Player



Your tool inspires people to be creative with it. Art, poems, dance—the sky is the limit. What kind of creativity are you inspiring? How do you support people who may feel stuck or uninspired to find their own creativity? Do people need space, or other things to use your tool?

Player

PRIVATE

Private Use

Your tool is meant to be used in private. Could players use your tool in shared, but private spaces? What would happen if a player uses your tool in public? Why is being in a private space important?

Player

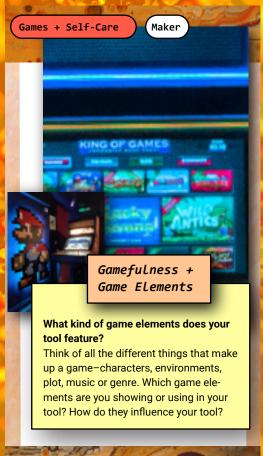
Multiple Ways of Using Your Tool

Your tool can be used in many different ways and offers a variety of "things" to do. What does your tool offer? How do people pick between them? How do people figure out what works best for them? Does your tool have a recommended mode?

Player



Players can be social with others (or each other) through your tool.
How are people social through your tool? In-person or virtually? Can people choose when they want to be social? How does your tool keep people safe from trolls or malicious actors?



Player



Can people make their own decisions in your tool?

How do people interact with your tool? Can people choose their own journey with your tool? How does your tool make choices visible and available to people?

Player

Autonomy

How does your tool support people's autonomy? How does your tool support people in staying or becoming independent? How does independence inform the type of self-care that your tool is offering?

Player

Processing Feelings

Your tool supports people in understanding their own feelings. How does your tool support people to make sense of what's happening inside of them? What about positive, negative, neutral or complicated? emotions? Are you focusing on the bigger picture or on the moment in which they use the tool?

Community

Involving Community

Your tool is only possible through the involvement with a community and learning from other people. Which community will you involve? Do you belong to this community? How do you know this community? How do you ensure that people are included in fair, transparent and mutual ways?



interact with your tool's playfulness?

Community

Thinking about the Bigger Picture

Your tool inspires people to think about the world as a whole.

Your tool makes people consider the bigger picture: How do they and their mental health fit into it?

Player

True to Yourself

Your tool tries to be a genuine space for people to be in, without judgement.

How does your tool provide this space? Through activities? How can people "be" themselves in your tool?





time?

Games + Self-Care Player

Inspiring Motivation

Let's go! They are things to be done! Your tool is designed to inspire motivation and drive in people.

How does your tool inspire motivation? Can players pick different motivations? How does your tool support people in figuring out what they want to achieve?

Player

Personal Understanding + Self-Discovery

Who am I, and who could I be? Your tool provides people with the space and activities to understand themselves a little bit better.

How does your tool support selfdiscovery? Self-discovery can be very positive, but players may also learn uncomfortable or negative things about themselves. How does your tool support people through this (difficult, but enriching) process?

Maker



Your tool engages with the idea of re-framing games for self-care.

People use regular games for selfcare—through relating to games and all of the elements that they feature, e.g. characters, narratives, characters and environment. How does your tool make use of "re-framing"?

Player



Communication

Which role does communication play in your tool?

Can people communicate with others or themselves through your tool? Through text, voice messages or video? Or through symbols, a list of words or by expressing themselves, like drawing or movement?

Player

Narratives and Stories

Your tool tells people stories, and lets them play and experience narrative(s). How does your tool show its narrative? Is it very open and prominent? Or is it more hidden for players who look for it? Can players change the narrative(s)? Does it put them at the centre, or do they exist outside of it? Or somewhere in between?

Player



Your tool allows for escapism and lets players immerse themselves into a different world.

Which worlds does your tool offer? How do people engage with them? Can players make their own worlds? How do you ensure that people safely return to the real world?

Player



Safe, sound, grounded. Your tool provides people with the space to centre themselves in a chaotic moments.

How does your tool provide safety and calmness? Can people tailor it to what works for them? What happens if your tool fails to ground people? Is there something else that players can fall back on?

Maker



Who are your Players + Audience?

Who are you designing for? Who is your tool's audience?

Who are you designing your tool for? Are you part of this group of people? Why did you pick them as your audience? Have you interacted with members of that group before?

Maker

open

Access

Can different people access and use your tool equally?

Why or why not? How do you communicate who can use and access your tool? Can you ensure equal access for your tool?



Inclusion

Which people, groups and communities benefit from your tool? How do they benefit? Is your tool excluding peoplewhether intentional or unconditional? Why or why not? How can you make your tool as inclusive as possible?

Maker



Ethical and Moral Concerns

What ethical and moral concerns are attached to your tool? Even with the best intentions, what we end up making can cause a lot of harm. Think carefully if your tool should even exist. What are your tool's ethical or moral concerns? What's your worst case scenario?

Community



Your Relationship with Your Audience

What is your relationship with the people you are trying to reach with your tool? Are you part of this group? How do you organise yourself with them? What boundaries, limits and considerations are needed? How do you ensure a good, mutual relationship?

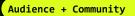
Community



Involving your Audience

Are you including your chosen audience into the design and development your tool?

Think about how you could include and involve people in the making of your tool. What can you learn from them? How can they contribute to your tool?



Community

Building Community

Are you building a community for and with your tool?

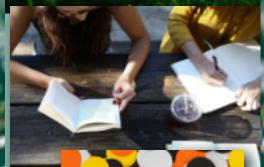
Are you joining an existing community, or are you building a community from scratch? How will you maintain it? Who are you inviting in? How do you keep toxicity out this community?

Community

Beyond your Intended Audience

Could your tool be used by a different group of people than the one you intended? How would they engage with your tool? What issue, problems or new ideas might arise out of this new audience? Can you anticipate your potential audiences?

Community



Learning about your Audience and Community

In which ways are you learning about your chosen audience and community?

How do you ensure that you are learning about your chosen audience in a trustworthy and careful way? Are you conscious of how you relate to them? What boundaries, practises and opinions are you aware of?



Harm + Consequences

Could your tool cause harm, accidentally or otherwise?

Even if it seems unrealistic, consider how people might get hurt through your tool. Are they ways of abusing your tool for malicious purposes? Can people use your tool to hurt others?

Community



Accessibility

Is your tool accessible?

Can people change elements of your tool to suit their needs, e.g. change colours, font sizes or images? Consider potential issues people with needs and different dis/abilities might run into.

Community

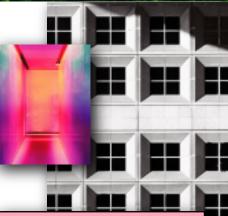


Out-of-the-Box

How easy is it to use your tool?

Are you explaining how your tool works to people? Is there a tutorial? Do people have to be familiar with technology to use it? Do people need to make adjustments before they can use your tool?

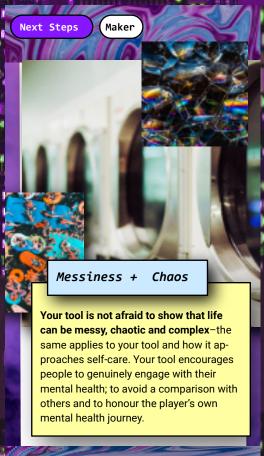
Maker



Customisation + Avoiding "One-Size-Fits-All"

How can people customise your tool for their needs?

Each person has their own individual selfcare needs. How does your tool avoid being "one-size-fits-all"? What parts of your tool can be customised? In which ways?





What could malicious people learn about others that use your tool? How could you secure your tool? Does it ask a lot of information from players?

How do you keep players safe?



(Community



How can people critique your tool? Where and in which ways can people leave criticism? Are you open to feedback? How will you respond to these critiques? Privately, publicly?





Maker

Transparency

How do you communicate the design decisions you made for your tool in clear, understandable ways?

To design and develop your tool, you have to make a lot of decisions. How can other people learn about these choices? Where can they learn about them? Can people have a look behind the scenes?









As a maker, how do you communicate what people can expect from your tool?

Where can people learn about your tool? How do you describe your tool? How do you ensure that what you describe is giving players a clear, truthful idea of your tool?



Commun<u>ity</u>

Imagine Different Futures

Does your tool allow people to dream about their futures?

Thinking about where you want to go is difficult at the best of times.

Can your tool support people in creating new futures for themselves—while avoid presenting cliches or stereotypes?