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Gamifying the Human Wellness Model:

Using Strategic Pattern Recognition (Go, Chess, Tic-Tac-Toe style)

Game Title: "LifeGrid"

🥜 Concept:

"LifeGrid" uses pattern recognition gameplay, inspired by Tic-Tac-Toe or Go, to strategically build wellness and holistic growth.

🌃 Game Board:

3x3 or 5x5 grid drawn with chalk, sticks on sand, paper, or any simple medium.

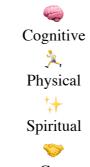
Objective:

- Form strategic patterns (rows, columns, diagonals, or clusters) that represent balanced
 - Achieve a balance across all five wellness categories:
 - Cognitive (
 - 2 Physical (1)
 - Spiritual ()
 - 4 **Human Connections (** ()
 - **Environmental** (**②**) 5

% Gameplay Mechanics:

- Two-player game (can be teams for larger groups).
- Players alternate turns placing symbols representing different wellness categories onto the grid:

Symbol Wellness Category







- Environmental Each symbol placed must reflect a personal action the player commits to doing that day (or week).
 - Example:
 - 📐: "I will walk for 15 minutes today."
 - : "I will spend 20 mins reading."
 - : "I will call a friend."

Scoring (Pattern Recognition):

- Players aim to form wellness patterns:
- Complete line (row, column, diagonal): Achieving balance (1 point).
- **Cluster of same category (3 or more adjacent)**: Focused growth (2 points). Full set (one of each category anywhere): Holistic wellness (3 points).
- Players must **recognize** and announce their intended pattern clearly upon placement.

Strategic Layer (Advanced Play):

- Players can block each other strategically.
- Players must balance short-term goals (quick points) with longer-term strategies (complex patterns, higher points).

Victory Conditions:

- Game ends when all spaces are filled or one player reaches a predetermined point total. Highest points win—but everyone benefits from committed wellness actions.

💫 Example Grid: markdown CopyEdit | 🤝 | 🦎

- Player 1 might announce: "I placed >>, committing to connect with family today, completing my balanced row for 1 point."
- Player 2 might respond: "I'll place to do an act of environmental care, forming a cluster for 2 points."

🍈 Outcomes & Benefits:

- Encourages intentional wellness actions. Strengthens cognitive skills (pattern recognition, strategic thinking).
- Fosters commitment through gamified accountability.
 - Promotes personal growth and meaningful social interaction.

- **Accessibility & Inclusion:**
- Requires minimal resources (chalk, sand, sticks, paper).
- Simple rules allow immediate cross-cultural adoption. Easily scalable (larger grids, multiple teams).

shared goals.

truthPrintz = Yes

By gamifying wellness in this way, we leverage strategic pattern recognition to create practical, engaging experiences that reclaim human agency, foster balance, and unite communities around