

zenly



Overview

Zenly is dedicated to addressing the growing crisis in kids' mental health. The initiative focuses on developing an app and responsive website that teach children the art of mindfulness through engaging step-by-step instructions and gamified daily habits. The goal is to enhance focus, attention, and overall well-being while reducing stress and anxiety.

As the UX/UI designer, I spearheaded the conception-to-delivery process for the app and responsive website.



User research

I used data on children and mindfulness to develop interview questions, which were then used to conduct user interviews. Interview participants reported having trouble with their mental health and understanding and managing their emotions. The feedback received through research made it very clear that users would be open and willing to learn mindfulness and other mental health techniques if the tool was engaging and easy to use.

Persona

Problem Statement

Hayden is an elementary student who struggles with staying focused and on task in school. Learning mindfulness through a fun app would help him with not only focus but many other important skills

Goals

- Wants to be able to focus better in school
- Wants to play a daily ipad game

Frustrations

- Why can't I use my Ipad to get better at things
- No apps for children's mental health

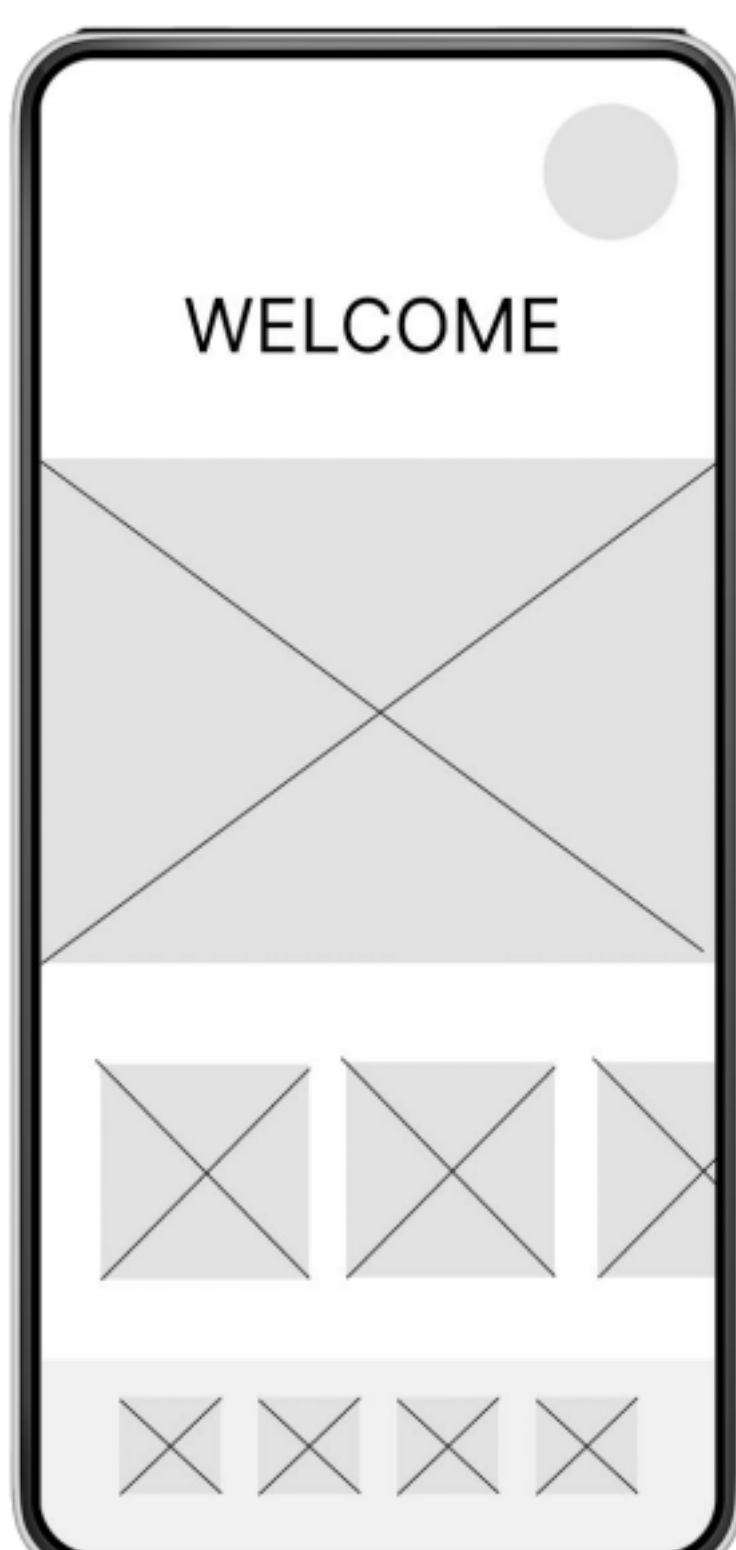


Hayden

Age	10
Education	Elementary
Status	Lives with family
Occupation	Student
Location	Fort Collins, CO

Digital wireframes

Large engaging hero showing how to start first lesson



After ideating and drafting some paper wireframes, I created the initial designs for the Zenly app. These designs focused on keeping lessons simple, interactive and easy to follow.

Easy access to app features from global navigation



Usability study

An unmoderated usability study with three participants provided valuable insights, including concerns about clarity in transitions between screens, the desire for more information about lesson content, and a need for improved labeling.

Accessibility Considerations

Considerations for accessibility were integrated, such as large clickable buttons and clear options for parents or educators on the welcome/home screen. The designs catered to various screen sizes, including mobile, tablet, and desktop, ensuring an optimal experience for users on different devices.

thank you!