



With not allot of time to create and develop. My research was short but thorough. I started with an search about the definition of relaxing. Then how to actually achieve a relaxed state. I've tried looking for some of these tasks in games for PC, phone and console. But all of them deviated from the research on relaxation.

I've got excited about one game in particular. <https://play.google.com/store/apps/details?id=com.flerogames.AfterRain>

This game features an floating isle which you can create. It is an idle game where you can't really interact with the island yourself. The only thing you do is decorate it and build it for your cats to live on.

This feature of building your own world or city was recurring more and more in my research on relaxing games. I therefor wanted to create my own game from all the parts I was missing the most. You could build you're own isle/island/world/city, but you could never explore it.

### **My first concrete idea was born:**

Exploring your own created safe space with easy to use controls. Satisfying elements / sound and the ability to explore it with characters you love.

- low poly
- cutesy animals
- maybe some secrets to discover?

There was one problem with this idea however, and that is that to create an "build your own world"game, it would have taken me significantly more hours than I would have. I know how I could do it, using perlin noise, fall-off maps and assets dropping. Dropping this idea and maybe incorporating some of the elements in my new idea would prove benifitial.

### **My second idea:**

fly about as an cutesy animal collecting coins in and around an floating island using engaging controls

The main game would be flying as an dragon exploring and collecting floating fruit which spawned around an floating island. Preferrable the island would have been randomly generated or made by the user itself, but I've created a standard level in which the player would play this game.

I've thought about using joysticks on screen to fly the dragon around the map, however, this seemed to easy and not as fun as it could be. It struck me whilst driving around that in the past when I was a young kid, I used to put my hand out of the window to pretend my hand was flying. I would be way for fun to actually control the flying of the dragon as I controlled my hand flying outside the window.

I achieved this mechanic by utilizing the gyroscope inside a phone. This ment the user has to actually move round and tilt the phone to control the dragon.

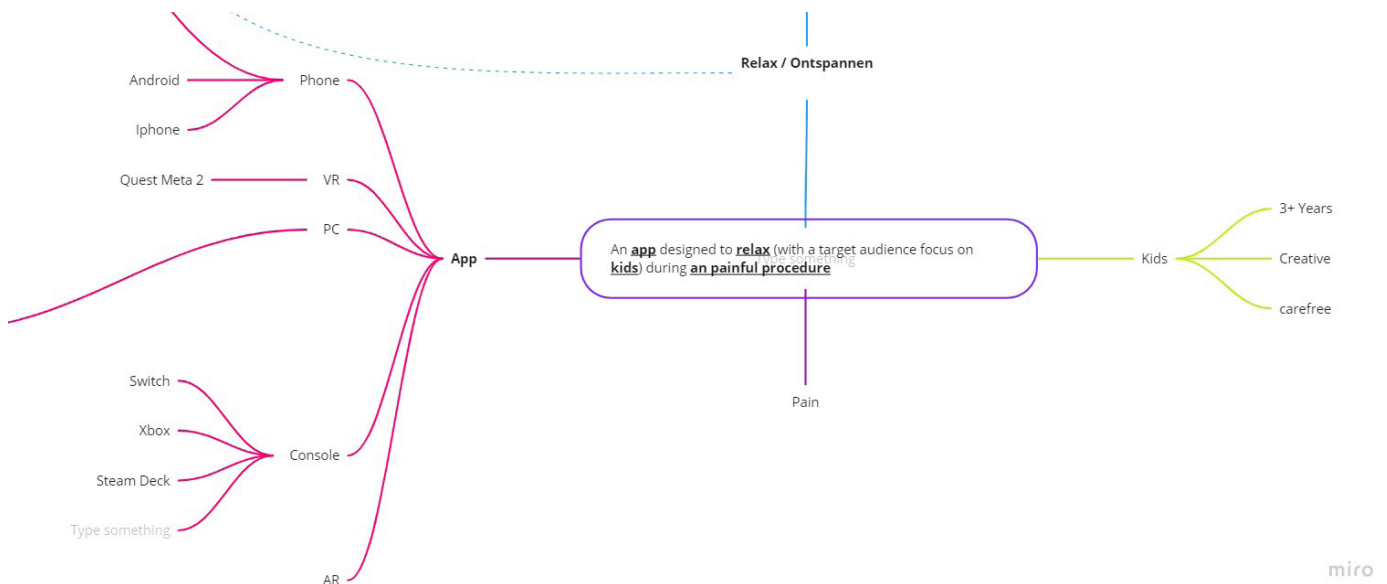
One downside of this mechanic is that the user has to be standing or otherwise sitting on some sort of swiveling chair. Also, the mechanic can be quite hard to use. But I don't thing a challenge is too unwelcome.

During development of the game, I thought about ways I could up the difficulty of the game without adding stress on the user. One of the things I thought about was a timer which limits the time the dragon could fly. Or even how long the user has to find and collect all the fruits. But again, even thinking about it gave me allot of stress.

Another idea was to embiggen the fruits to make the game easier, whilst reversing this ment making the game harder. However, seeing the fruits on a smaller screen prevented me from making them any smaller because they were already hard to spot.

A mechanic I wanted to add but not had the time for was to add a 'hotter/colder' mechanic. This mechanic would tell the player via sound or visual cues when he or she was close to a fruit. I might implement this in the future.

Below you will find some of my research which I have written down in Miro.com



wordcloud

## Mindmap/Moodboard

THUISARTS.NL

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www.thuisarts.nl

### Ik wil me beter kunnen ontspannen

Er zijn verschillende manieren om te ontspannen. Hieronder staan adviezen. U kunt ook de films kijken over Je goed voelen en Minder stress. Doe elke dag iets om te ontspannen. Deze manieren kunnen goed helpen: buiten wandelen of fietsen bewegen en sporte...

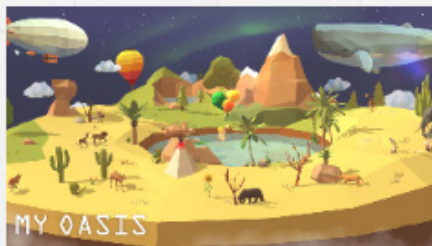
Tune something

Doe elke dag iets om te ontspannen  
Deze manieren kunnen goed helpen:

1. buiten wandelen of fietsen
2. bewegen en sporten
3. luisteren naar muziek
4. bezig zijn met een hobby
5. een boek lezen
6. een bad of warme douche
7. je laten masseren
8. vrijen
9. de tijd nemen om te koken en te eten

## Android games with relax as an tag

<https://play.google.com/store/apps/details?id=com.buffstudio.myoasis>



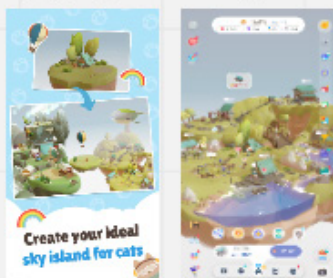
Simulatie Idle Casual Singleplayer Gestileerd Low Poly Offline

<https://play.google.com/store/apps/details?id=com.pixign.relax.color>



Bordspellen

<https://play.google.com/store/apps/details?id=com.flerogames.AfterRain>



Simulatie Idle Casual Singleplayer Gestileerd Offline

<https://play.google.com/store/apps/details?id=com.supercell.clashofclans>



#1 items met grootste opbrengst in de categorie strategie Strategie Bouw- en vechtgames Casual Singleplayer Multiplayer Gestileerd Tekenfilm




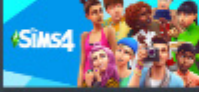




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## The most relaxing games on PC (taken from multiple sites)

The most relaxing games on PC are:

Journey | Abzu | Stardew Valley | House Flipper | Donut County |  
Wattam | Gris | Teardown | Everything | Mini Metro | Proteus |  
Unpacking | Tetris Effect | Powerwash Simulator

[What the Golf?](#) | [Animal Crossing: New Horizons](#) | [Donut County](#) | [SnowRunner](#) | [A Short Hike](#) |  
[Tetris](#) | [Proteus](#) | [The Forest](#) | [Firewatch](#) | [Untitled Goose Game](#) | [Everybody's Gone to the Rapture](#)  
| [fiOw](#) | [The Legend of Zelda: Breath of the Wild](#) | [ABZÛ](#) | [Jackbox Games](#) | [Stardew Valley](#) | [Hades](#)  
| [Wattam](#) | [Everything](#) | [Slime Rancher](#)

	<b>PLANET ZOO</b> Management   Simulation   Building   Sandbox   Relaxing NOV 5, 2019 Very Positive   50,304 User Reviews <b>-75%</b> 44,541€ 11,241€
	<b>EURO TRUCK SIMULATOR 2</b> Driving   Transportation   Simulation   Open World   Automobile Sim OCT 12, 2012 Overwhelmingly Positive   433,554 User Reviews 19,991€
	<b>HOUSE FLIPPER</b> Simulation   Design & Decoration   Singleplayer   Building   Sandbox MAY 17, 2018 Very Positive   61,060 User Reviews <b>-80%</b> 20,441€ 4,191€
	<b>THE SIMS™ 4</b> Free to Play   Sandbox   Life Sim   Immersive Sim   Building JUN 18, 2010 Very Positive   75,028 User Reviews Free To Play
	<b>AMERICAN TRUCK SIMULATOR</b> Automobile Sim   Driving   Open World   Transportation   Simulation FEB 2, 2016 Overwhelmingly Positive   55,555 User Reviews 19,991€
	<b>STARDEW VALLEY</b> Farming Sim   Life Sim   Pixel Graphics   RPG   Multiplayer FEB 26, 2016 Overwhelmingly Positive   430,545 User Reviews 13,991€
	<b>CONSTRUCTION SIMULATOR</b> Simulation   Multiplayer   Racing   Career Game   Open World SEP 20, 2022 Very Positive   5,112 User Reviews <b>-20%</b> 20,201€ 16,191€
	<b>POTION CRAFT: ALCHEMIST SIMULATOR</b> Singleplayer   Crafting   Simulation   Relaxing   Medieval DEC 15, 2022 Very Positive   15,115 User Reviews 12,491€

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