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Hi, my name is Malik and i'm studying the Master in Game Design at the ZHdK. The informations you provide for this survey is a part of my Master thesis and it will help me to create a toolkit for Game Developers, who want to design a relaxing game experience for the players. You don't need to be a game developer to fill out this survey. You can write here your name or username if you want:

Zoe

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How many hours do you spend, on playing video games per week?

5

3

Do you play video games to relax?

Yes

4

Please name at least 3 video games, which offer in your opinion a relaxing experience, with an explanation as to why you feel relaxed (more answers are also welcome):

Hitman

5

Please name at least 3 video games, which offer in your opinion a stressfull experience, with an explanation as to why you feel stressed (more answers are also welcome):

Hitman has a very slow pace and you can just sit and observe targets and objectives before choosing to act. You are in control of the games pace. The environments tend to also be very pleasant.

Zelda BotW has a very atmospheric world with lots of great ambient effects and a tranquil subdued pace. I find it very relaxing to wander around and check stuff out. The soft colors and chill music are important to this.

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Am i allowed to quote your statements?

Yes

Thank you very much for participating, you can type here other comments, in regards to relaxing game experiences. Please share this survey with other people, to get as many valuable information as possible!

Letting players control the pace of the game is the most important part of making a game relaxing. Making the world react to them rather than forcing them to react to the world prevents the anxiety which is antithetical to relaxation.