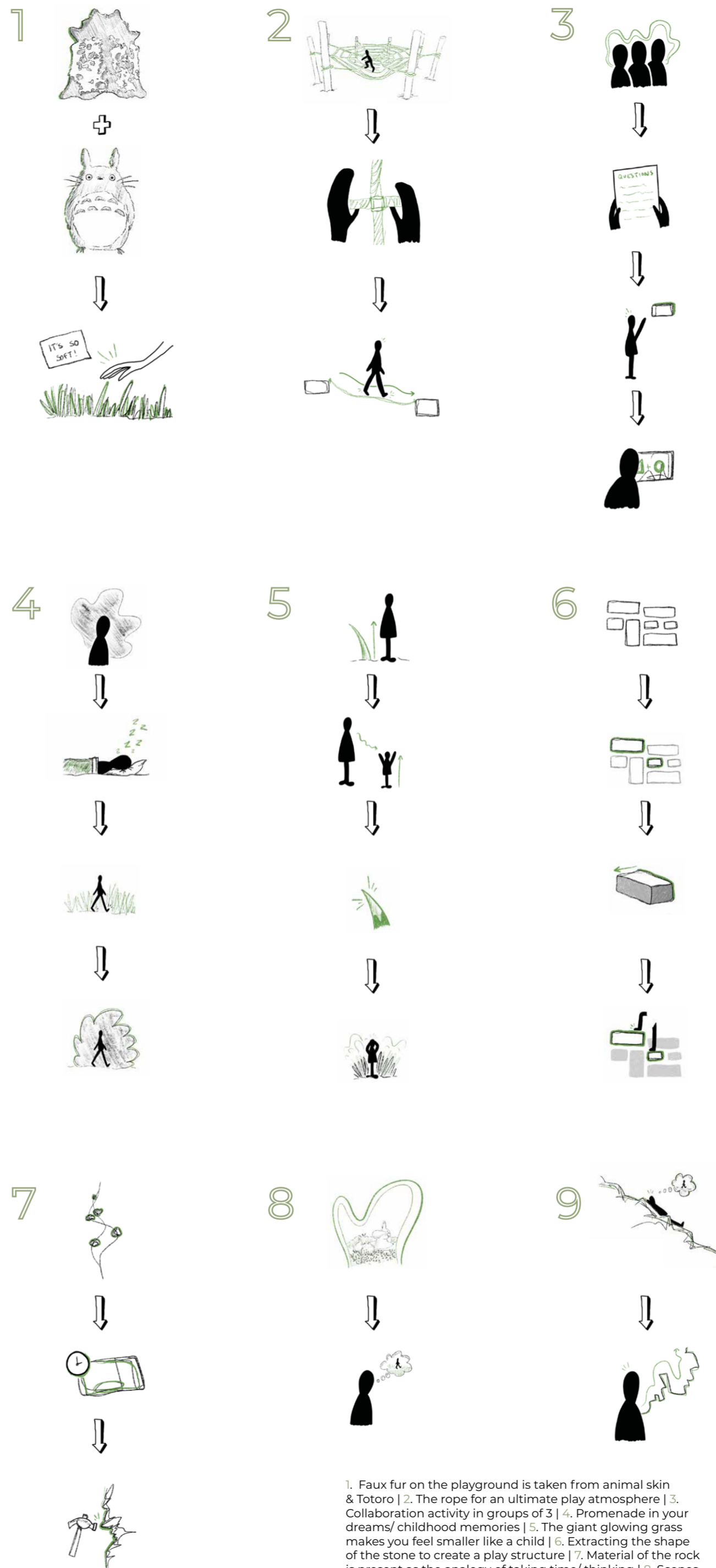
Therapy session on the inner child

My project, *The Inner Child and Its Friend, Totoro*, is an immersive treasure hunt on the discovery of the inner child for people that are 40 years old and above. It takes place in Craigmillar Castle, northeast of Edinburgh, and takes the values and ambience of Hayao Miyazaki's animation, *My Neighbour Totoro*. The inner child is what is called a sub-personality. It's part of what builds a personality and is truly an important section of it. From childhood, the child never leaves and that's when it becomes the «inner» child as we then become adults. The issue lies in the unawareness of people about this part of them, mostly in generations from 40 years old. Indeed, addictions, phobias, boundary problems and many more are all issues coming from the inner child not being treated gracefully. Using different media like set design, interactive design, exhibition design or even psychology and cinematography, the experience is completely immersive and aims to bring to the surface all aspects of your inner child in order to *re-parent it post experiencing the treasure hunt.

* Re-parenting is the act of re-educating the inner child, often used when treating childhood trauma.



Concept visual of the playground

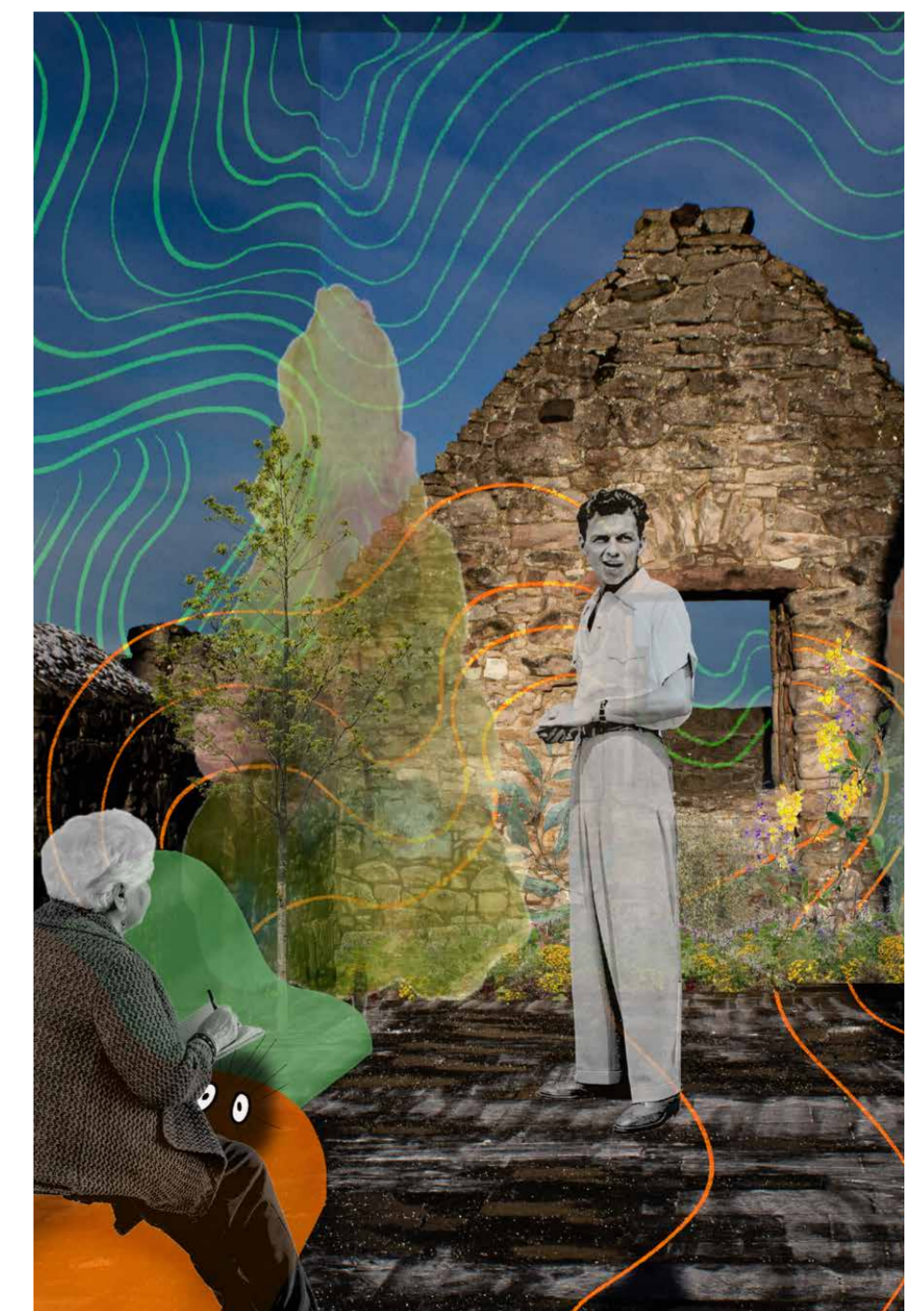
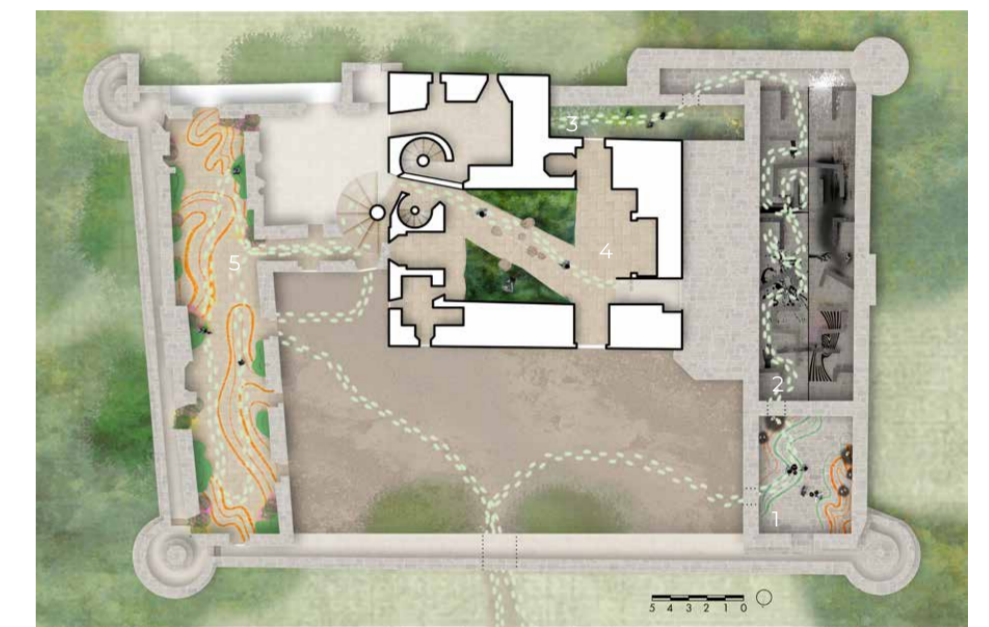


1. Faux fur on the playground is taken from animal skin & Totoro | 2. The rope for an ultimate play atmosphere | 3. Collaboration activity in groups of 3 | 4. Promenade in your dreams/ childhood memories | 5. The giant glowing grass makes you feel smaller like a child | 6. Extracting the shape of the stone to create a play structure | 7. Material of the rock is present as the analogy of taking time/ thinking | 8. Scenes of My Neighbor Totoro are project to trigger the inner child | 9. Getting lost in your thoughts

THE CONCEPT

The concept of a treasure hunt came from research on how to trigger the inner child as well as Craigmillar Castle being my main source of inspiration. When wanting to trigger the inner child, in psychology, research has often mentioned that exploration, discovery, creativity or curiosity are efficient in that regard. Doing a treasure hunt where people would have to find objects in order to learn more about the inner child and themselves (when coming to the therapy session they would have to hand the objects as a conversation starter) in several immersive spaces would increase this envie to act like a child. The castle having a very maze-like interior layout gave me the idea of creating a treasure hunt. Throughout the experience both the negative and positive aspects of the inner child will be tackled.

1. Explanation space | 2. Maze on the negative inner child | 3. Transitional space | 4. Ascension space | 5. Therapy space



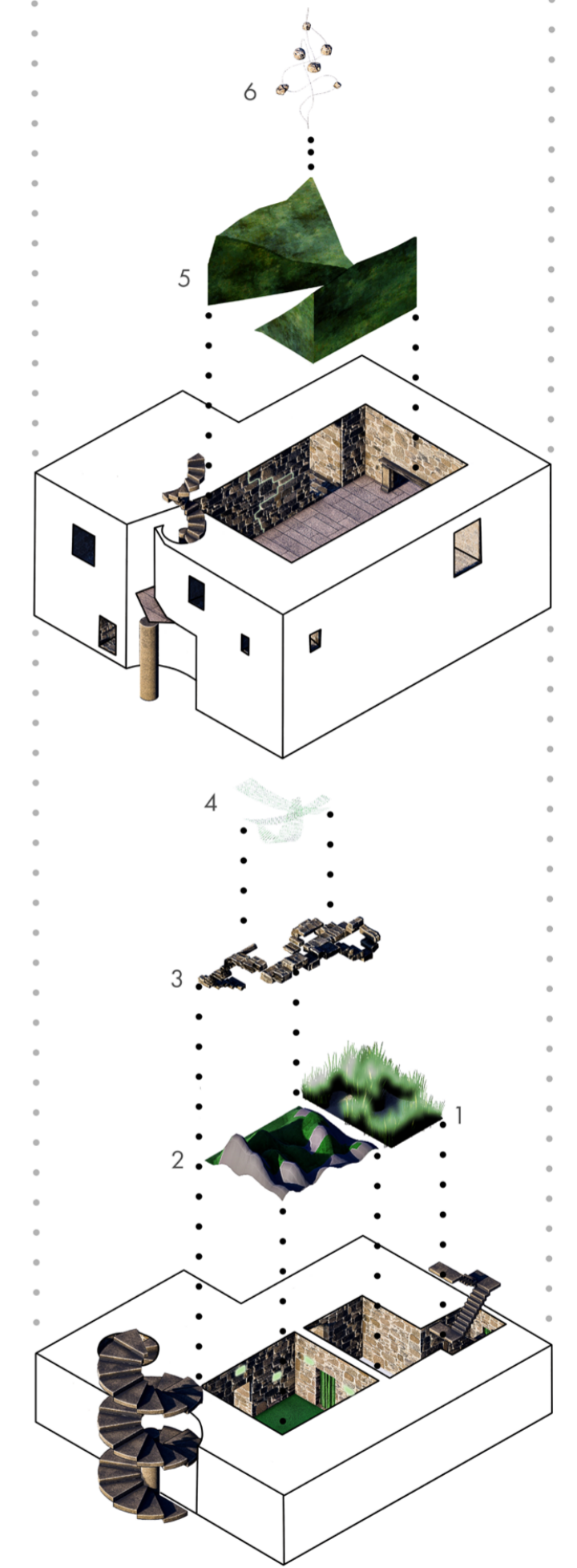
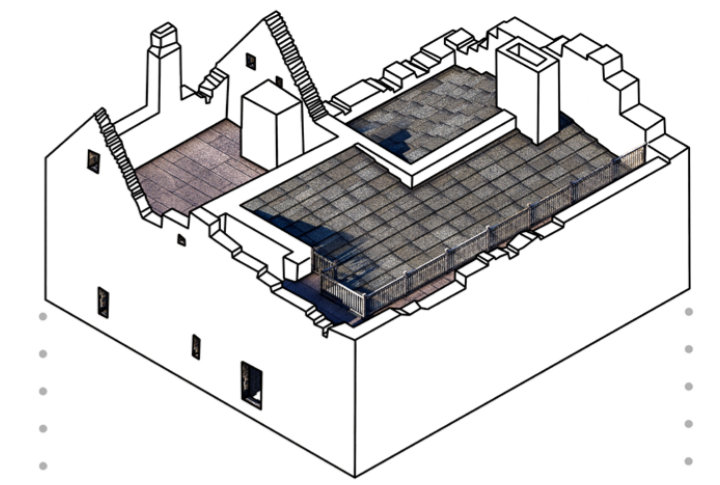
Concept visual of the therapy space



Top plan: 1st floor | Bottom plan: ground floor, 1:200

THE MAJOR SPACE

The major space is located in the central tower of the castle. It focuses on three immersive experiences 1. Playground, 2. Promenade and 3. Ascension. Playground, is a group activity to bring up the positive inner child. 3 people would make a team in solving riddles lighting up on the walls. They would have to climb and explore to find the different riddles. Promenade is calmer and targets the atmosphere of dreams and childhood memories; like having a promenade in your memories. Scenes from *My Neighbour Totoro* and the dark atmosphere would help trigger this state. Finally, Ascension is here as a break to think before the therapy session. Naturally, the whole experience can be quite tiring mentally and physically. So using the analogy of the stone (taking time, grounded, and thinking), visitors are invited to reflect on the experience.

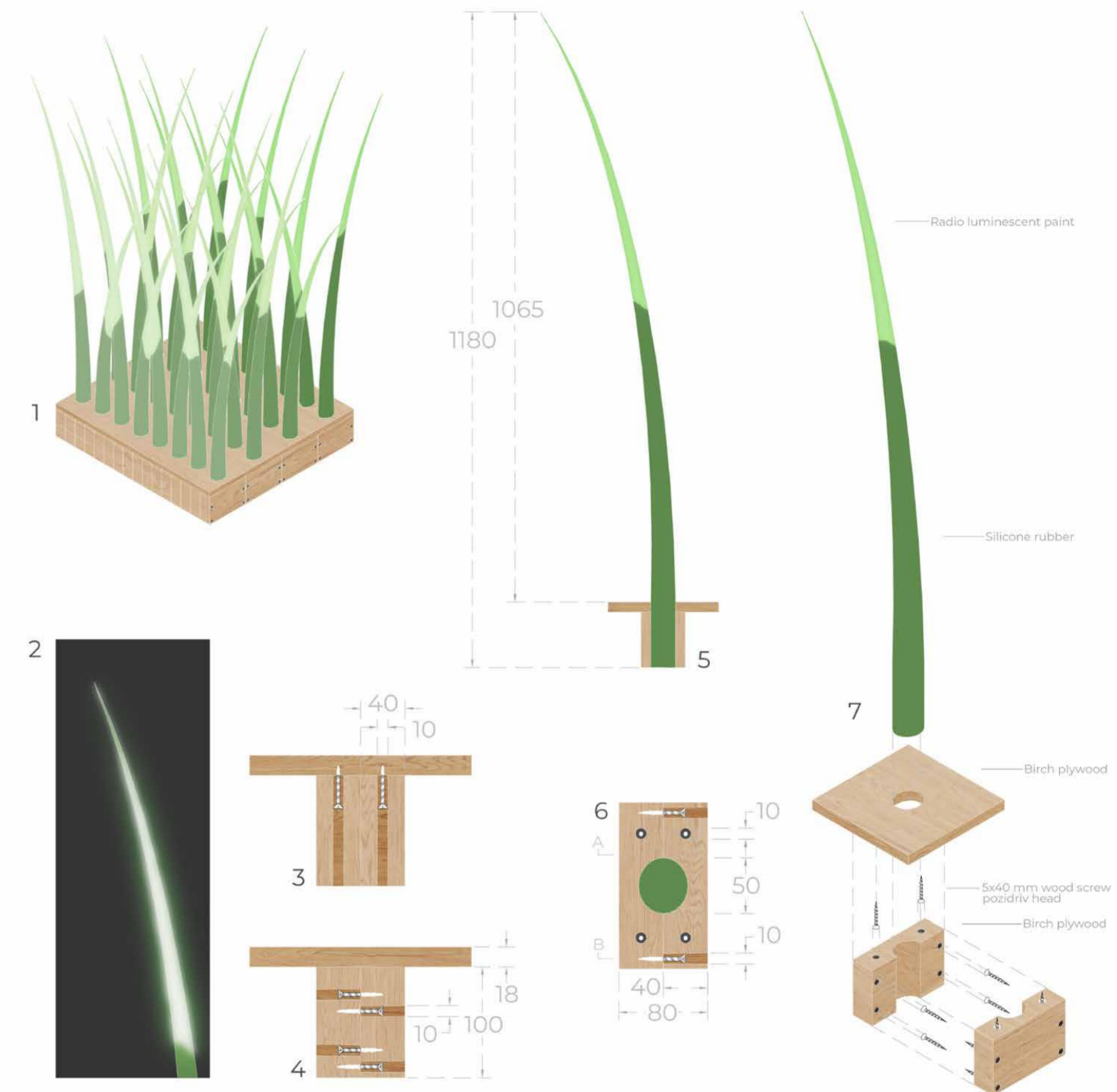


- Axonometric, no scale
- 1 Fake pathway with grass lights
- Re-parenting/ Discovering the inner child
 - 2 Rubber and faux fur floor
- Introduction to positive inner child
 - 3 Rock stairs
- Introduction to positive inner child
 - 4 Rope structure
- Introduction to positive inner child
 - 5 Rock bed made with foam
- Ascension
 - 6 Thinking sculpture
- Ascension

Visual of the playground (diagram 1, 2, 3, 6)



THE DETAILS



1. Axonometric, 1:20 | 2. Zoom on glowing paint, 1:2 | 3. Section A, 1:5 | 4. Section B, 1:5 | 5. Height section, 1:10 | 6. Plan, 1:5 | 7. Exploded axonometric, 1:10

A lot of little details in the whole design are here to support the child state. The materiality, shapes or even level of lights. For example, the faux fur and rubber floor in Playground suggest comfort, safeness and playfulness; or in the scheme, the maze supported by concrete walls is a metaphor for trauma, being lost, feeling lonely or even feeling cold.

The detail I have developed, is the giant silicone rubber glowing grass found in Promenade. The giant scale of it is meant to make you feel smaller like you were a child and the main material, silicone rubber, allows the grass to softly move like you were in a field, I think we almost all have that memory of playing in a field of grass or in a garden, it seemed like the perfect metaphor of childhood memory to represent.

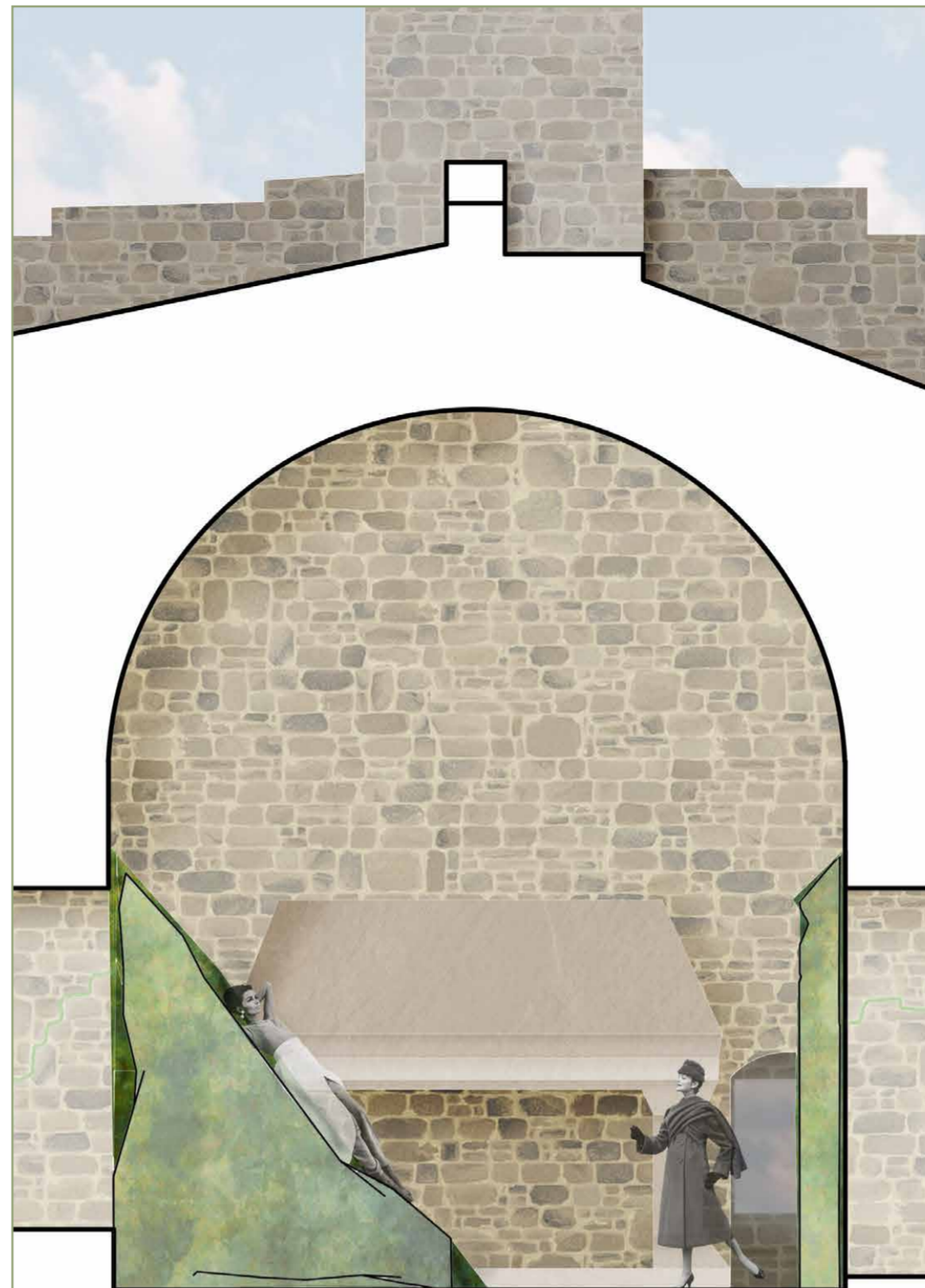
And last but not least, the radioluminescent paint on it is here to bring a soft source of light to the room and guide people through the pathway.

Craigmillar Castle is a beautiful historic monument that has unique architecture and a strong history so using every feature of it to support my design was important, otherwise, I would have just chosen a building with a weird shape. Emphasizing the material of the stone but also playing with the levels of the castle (Playground and Promenade are in a smaller darker space to remind of a cocoon and Ascension is closer to the light and in a bigger space to be able to breathe and relax) is the way I choose to use those features.

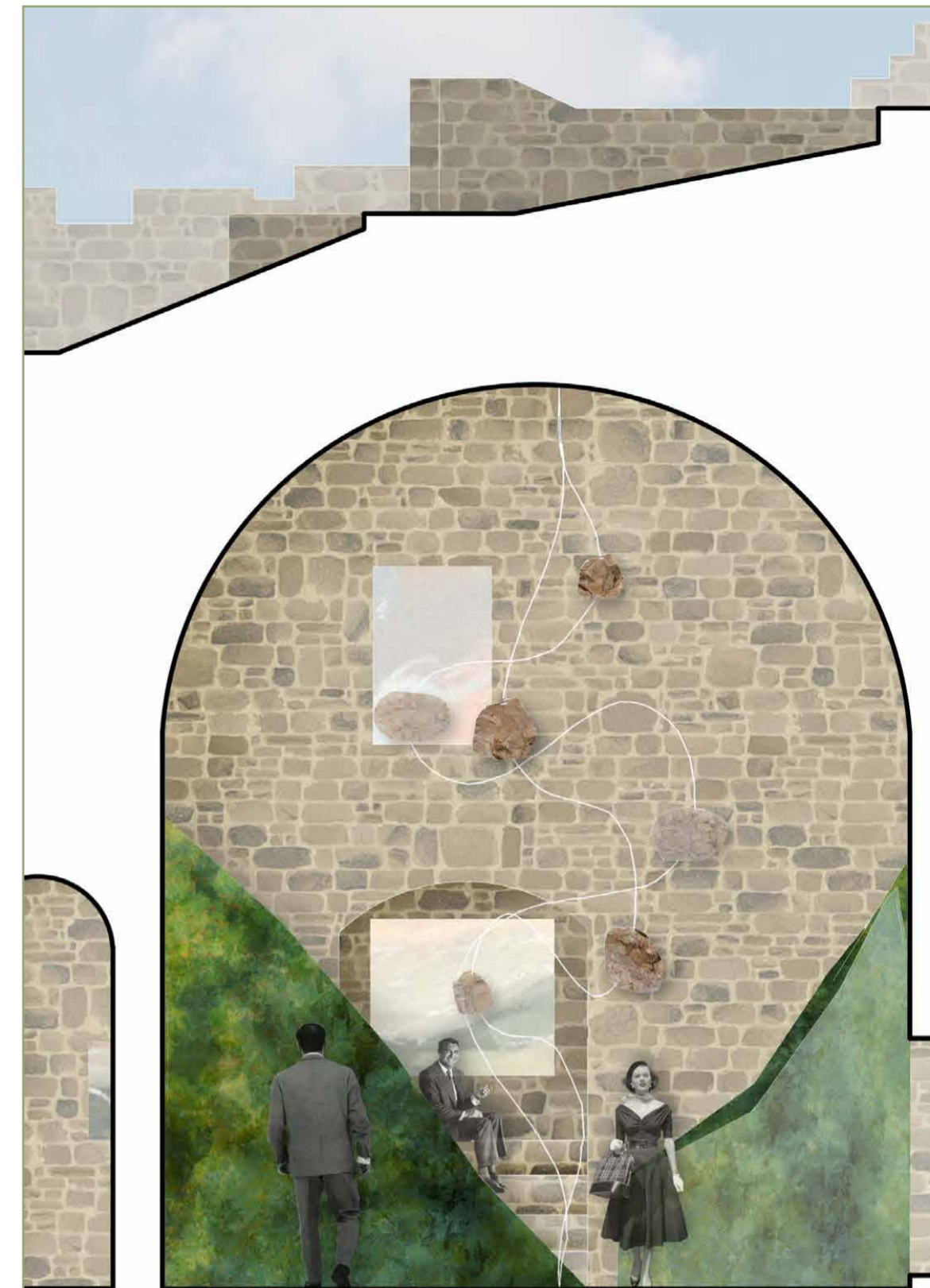
Along with the castle, I was highly inspired by *My Neighbour Totoro*, a Japanese animation that has the particular aspect of making you feel like you are watching the animation through the eyes of a child. Like the director Hayao Miyazaki, I have used a fair amount of greenery and reproduced atmospheres that are key to exploring when you are a child. All are appearances that he describes as being why you feel like you are a child when you are watching his movie.



THE CASTLE AND MY NEIGHBOUR TOTORO



Section South-East, 1:50



Section North-West, 1:50

