

GUIDELINES I

Games with a meditative Experience have some commonalities.

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



Aggressive enemies.



Time pressure.



Lack of information in form of:

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



No rewards and/or excessive punishment.



Unsuitable genres like:

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



Toxic community.



Elements which trigger continuous negative emotions such as:

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



GUIDELINES II

Games with a meditative Experience have some commonalities.

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

Pick 3 cards.



Friendly color palettes and shapes



Relaxing soundscape



Positive story



High degree of control over their gameplay.



The option to save whenever the player wants.



Big and open play fields



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

