

# The Biophilic Resonant Body:

Integrating Biophilia, Resonance, and Atmospheric Generators  
to Design Children's Educational Environments

**Anne Criddle**  
**Marvy Whittaker**

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## keywords

atmosphere — biophilia — nature — resonance — attunement — consonance —  
body — generators of atmosphere — children — educational indoor environments

## abstract

This paper studies atmospheric resonance between the body and its physical surroundings when architects adopt biophilic principles in designing educational indoor environments, specifically elementary classrooms. Resonance, being one's predisposition to emotionally connect with space, can induce positive or negative attunement. Our focus is on the positive attunement (consonance) children may have. According to the National Resources Defense Council (NRDC), biophilia is the innate desire to relate to nature and other living beings. The inherent emotional connection to nature has, through evolution, allowed humans to become attuned to the natural environment. Studies show an increase in productivity and lessened mental strain when one has access to natural elements. The authors compiled a matrix to better understand correlations between biophilic design principles, their effects on our bodily resonance, and the related architectural generators of atmosphere; namely the design factors that most contribute to the atmosphere of a place, conditioning the spatial perceptions of individuals. Considering people are constantly surrounded by the built environment, utilization of biophilic solutions contributes to a pleasurable atmosphere in human-centered design.

