

DO YOU SMELL SOMETHING
BURNING?



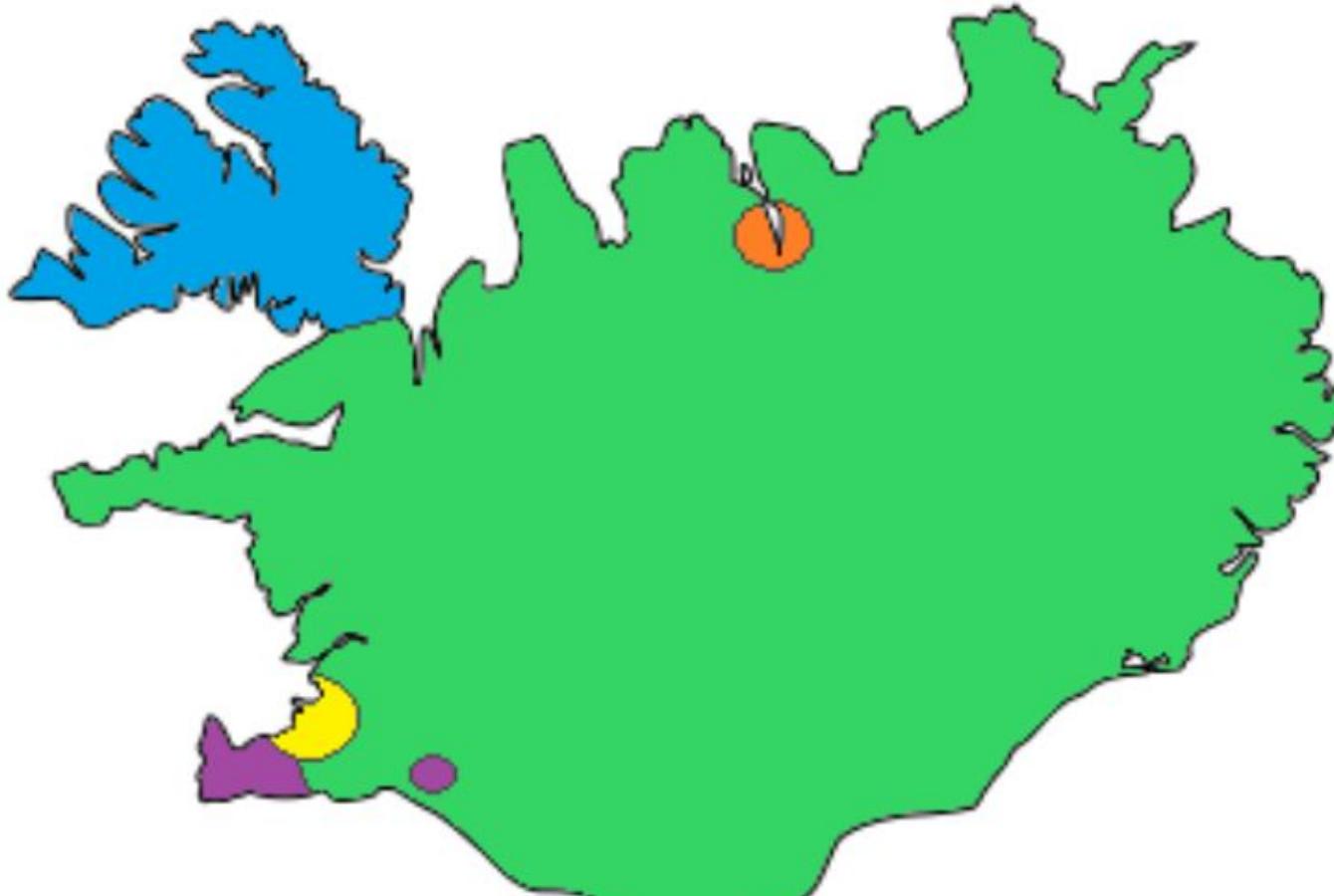
LET'S TALK ABOUT MEMES AND EMOTIONS

Þórarinn Bjartur Breiðfjörð
Fab Lab Ísafjörður, Iceland

FAB
ACADEMY

SUDENT BOOTCAMP

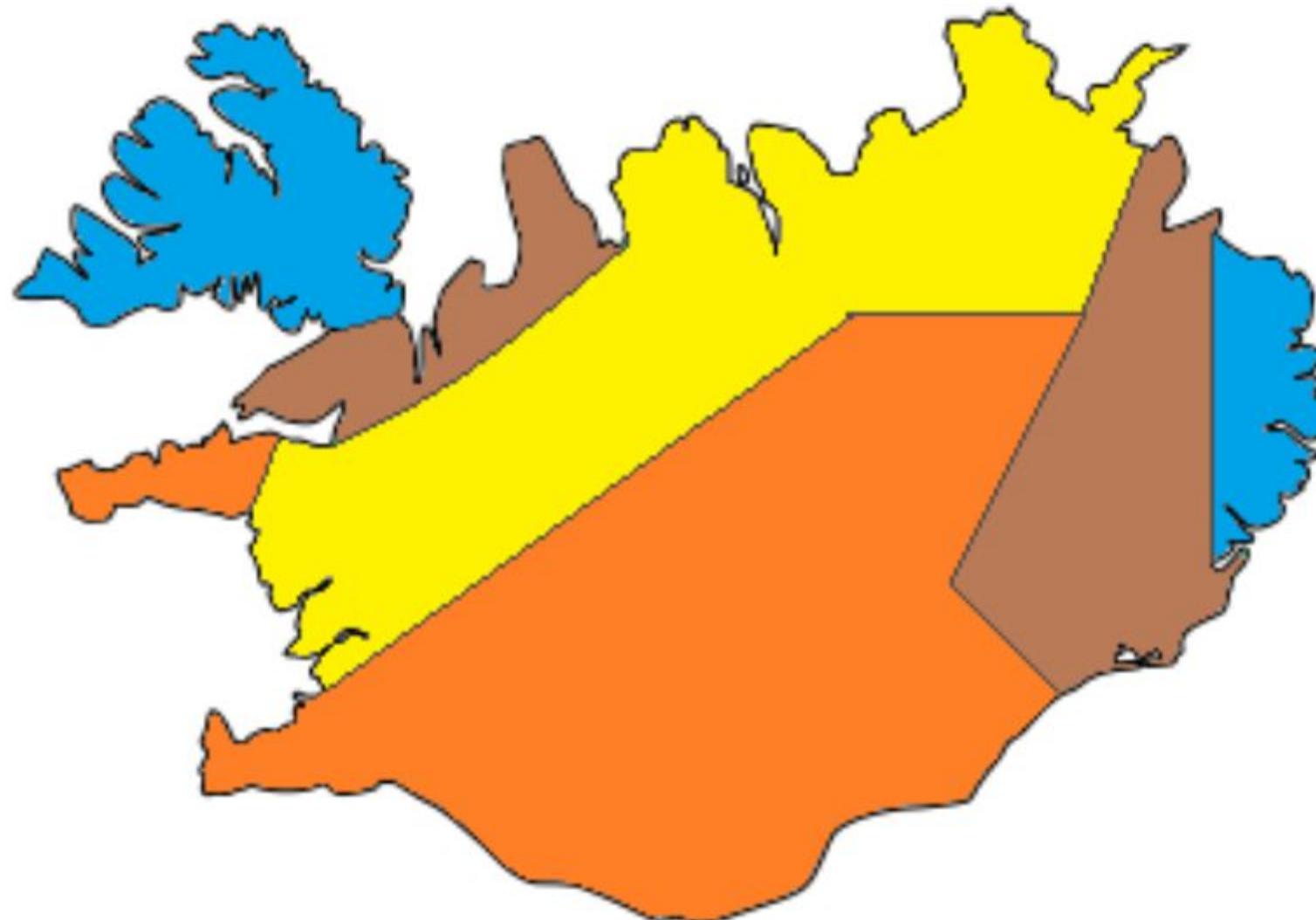




www.PrintableWorldMap.net

Latte sipping hipsters White trash Hicks

Arrogant Northerners People live here?



Volcanoes and earthquakes **Earthquakes**
Storms **Avalanches**



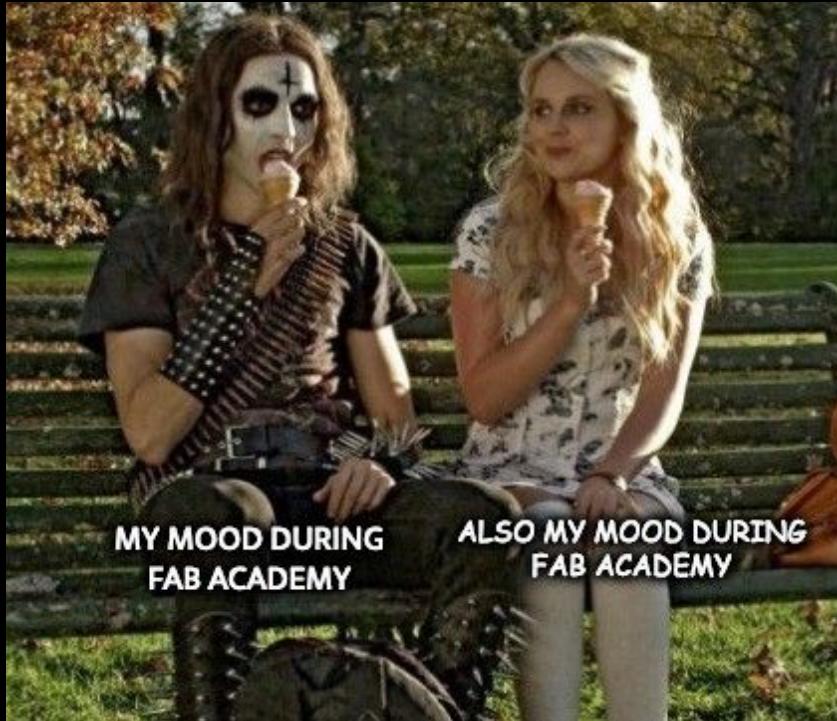
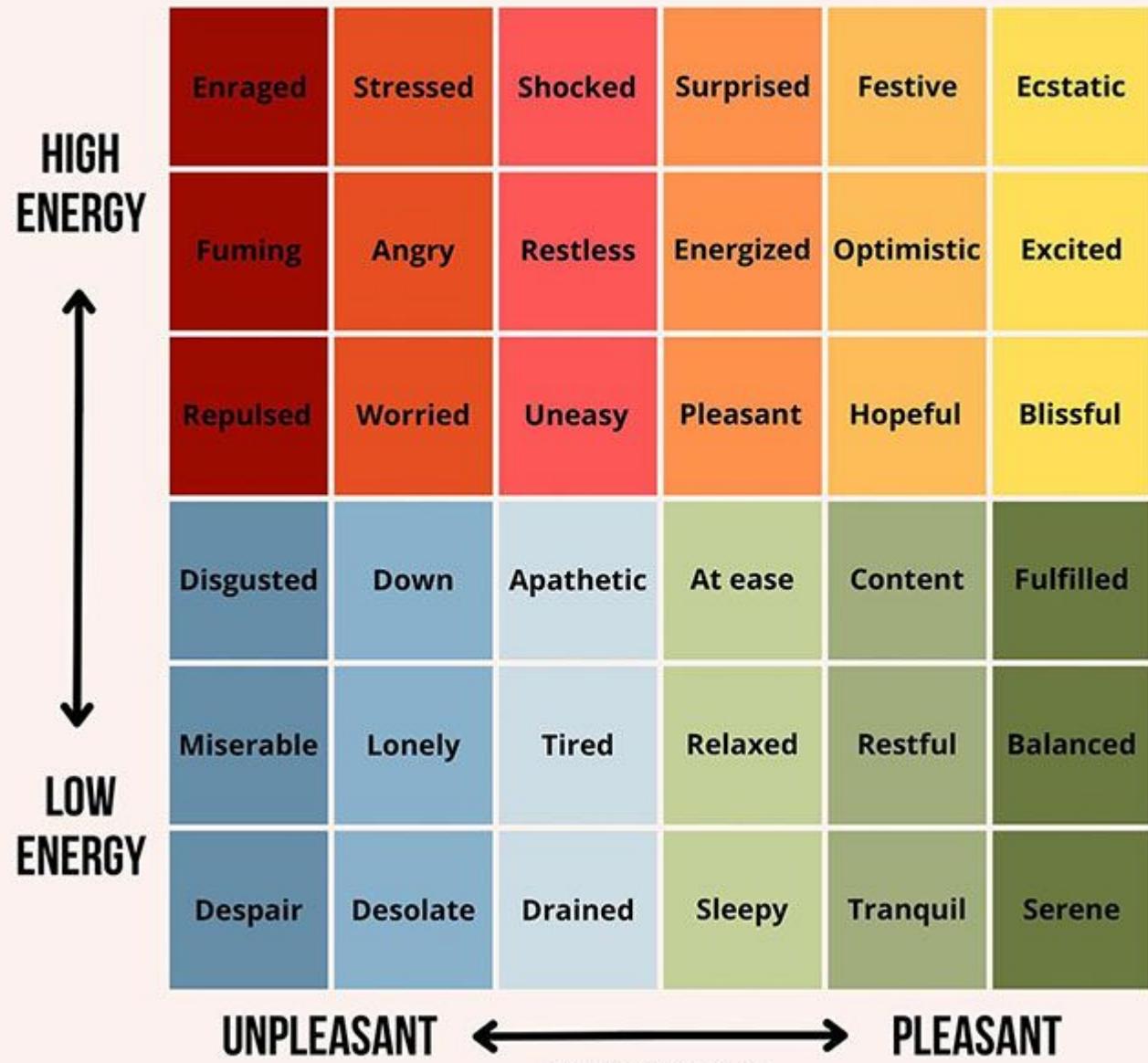
 **Need to brush snow
off the car in the winter**

 **Need to dig yourself out of
the house in the winter**



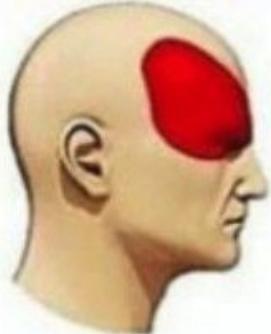


THE MOOD METER

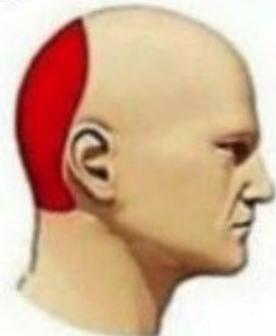


Types of Headaches

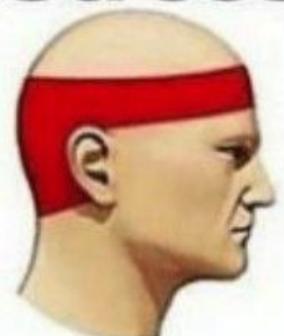
Migraine



Hypertension



Stress



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

A Simple Mental Health Pain Scale

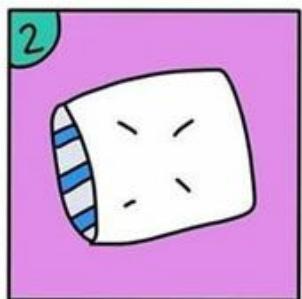
thegracefulpatient.wordpress.com

Level	Score	Description
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



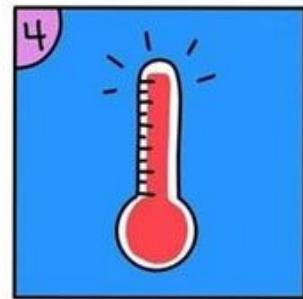
Dazed



Exhausted



Overworked



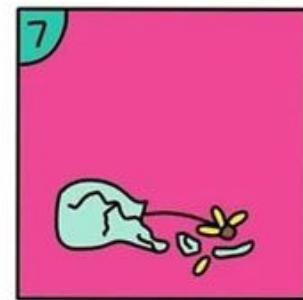
Fed up



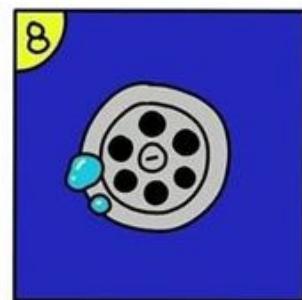
Burned out



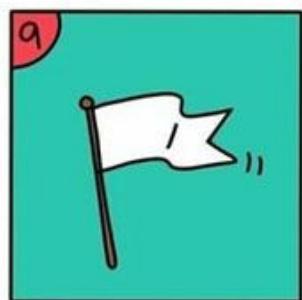
Apathetic



Broken



Drained



Defeated

@introvertdoodles

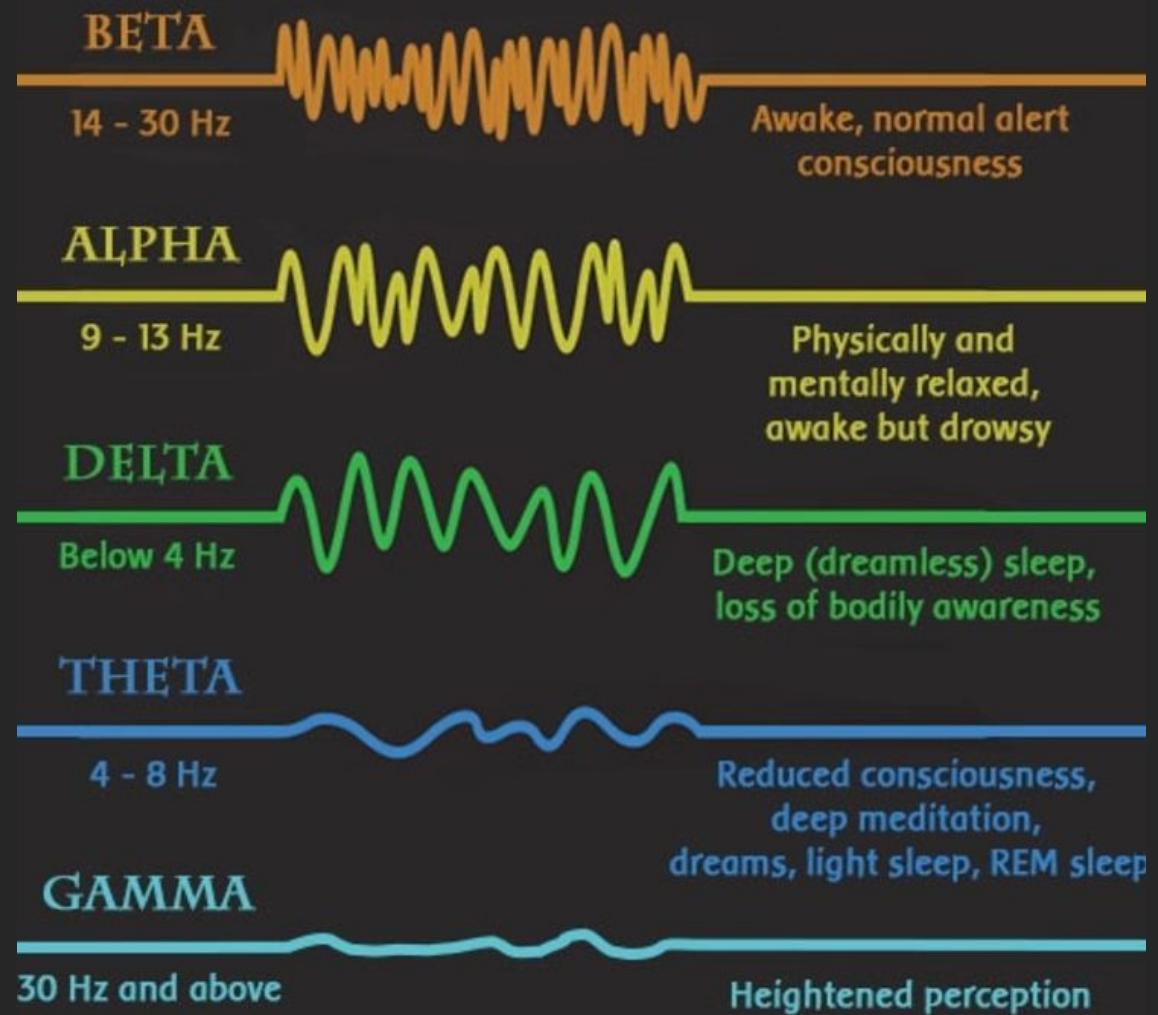
7 TYPES OF REST YOU NEED



HUM



Brain Waves



MEME ACADEMY HISTORY

TIMELINE



FIRST MEMES POP UP



39 MEMBERS 115 MEMES – First meme channel



81 MEMBERS 189 MEMES



105 MEMBERS 390 MEMES



114 MEMBERS 339 MEMES – First meme directory

About 51 results (0.12 seconds)

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Oct 4, 2023 ... There was this surreal **meme** from a few years back that I found pretty amusing. My freshman year, me and my roommates actually had a massive ...

[Ahmed Ibrahim | Home - Fab Academy](#)

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Egyptian hardcore maker passionate about making some cool electronics random stuff, software and **meme** addict. Ahmed's Personal Image. About Me. I believe that ...

[3D-Scanning And Printing - Ahmed Ibrahim - Fab Academy](#)

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Forest. Helpful Tutorials. TRNIO and MeshMixer Tutorial. © 2020-2021 Ahmed Ibrahim. In case you wanna send me some **memes** or something! Hackster.io · Twitter ...

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Fun Stuff. **"Meme-Academy"** by 2025 Students (opens new window) · "Back to Fab Academy 2024" by Fran (opens new window) · "Assignments" by Jon (opens new window) ...

[Ahmed Ibrahim | Week Three - Fab Academy](#)

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I wanna make a **meme** sticker. I was very excited to make it, it's my first time ever to use the vinyl cutter machine. That's why I forgot to take screenshots ...

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Program your board to do something. Read a Data Sheet. Conjured out of the dusty, cobwebbed annals of my childhood: **meme**.

[Final Project General Design and Hardware development](#)

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Final project development **meme** image. Incoming deadline 2: Electric Boogaloo. Test the faces! As always, first test, then expand. I don't want to cut it all ...

[thorbjorn thorgeirsson - Weekly assignments - Fab Academy Archive](#)

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Invention, Intellectual property and income · Project Development · Fablab Reykjavik · Fabacademy · Fablab Iceland. <http://cdn.meme.am/instances/60795385.jpg>.

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Computer aided design

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Electronics production

Input devices

Output devices

Networking + communications

Machine building week(s)

Molding + casting

Machine building week

Meme directory

Other projects

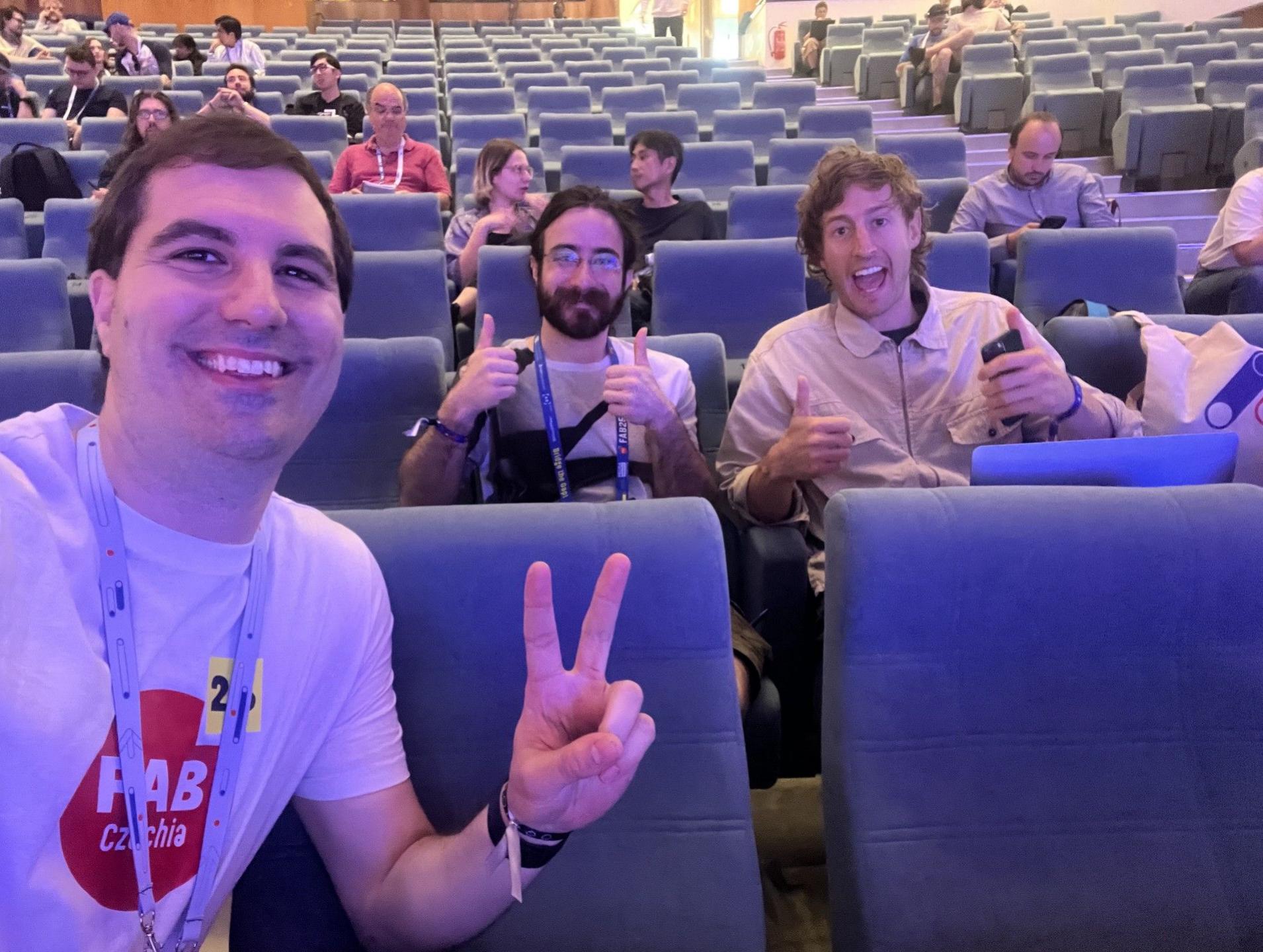
Machine building week

Meme directory

Other projects

Hangboard '25





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



BE LIKE THIS STUDENT

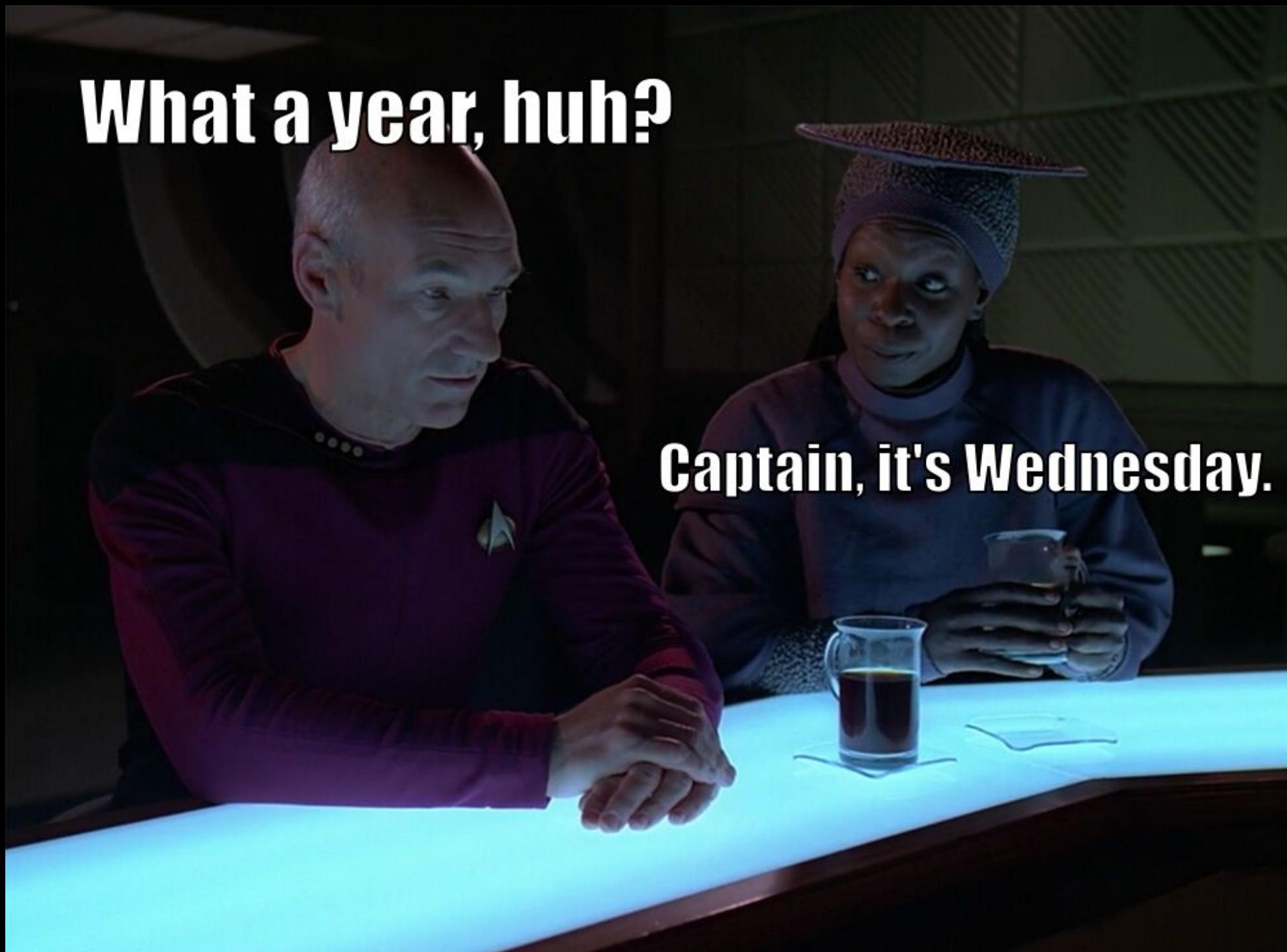


READY AND WAITING FOR THE ACADEMY



What a year, huh?

Captain, it's Wednesday.

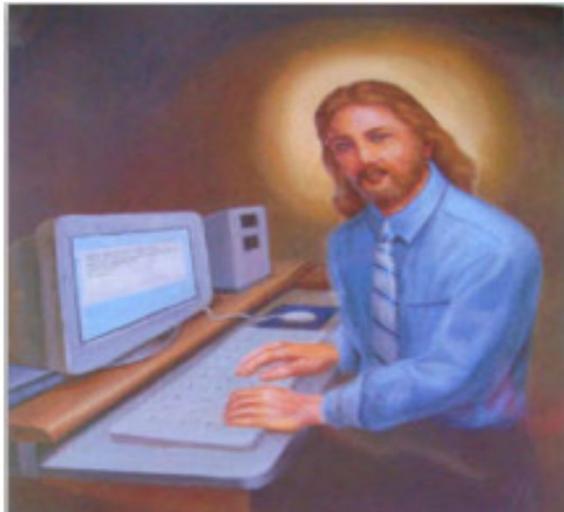


**Neil: Oki let see who's next?
Random generator picks you!**



WHO? ME?

The Two states of Fab Academy

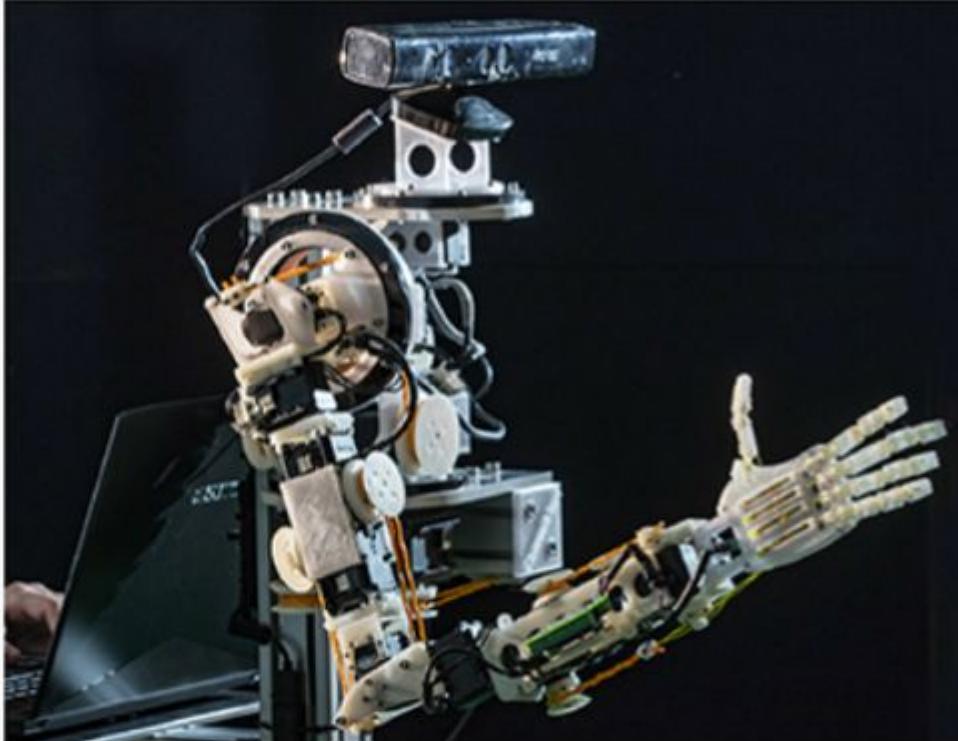


I AM GOD



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

ME LEARNING ABOUT SERVOS



EXPECTATION

REALITY



FIRST WEEK



GIT

Fab academy
student

AFTER WEEK 15



Fab academy
student

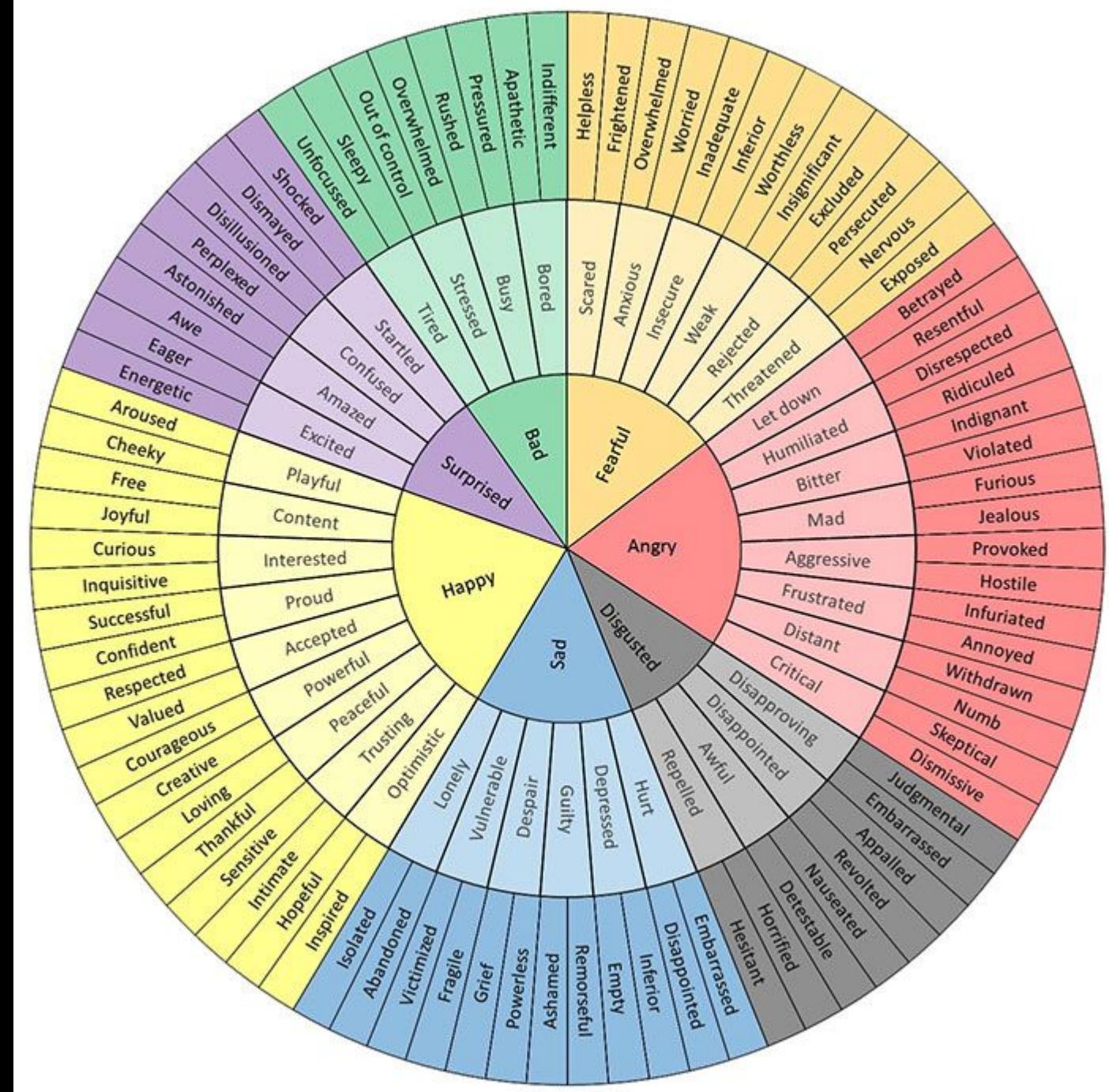
GIT



ALL THE DOCUMENTATION
AND WORK I HAVE TO DO

ME
MAKING
MEME

The Emotion Wheel

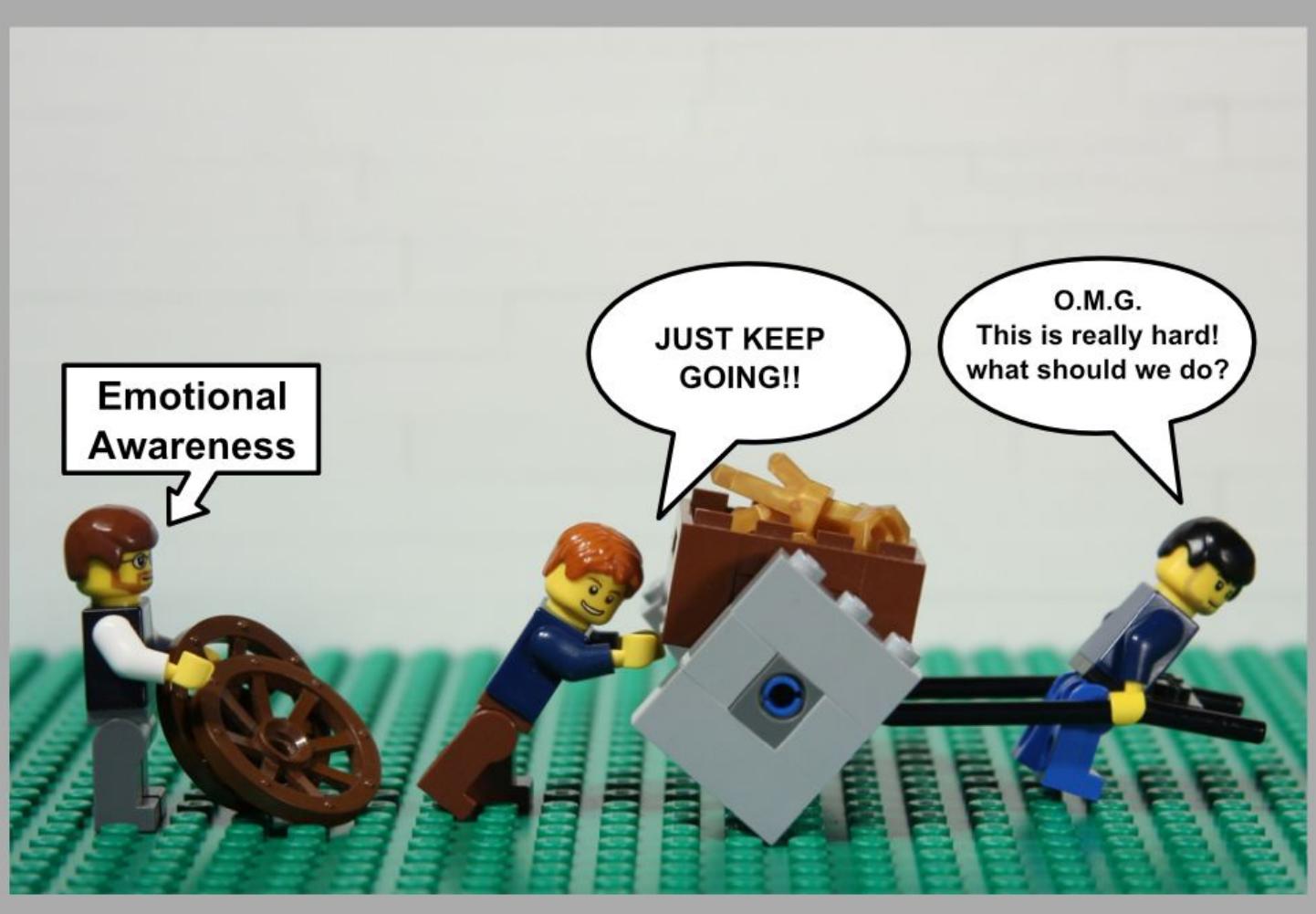


STUDENTS WAITING FOR THE 2026 MEME CHANNEL





I Survived week 1!



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ACADEMY**
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