

EXCLUDE

Games with a meditative Experience have some commonalities.

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

★★★★★
MEDITATIVE PRODUCTION

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*
- *unclear sound design*

★★★★★
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No rewards and/or excessive punishment.



★★★★★
MEDITATIVE PRODUCTION

Unsuitable genres like:

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

★★★★★
MEDITATIVE PRODUCTION

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



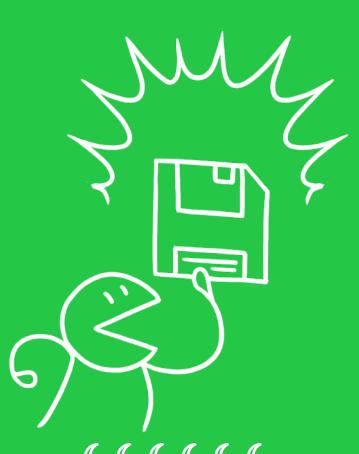
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High degree of control over the gameplay.



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MEDITATIVE PRODUCTION

The option to save whenever the player wants.



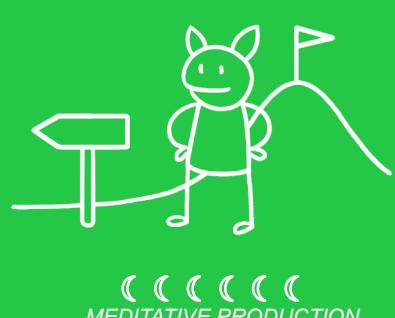
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Big and open play fields



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MEDITATIVE PRODUCTION

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



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