

## 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



MEDITATIVE PRODUCTION

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



MEDITATIVE PRODUCTION

## INCLUDE

Games with a meditative Experience have some commonalities.

Read the following cards to include stress reducing methods in your game.

Pick 3 cards.



MEDITATIVE PRODUCTION

Friendly color palettes and shapes



MEDITATIVE PRODUCTION

Relaxing soundscape



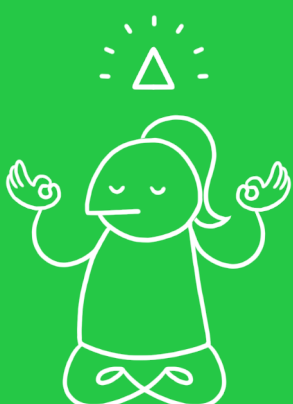
MEDITATIVE PRODUCTION

Positive story



MEDITATIVE PRODUCTION

High degree of control over the gameplay.



MEDITATIVE PRODUCTION

The option to save whenever the player wants.



MEDITATIVE PRODUCTION

Big and open play fields



MEDITATIVE PRODUCTION

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



MEDITATIVE PRODUCTION