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Gamifying the Human Wellness Model:

Using Memory and Recall Challenges → Abstract Resource Allocation

Game Title:
"Wellness Village"



Players build and manage a wellness-focused village, making strategic decisions about limited resources. It encourages thoughtful prioritization, critical thinking, and community-oriented values.

Objective:

- Strategically allocate limited resources across wellness dimensions to grow and sustain a thriving community.
 - Maximize overall wellness through balanced resource management.

% Gameplay Mechanics:

- **Players:** 2–5 individuals or small teams.
- Materials: Simple tokens (rocks, sticks, coins), paper, or just imagination.

• Set Up:

Each player receives 10 "wellness tokens" to spend each round.

• Wellness Dimensions (categories to allocate tokens):

Category Symbol Example Allocation

Cognitive

Learning, Knowledge, Ideas

Nutrition, Health

Spiritual Reflection, Gratitude, Mindfulness

Connections
Friendships, Community, Cooperation

Environmental
Sustainability, Nature, Resource Conservation

Rounds of Play:

Round 1 (Planning Phase):

Each player secretly allocates their **10 tokens** across categories based on their strategy for optimal wellness.

(Example: 3 tokens ♠, 2 tokens ♠, etc.)
 Round 2 (Reveal and Discussion Phase):

Players openly share allocations and briefly explain their reasoning.

Example:

"I invested heavily in because connection builds trust and unity, but I put fewer tokens in as I

felt community would naturally support sustainability."
 Round 3 (Adjustment Phase) (Optional advanced mode):

Players can adjust their allocations based on community dialogue

Scoring & Outcomes:

After allocations are revealed, players discuss the collective wellness state created by everyone's choices:

- Balanced Score: Each player aims for balance across all five wellness dimensions.

 (Most balanced allocation earns bonus points.)
- Specialization Bonus: Players who clearly articulate a unique strategy or vision receive bonus points.
 Reflection Bonus: Players who thoughtfully adjust after dialogue earn additional
- recognition.

Strategic Element (Advanced Play):

- Players can form temporary partnerships to leverage combined resource allocations.
 Players justify their strategy openly, advocating and influencing others' allocations
- Players justify their strategy openly, advocating and influencing others' allocations positively.

Reflection Phase (Endgame):

At game conclusion, players reflect:

- What insights emerged from different resource strategies? How does this allocation mirror their real-life resource distribution?
- How can these abstract decisions translate into real-world wellness actions?

Outcomes & Benefits:

- Enhances strategic decision-making and negotiation skills. Strengthens ability to manage and balance personal resources.
- Encourages thoughtful discussions about real-world wellness trade-offs.

Accessibility & Universal Appeal:

- Playable with minimal or zero resources.
 - Easy adaptation across cultures and settings.
- Promotes unity, collaboration, and respectful resource management dialogue.

"Wellness Village" powerfully integrates strategic thinking, meaningful collaboration, and real-world wellness awareness—developing human agency through thoughtful decision-making and resource

stewardship.