

Games for wellness:

exploring how storytelling and character actions in media affect audiences, and how these principles can be applied to create games which encourage positive self-care practices in players.

Sprint 1 review

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Sprint Review

What I did this sprint

- Created my GDD document and filled out the basics, including the problem domain, project description, setting.
- Created and populated a document of useful studies and articles.
- Created a google form ready to be sent out to get info on people's experiences with media and mental health.
- Planned out essay structure in a document using recommendations and the specification.
- Wrote a first draft of my introduction.
- Created a testing document to record the processes of data gathering and user testing.

Issues and blockers this sprint

- I didn't have time to send out my survey, so I cannot review the results next sprint as initially planned.
 - In future, I'll prioritise tasks that require input from other people and finish them earlier in the sprint to avoid a knock-on effect.
- Chronic illness flare up meant I couldn't work on the proof of concept dialogue system as I had planned
 - In my backlog refinement stage, I've reduced the scope of this task to be a research task to identify the best way to create a dialogue system for my project. I've moved this to the to-do list for the next sprint.

Sprint Planning

Week 1

- Send out my media and mental health survey
- Work on my game design document
 - Study of similar products
 - Characters
 - Art Direction
- Write essay: background, deliverables, objectives.

Week 2

- Work on my game design document
 - Sound and Music
 - Story progression
 - Marketing
- Write essay: tools and project management