User Guide - cheat sheet, for guided self-reflections at Focus Empathy

Adding and moving elements	Add an avatar	Insert	Right "Add" tab. Drag and drop the "human" (avatar) into the landscape.
		Give name	Write the name of the avatar in the "Avatar name" field.
		Colour	Choose colour by click
		Size	Move the "Size" slider
		Thoughts / Sentences	Write text in "Speech/thought" field
		Emoji	Click on the grey field with the red + "Emoji" and then select the appropriate emoji by clicking on it.
		Posture and gestures	Click on the grey field with the red + "Posture" and then click on the appropriate body expression to view / select it.
		Orientation in space / rotation	Move the "Rotation" slider
	Add symbol	Insert	Right "Add" tab (tab) drag-and-drop an icon (everything below the avatar) into the landscape.
		Give names/meaning	Write the meaning of the symbol in the field "name
		Size	Move the "Size" slider
		Orientation in space / rotation	Move the "Rotation" slider
	Move elements	Move avatar or icon	Move by drag-and-drop
Moving through the landscape	Horizontal	Forward	Keyboard arrow up
		Backwards	Keyboard arrow down
		Turn to the left	Keyboard Arrow left
		Turn to the right	Keyboard right arrow
	Vertikal	More flight altitude	Shift + Arrow up
		Less flight altitude	Shift + Arrow down

		Look down	Depending on computer and operating system Option or Ctrl or Command or Alt + arrow down
		View upwards	Depending on the computer and operating system Option or Ctrl or Command or Alt + arrow on
Change perspective	Get into Avatar	Click on avatar head	With the mouse pointer on the head of the avatar until a white eye icon (eye seen from the side) appears, then click
		Click on avatar in list	Right "View" tab (tab) select the avatar by clicking on it.
	Move as avatar	Go forward	Keyboard arrow up
		Run forward	Shift + Keyboard Arrow up
		Jumping	Space + Keyboard Arrow up
		Walk backwards	Keyboard arrow down
		Go left	Keyboard Arrow left
		Go right	Keyboard right arrow
	Get out of Avatar	Roaming View	Click on the text "Roaming view" in the top right-hand corner.
Leave the landscape		Close graphic display	Click on "Close" at the top left
		Close browser (tab)	Close the browser tab or the entire browser.