



## Gamifying the Human Wellness Model:

Using Memory and Recall Challenges (e.g., "I'm going on a picnic" or spatial memory games)



**Game Title:**  
"Memory Garden"



**Concept:**

A simple yet engaging memory game where players sequentially build a wellness garden in their imagination, boosting memory, focus, and interconnected awareness of holistic wellness.




**Objective:**

- Strengthen memory and cognitive pathways.
- Reinforce wellness habits across all five wellness dimensions.



**Wellness Dimensions (Symbols):**

-  **Cognitive**
-  **Physical Wellness**
-  **Spiritual Wellness**
-  **Human Connections**
-  **Environmental Wellness**




**Gameplay Mechanics:**

- **Players:** 2 or more, seated in a circle.
- The first player begins by saying:  
"In our Wellness Garden, I planted..." and names an action or object representing one wellness dimension clearly.
- Each subsequent player repeats all previously planted items/actions **in exact order**, adding their own wellness item at the end.



**Examples:**

- **Player 1 (Physical):**  
"In our Wellness Garden, I planted **fresh strawberries** (, physical wellness)."
- **Player 2 (Cognitive):**  
"In our Wellness Garden, I planted strawberries to nourish the body, and added a bookshelf filled with books for cognitive wellness."
- **Player 3 (Environmental):**  
"...I planted berries, books, and a recycling bin to keep the garden sustainable."
- Each new turn increases complexity, challenging recall, attention, and creativity.



**Gameplay Mechanics (Simplified Rules):**

- **2+ Players**, all ages.
- Player who first misses recalling the sequence correctly either:
  - Takes a friendly penalty (e.g., humorous consequence, brief mindful breathing), or
  - Supports the group by affirming something positive about another player's contribution.
- Continue until one clear winner emerges or the group collectively decides to conclude, reflecting on the beautiful "garden" created.



**Optional Advanced Variations:**

- **Timed Mode:** Players have limited time to recall and add.
- **Collaborative Mode:** Players help each other recall to build stronger cooperation.
- **Visualization Mode:** Players close eyes while recalling, enhancing vivid imagery and mindfulness.



**Victory Conditions:**

- Primarily about collaboration and growth rather than strict winning/losing.
- Celebrate collective achievement of wellness complexity (garden beauty, diversity, creativity).



**Wellness Benefits:**

- **Memory and Cognitive Strengthening:** Regularly exercises short-term and working memory.
- **Social Bonding:** Encourages empathy, attentiveness, and supportive interaction.
- **Awareness:** Reinforces practical understanding of holistic wellness elements.



**Accessibility:**

- **Zero materials required**—playable anywhere, anytime.
- Inclusive, culturally neutral, and immediately understandable.

"**Wellness Garden**" cleverly uses memory and recall mechanics to promote human wellness, turning simple cognitive exercises into meaningful experiences of unity, care, and personal agency.