

GUIDELINES I

Games with a meditative Experience have some commonalities.

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

★★★★★
MEDITATIVE

Aggressive enemies.

★★★★★
MEDITATIVE

Time pressure.

★★★★★
MEDITATIVE

Lack of information in form of:

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

★★★★★
MEDITATIVE

No rewards and/or excessive punishment.

★★★★★
MEDITATIVE

Unsuitable genres like:

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

★★★★★
MEDITATIVE

Toxic community.

★★★★★
MEDITATIVE

Elements which trigger continuous negative emotions such as:

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

★★★★★
MEDITATIVE

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.

○ ○ ○ ○ ○
MEDITATIVE

Friendly color palettes and shapes

○ ○ ○ ○ ○
MEDITATIVE

Relaxing soundscape

○ ○ ○ ○ ○
MEDITATIVE

Positive story

○ ○ ○ ○ ○
MEDITATIVE

High degree of control over their gameplay.

○ ○ ○ ○ ○
MEDITATIVE

The option to save whenever the player wants.

○ ○ ○ ○ ○
MEDITATIVE

Big and open play fields

○ ○ ○ ○ ○
MEDITATIVE

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

○ ○ ○ ○ ○
MEDITATIVE