

EXCLUDE

Games with a meditative Experience have some commonalities.

Read all following cards to avoid stress factors in your game.

★★★★★

POST-PRODUCTION

Aggressive enemies.

★★★★★

POST-PRODUCTION

Time pressure.

★★★★★

POST-PRODUCTION

Lack of information in form of:

- not enough light
- bad tutorial
- unclear story elements
- no feedback
- unreadable graphics
- untraceable sound

★★★★★

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No rewards and/or excessive punishment.

★★★★★

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Unsuitable genres like:

- Fast pace action shooter
- Horror
- Action
- Survival
- Fighting games
- Tower defense
- Party

★★★★★

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Toxic community.

★★★★★

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Elements which trigger continuous negative emotions such as:

- Fear
- Rage
- Grief
- Loathing
- Boredom
- Disgust
- Annoyance

★★★★★

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INCLUDE

Games with a meditative Experience have some commonalities.

Read the following cards to include stress reducing methods in your game.

Pick 3 cards.

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POST-PRODUCTION

Friendly color palettes and shapes

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POST-PRODUCTION

Relaxing soundscape

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POST-PRODUCTION

Positive story

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High degree of control over their gameplay.

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POST-PRODUCTION

The option to save whenever the player wants.

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POST-PRODUCTION

Big and open play fields

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Open endings. Let the players continue playing your game after they finished the main campaign.

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