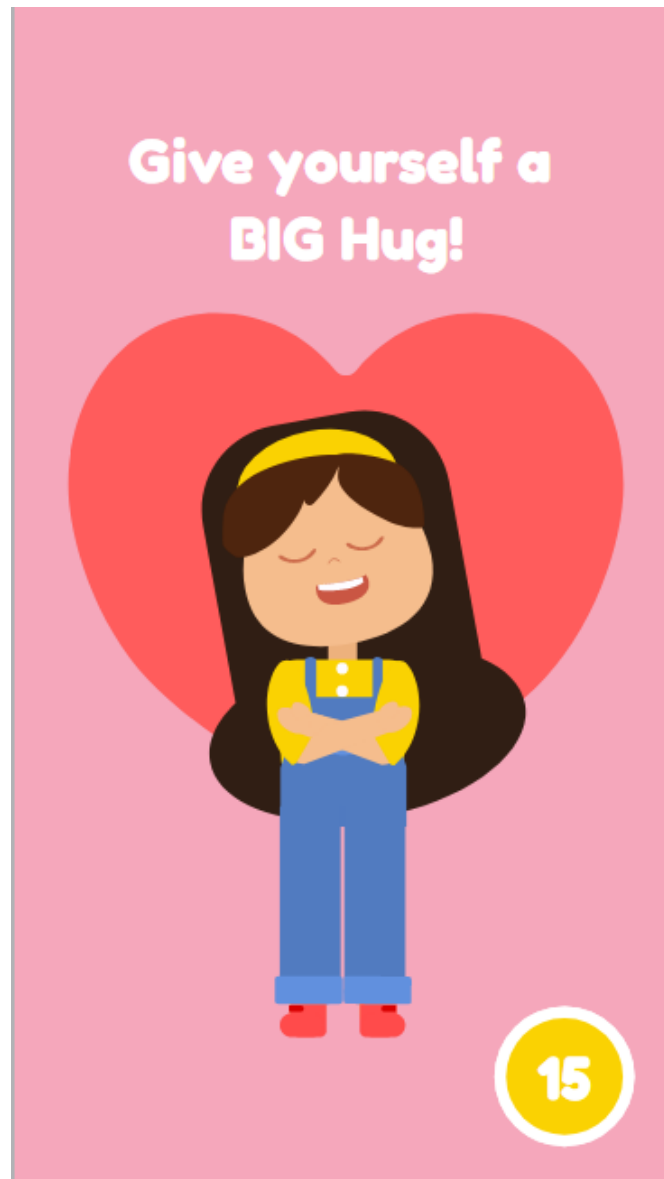


Strategy 7: Self Hug Strategy

Hugs can be extremely comforting. But hugging yourself while you're by yourself could seem a little strange. But did you know that giving yourself a hug has some incredible advantages? You can feel better and have pain relief. Your own touch [lowers](#) your body's cortisol (the stress hormone) levels and helps in relaxation. You can re-create the feelings of comfort and safety by doing this. Self-kindness exercises like this make it simpler to accept yourself as you are and to comfort yourself after challenges or mistakes.

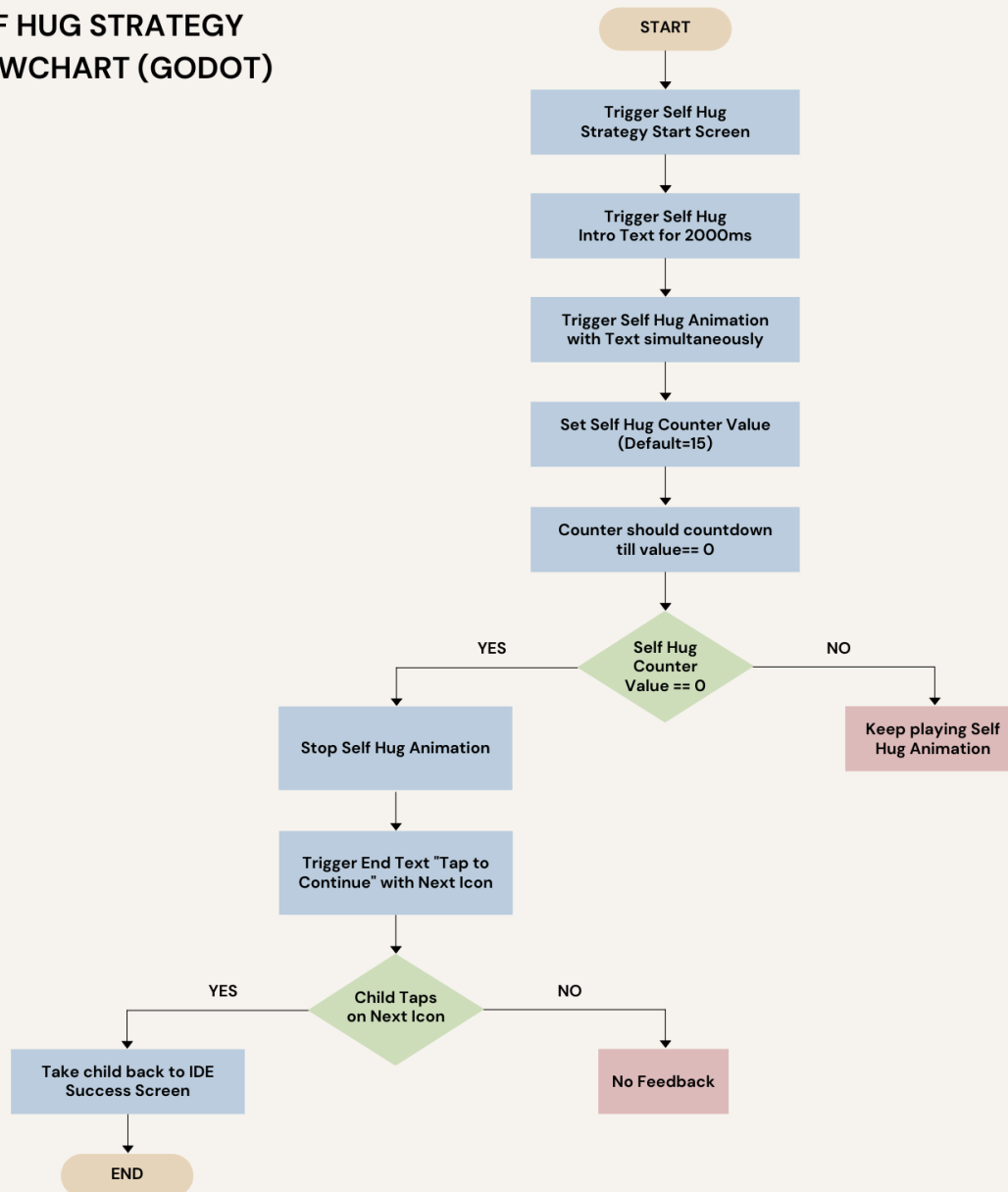


Self Hug Strategy

Self Hug Strategy Logic (Flow Chart)

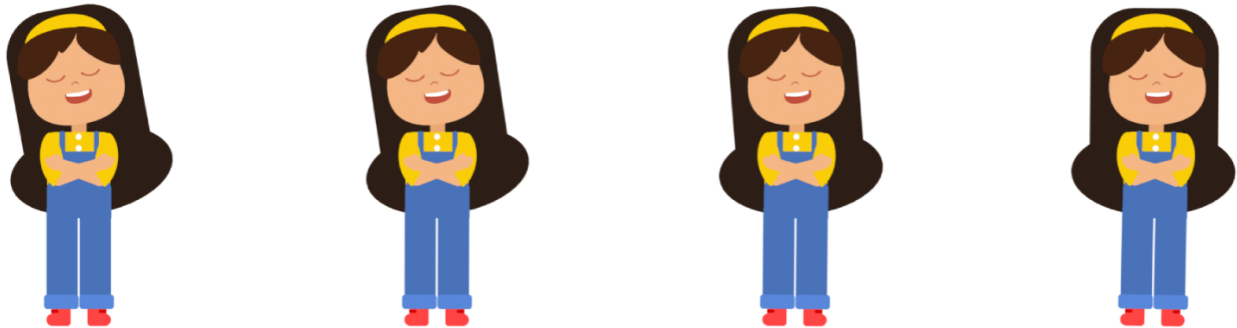
We have implemented the Self Hug Strategy in our game in the following manner.

SELF HUG STRATEGY FLOWCHART (GODOT)



Self Hug Strategy Animation

There is 1 Self Hug Animation used in this mini game. The animation is that of Tilli hugging herself moving side to side for 15 seconds

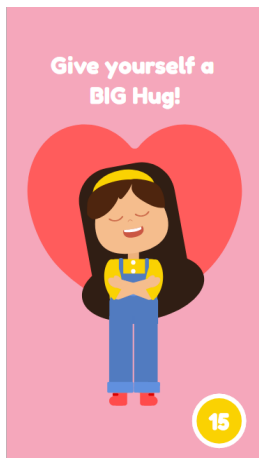


Example of a few frames in the spritesheet

Self Hug Strategy Flow

The screenshots below are the visual representation of the above logic implemented in our game.

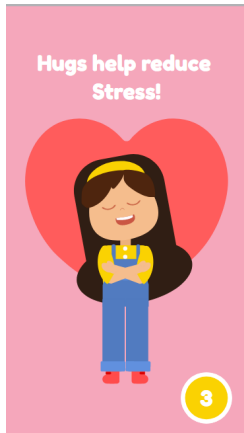
1. Self Hug Strategy Start Screen



Elements present in the screen:

- Background Colour: #f5a7bb
- HUD Intro Text 1: "Give yourself a BIG Hug!"
 - This text explains what the child has to do. In this case, the text tells the child hug themselves
- Self Hug Animation: Displays the Self Hug Animation that is starts playing after 2000ms
- Heart Asset: Placed behind the Self Hug Animation
- Self Hug Counter: Displays how long the animation will play for and counts down (starting default value==15)

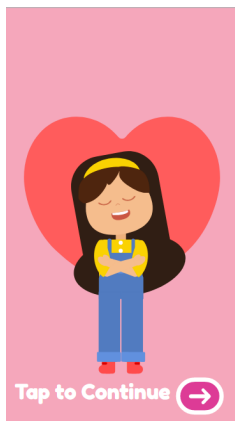
2. Self Hug Strategy Animation Screen



In this screen the following happens:

- HUD Intro Text: “Give yourself a BIG Hug!” changes to “Hugs help reduce stress”
- Self Hug Animation starts playing
- Self Hug Counter starts counting down to 0

3. Self Hug Strategy End Screen

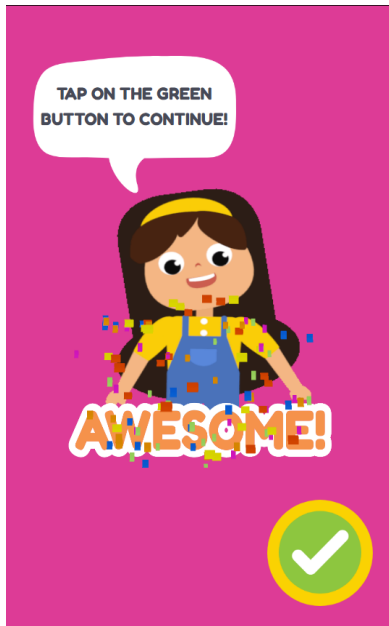


When the Self Hug Counter is equal to 0, the following events happen at the same time:

- Self Hug Animation stops
- HUD Intro Text: “Hugs help reduce stress” disappears
- Self Hug Counter changes to the “Next Button” shown above
- Self Hug End Text that says “Tap to Continue” is displayed

This prompts the child to click on the “Next Button” to move on to the next flow

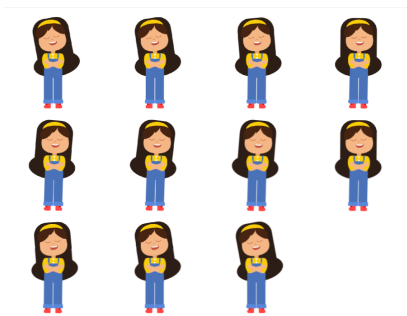
Clicking on the “Next Button” will take the child back to the IDE flow that displays the Strategy Success Screen as shown below:



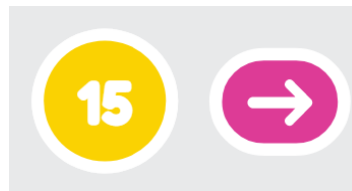
Self Hug Strategy Assets:

You can find all the assets for this Strategy in **Penpot**

- **Self Hug Spritesheet (Animation)**
- **UI Components such as Counter & Next Button**



Self Hug Spritesheet



Common UI Elements



Heart Asset

Self Hug Strategy Sounds:

There are 4 sound files used for the Self Hug Strategy

- **Give Yourself a Big Hug_Tilli:** Sound triggers when the game launches and displays the “Give Yourself a Big Hug” text and stops after the audio is played once
- **Self Hug BG:** Background music that plays when the Self Hug Animation starts playing and stops after 15 seconds
- **Tap To Continue_Tilli:** Sound triggers when the HUD Intro Text that says “Hugs help reduce stress” text disappears and the HUD End Text “Tap to Continue” is displayed

Self Hug Strategy Scripts:

There is only 1 script for creating the Self Hug Strategy in Godot:

- **HUD_HugActivity.gd:** This script handles everything for this strategy to work:
 - Plays the Give Yourself a Big Hug_Tilli audio prompting the child to self-hug and displays the appropriate text
 - Once the Timer of 2000ms is done, it starts playing the Self Hug BG audio & updates the Self Hug Counter
 - Now, it starts the Self Hug Counter to countdown from 15 seconds (Timer) after which it prompts player to continue to exit the strategy

GitHub link for Self Hug Strategy: [HERE](#)