

Video Game

Ideas

GDD

Idea for Game Progression	Details
Stations	Game/Menu hub in which the user could choose different “stations” and play the minigames in each station. Each station would follow a certain theme and simulate a certain emotion/coping mechanism.
Linear model	The game starts out with the protagonist stressed out. The player then progresses through the game and learns coping mechanisms along with the protag.

- Run on UE5

- Game could deal with stress, emotions, and relaxing the player
- Main Idea: help the player find a healthy way to cope with negative emotions
- Game teaching techniques in ways to maintain or heal your mental health.
- Create a hub with a few different stations, at each station there are minigames that follow a certain theme to stimulate a certain emotion/relax the player a certain way.
- Linear game
- MC learns “skills” to healthily cope with emotions throughout the game (taking a break, deep breaths, etc.)
- The game should probably be in the adventure genre, it’s the genre that fits best
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ARTICLES:

Video Game Addiction:

<https://www.jstor.org/stable/26480727>

Video Game Effects on Health:

<https://www.jstor.org/stable/25460165>

[Video Game Basics:](#)

[How to animate characters \(use CCs\):](#)

Tutorials:

[UE5 beginner tut:](#)

[C++ tut:](#)

Making Video Games:p

[11 Ways of Progression in Video Games](#)

Stress:

<https://www.jstor.org/stable/48634880>