

DO YOU SMELL SOMETHING  
BURNING?



DEAL WITH IT....

# LET'S TALK ABOUT MEMES AND EMOTIONS

Þórarinn Bjartur Breiðfjörð  
Fab Lab Ísafjörður, Iceland

FAB  
ACADEMY



SUDENT BOOTCAMP

# TOWN ÍSAFJÖRÐUR - ICELAND





# THE MOOD METER

**HIGH ENERGY**



**LOW ENERGY**

Enraged	Stressed	Shocked	Surprised	Festive	Ecstatic
Fuming	Angry	Restless	Energized	Optimistic	Excited
Repulsed	Worried	Uneasy	Pleasant	Hopeful	Blissful
Disgusted	Down	Apathetic	At ease	Content	Fulfilled
Miserable	Lonely	Tired	Relaxed	Restful	Balanced
Despair	Desolate	Drained	Sleepy	Tranquil	Serene

**UNPLEASANT**



**PLEASANT**

# Types of Headaches

## Migraine



## Hypertension



## Stress



Being on week 12  
and still not having  
any idea for final project



## A Simple Mental Health Pain Scale

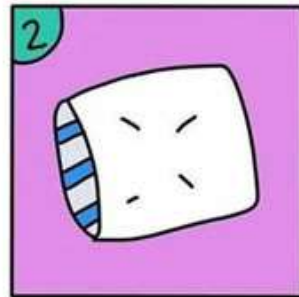
thegracefulpatient.wordpress.com

- MILD**
- 1** Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
  - 2** You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
  - 3** Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
- MODERATE**
- 4** Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
  - 5** Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
  - 6** You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
- SEVERE**
- 7** You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
  - 8** You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
  - 9** You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
  - 10** The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

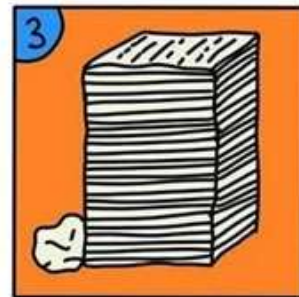
# TYPES OF TIRED



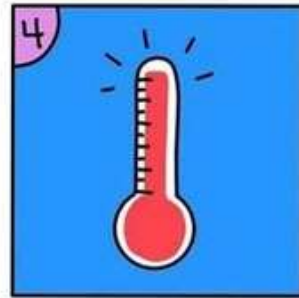
Dazed



Exhausted



Overworked



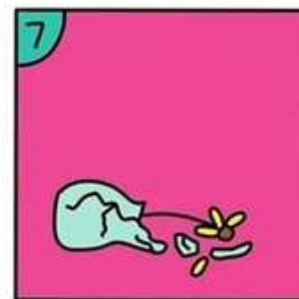
Fed up



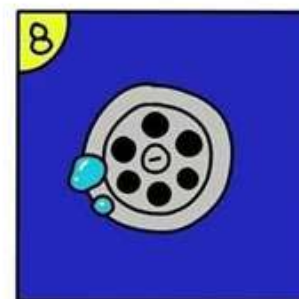
Burned out



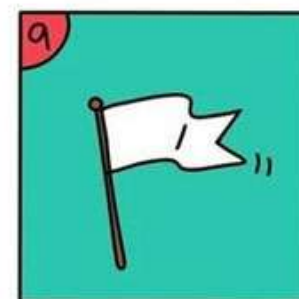
Apathetic



Broken



Drained



Defeated

@introvertdoodles

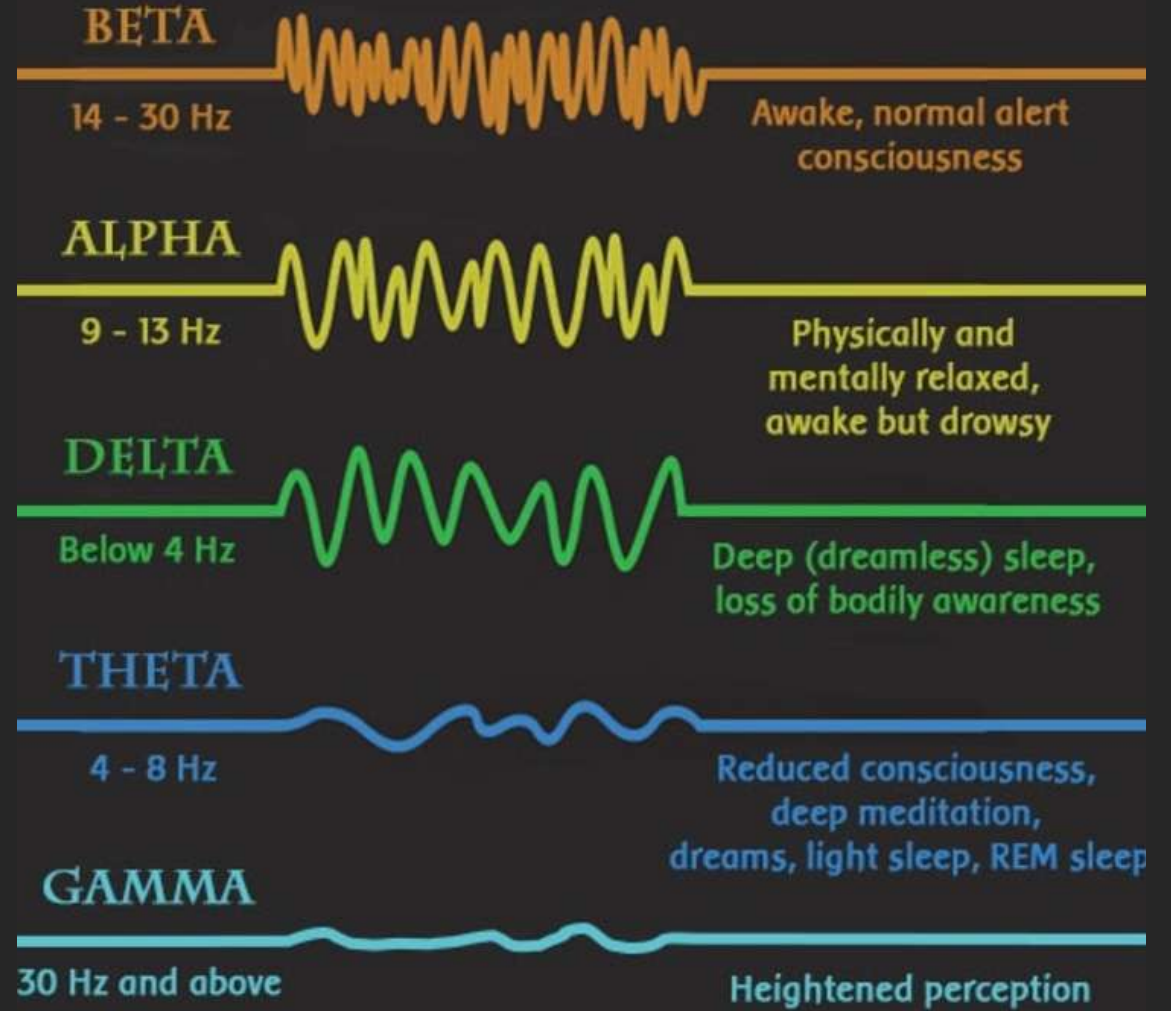
# 7 TYPES OF REST YOU NEED



HUM\*



## Brain Waves



# MEME ACADEMY HISTORY

Mattermost FREE EDITION

2022 FabAcademy

2021 Fab Academy

2022 Fab Academy

2023 Fab Academy

2024 Fab Academy

2025 Fab Academy

FAB NETWORK

FAVORITES

- Meme Academy

CHANNELS

- Student Bootcamp 2023
- Instructors bootcamp 2023
- image compression gang
- Class: Computer-Aided Design
- Class: Project management
- Global Open Time
- General
- Node: Ísafjörður
- Regional: Europe
- Off-Topic
- Staff & Instructors

ADD CHANNELS


DIRECT MESSAGES

- eltercerlugar
- cybermode
- teo-serra
- luclanaa
- angelina-yang
- francisco
- rico.kanthatham
- jmolenaar
- arni.bjornsson
- vanezadeperu

Meme Academy

System 07:56  
You and 5 others joined the channel.

eltercerlugar 09:10  
Heres my first one



System 09:22  
@eduard.almasque updated the channel header to: <https://imgflip.com/memetemplates>

System 09:34  
@antonio.garosi and 3 others joined the channel.  
@hanneuse.luc left the channel.  
@henk.buursen and @kamalkumar.chapagai joined the channel.

handeddi 17:01

Write to Meme Academy

B I S H ↻ ⏪ ⏩ 🗨️ 📄 📌 📎

Aa 📎 😊

# TIMELINE



**FIRST MEMES POP UP**



**39 MEMBERS 115 MEMES - FIRST MEME CHANNEL**



**81 MEMBERS 189 MEMES**



**105 MEMBERS 390 MEMES**



**WHAT HISTORY WILL WE (ALMOST) MAKE??**



# FIRST PUBLISHED MEME

tion into school curricula help democratize access, thereby  
d equitable educational environment?  
n to consider is if laser cutters and 3D printers have actually  
ve they simply added a new kind of product and needs to

## 'Sustainable' is Digital Fabrication?

numerous physical iterations that result in waste after a  
al fabrication, I am left feeling deeply conflicted, especially  
sustainability in Swedish sloyd education. This waste di-  
of sloyd, which prioritize sustainable practices. According  
(2021), sloyd education in Sweden emphasizes integrating  
n through focused interactions with materials. This ap-  
key learning outcomes: utilizing material fully to mini-  
le materials, and valuing craftsmanship to foster a lasting  
d items (Hofverberg & Westerlund, 2021).

Integrating digital fabrication alongside traditional meth-  
erstanding of materials, but also new skills, we can better  
evolving landscape of craft and design. Understanding  
the appropriate materials to use and ideally predict how  
are suitable for the intended artefact. As new materials  
ng their properties is increasingly vital. Craftsmanship,  
erial knowledge and refined techniques, becomes even  
his traditional knowledge not only helps us effectively  
s but also ensures that we can innovate responsibly in  
l techniques with modern technological skills fosters a  
ateriality, sustainability, and innovation, ensuring that  
ers are equipped to meet future challenges.

ng art, I find it contradictory to demand sustainability  
same time use acrylic paint, ceramics (especially with  
aterials that are not organic nor possible to recycle.  
aimed to produce artefacts that endure over time (see  
ies the traditional drawing, painting, printmaking and  
ustainability in visual arts thus forces us to continue

what the postmodern paradigm change started: from rethinking the aims, meanings and  
uses of art (see Lacy, 1995), to reconsidering the use of materials from a sustainability per-  
spective. Emphasis on the process has inspired more ephemeral art forms and materials,  
for example, exploration of natural plant-based pigments (see the guide for natural col-  
ours in visual arts by Lauronen et al., 2021). With digital fabrication, this means focusing  
on the reusability of the equipment and reducing the ecological footprint of the materials.  
This raises the demand for laser cutting materials and 3D-printing filament that would  
not be as durable as possible, but plant-based, recyclable or reusable. Thus we need digital  
fabrication to be seen also as a media for art, not only for utensils that require durability.

**Kohtala:** Again, we see a tension between our creative needs to explore and experiment  
and if digital fabrication practices are 'more sustainable' than something else. (Than  
has addressed the environmental issues in digital fabrication, and many critics draw at-  
tention to the wide use of fossil-fuel plastics and printing of useless gadgets or Yoda  
statues in maker culture (e.g. Morozov, 2014). Therefore we laugh a bit at the fab lab  
meme in Figure 6, while we know we need to shape digital fabrication and hybrid-craft  
practices towards sustainability goals.



Figure 6. Fab Lab meme,  
created by Þórarinn  
Bjartur Breiðfjörð, 2024.

A meme is a cultural piece of media that is shared online, often with the intention of invoking certain emotions, such as being humorous.

jump  
and you'll  
find out!

what's there?



# BE LIKE THIS STUDENT



# READY AND WAITING FOR THE ACADEMY



ALL THE DOCUMENTATION  
AND WORK I HAVE TO DO



Oh my gosh!

What happened?

I committed a 5Mb photo

*Engraving text and signatures at the bottom of the image.*

**What a year, huh?**

**Captain, it's Wednesday.**



**Neil: Oki let see who's next?  
Random generator picks you!**

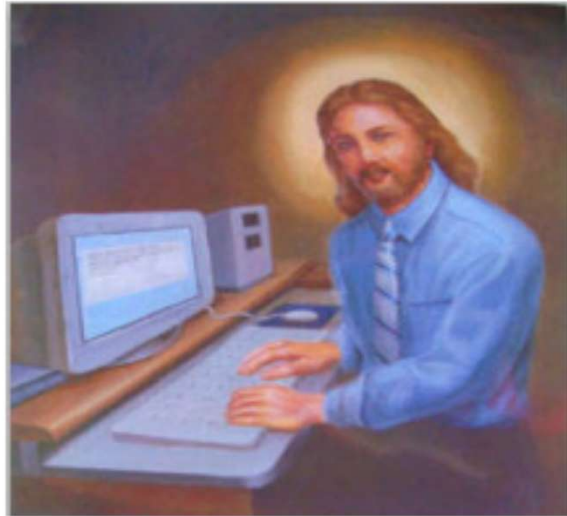


**WHO?**

**ME?**



# The Two states of Fab Academy

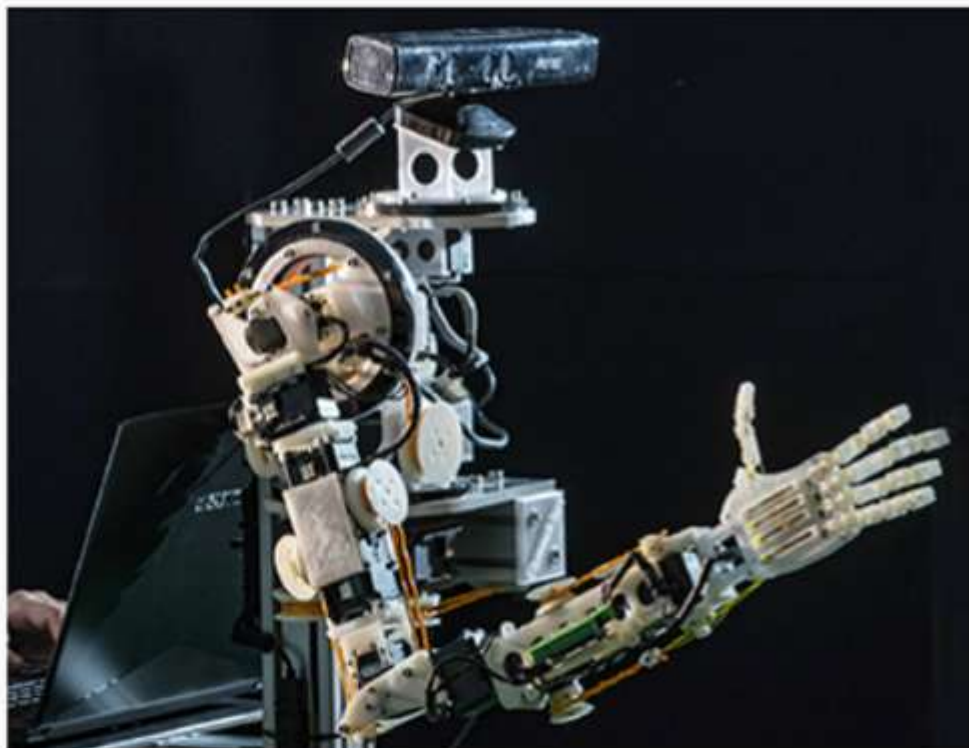


**I AM GOD**



**I HAVE NO IDEA  
WHAT I'M DOING**

# ME LEARNING ABOUT SERVOS

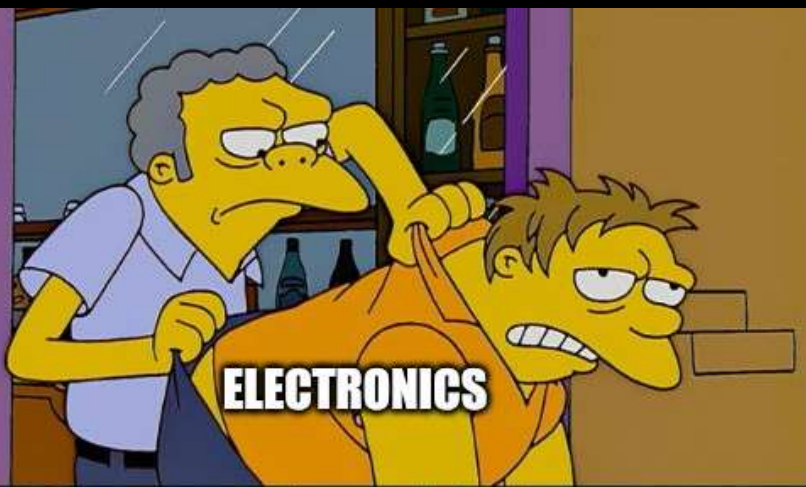


EXPECTATION



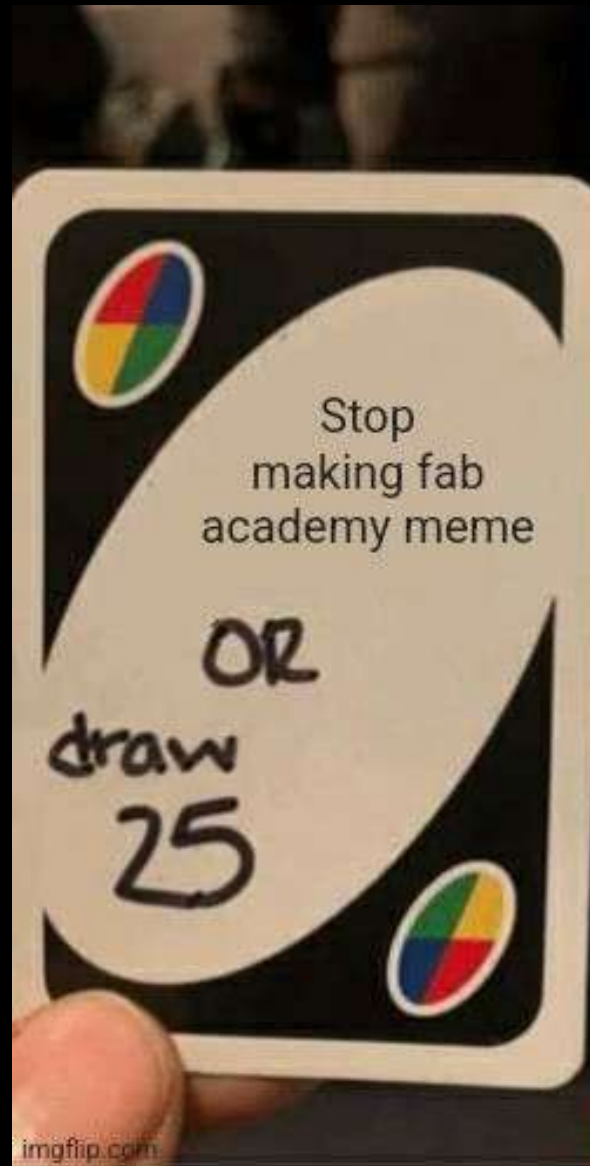
REALITY





**ME  
FINISHING THE  
NETWORKING WEEK**

**INTERFACE  
AND  
APPLICATION WEEK**



# STUDENTS WAITING FOR THE 2025 MEME CHANNEL





**I Survived week 1!**





Þórarinn Bjartur Breiðfjörð

@hanndoddi

[www.fabisa.is](http://www.fabisa.is)

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