

EXCLUDE

Games with a meditative Experience have some commonalities.

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

★★★★★
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Aggressive enemies.

★★★★★
MEDITATIVE PRODUCTION

Time pressure.

★★★★★
MEDITATIVE 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.

★★★★★
MEDITATIVE PRODUCTION

Unsuitable genres like:

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

★★★★★
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Toxic community.

★★★★★
MEDITATIVE PRODUCTION

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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Friendly color palettes and shapes

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Relaxing soundscape

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Positive story

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High degree of control over their gameplay.

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The option to save whenever the player wants.

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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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