

## EXCLUDE

*Games with a meditative Experience have some commonalities.*

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

★★★★★  
POST-PRODUCTION

*Aggressive enemies.*

★★★★★  
POST-PRODUCTION

*Time pressure.*

★★★★★  
POST-PRODUCTION

*Lack of information in form of:*

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

★★★★★  
POST-PRODUCTION

*No rewards and/or excessive punishment.*

★★★★★  
POST-PRODUCTION

*Unsuitable genres like:*

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

★★★★★  
POST-PRODUCTION

*Toxic community.*

★★★★★  
POST-PRODUCTION

*Elements which trigger continuous negative emotions such as:*

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

★★★★★  
POST-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.*

⌚⌚⌚⌚⌚⌚  
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*Friendly color palettes and shapes*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

*Relaxing soundscape*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

*Positive story*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

*High degree of control over their gameplay.*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

*The option to save whenever the player wants.*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

*Big and open play fields*

⌚⌚⌚⌚⌚⌚  
POST-PRODUCTION

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

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POST-PRODUCTION