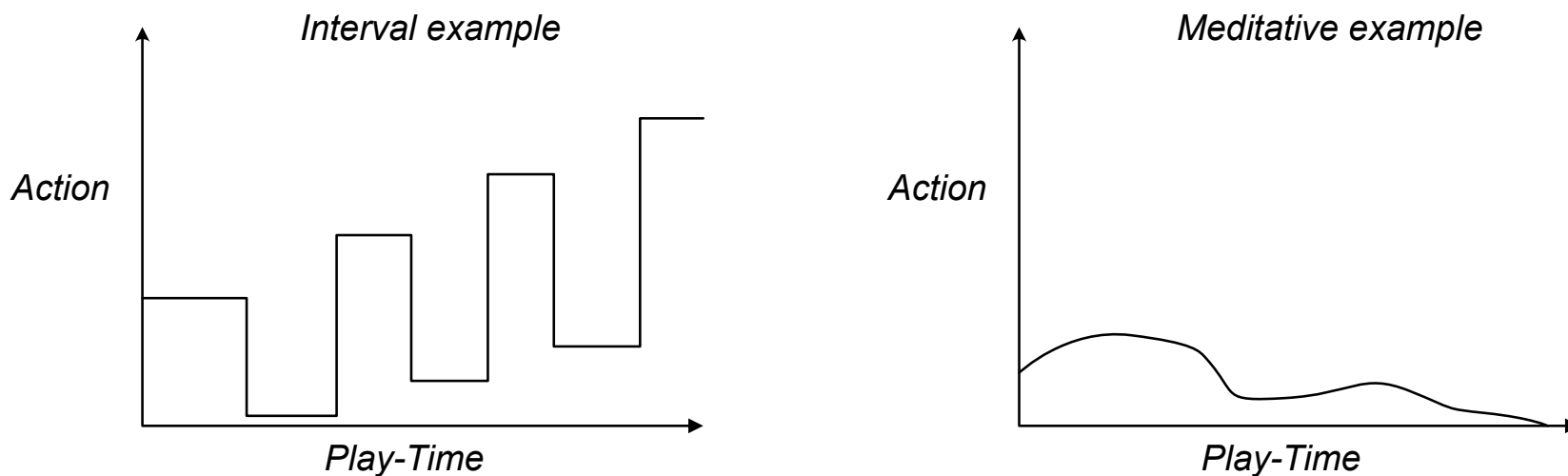


MANUAL 2 OF 3

The topics "Meditative" and "Interval" are the core of this set. I defined these terms as a result of my research of different games. Here you can see two graphs which represent in an abstract way the interaction between players and games (or more specifically a level of a game) through time.



Games which contain an **interval**-curve have an alternate order between action (i.e. more enemies, difficult puzzles, drama in a story line, music tenses up, "aggressive" visuals etc.) and relaxation (i.e. player walks around knowing nothing is going to happen, save points, story changes to a friendly mood, music is friendlier, visuals communicate that the player is safe etc.). Usually the curve rises with each challenge in your game, since the player gets better at playing your game.

Examples of games with an **interval** curve are: Journey (Jumping and maneuvering character through levels are tension, storytelling and end of a level are relaxation) Dark Souls (Bonfires are safe spaces where the players relax, enemies and maneuvering character through levels are tension), Fortnite (Shooting and defending creates tension in players, exploring and collecting is relaxing).

Games which contain a **meditative** curve usually give the players full control over the game, avoid time pressure, don't include "aggressive" enemies, are open ended, focus often on exploring and creating etc. The players have a relaxing experience throughout the whole game.

Examples of games with a **meditative** curve are: Universe Sandbox (you can create and destroy whatever you want whenever you want), Sims (You can create and choose your life), Everything (you can be everything and don't have time pressure).

Games can also contain **both** curve types. This is the case if the game presents a main challenge (collect a certain amount of money until day X) and let's the players manage how they want to achieve that (farming, fishing, fighting, interact with other NPC's). It can also appear if a game has the overall curve structure of one curve type but offers the players side games which have the opposite curve structure (i.e. main game interval-curve: collect all badges by fighting with your monsters against other NPC's. side game meditative-curve: take care of the monsters by petting and feeding them whenever you want).

Examples of games which contain **both** curve types: Stardew Valley (each day can be played in a meditative or a interval way) Pokémon (fight other trainers, you can take care of your pokémon), Minecraft (defeat the game by building, fighting and mining or create whatever you want)

Although the curves can have different shapes, they are usually distinguishable.