

Blake Herndon

INFM480

Proposed Tools

This is a list of innovative tools that could be implemented to enhance gaming wellness features for consoles, going beyond existing parental controls and tools already implemented:

- **Dynamic Breaks**
A tool that analyzes playtime patterns and recommends dynamic break schedules based on gameplay duration, intensity, and time of day.
- **Wellness Goals**
Introduces wellness goals that players can "unlock," such as taking breaks, exercising, or logging off at specific times. Players earn badges or points for achieving these goals, encouraging healthy habits in a fun way.
- **Game Pause Alerts**
Pauses the game at natural stopping points with messages like "Time to take a break!" or "Great progress! Take a quick 5-minute stretch."
- **Daily Play Reports**
Provides daily reports on gameplay, including total time played, number of breaks taken, and sleep reminders. It could also offer personalized tips based on patterns, such as reducing late-night gaming.

- **Parent Messaging**

Allows parents to leave notes, set agreements, or celebrate gaming achievements.

- **Mood Alerts**

Detects frustration or fatigue during gameplay and suggests calming breaks. This would include access to microphone, allowing to pick up emotional signals.

Uses AI to detect frustration or fatigue in players (based on in-game behavior or interactions).

Suggests calming breaks when emotional spikes are identified.

- **Sleep Mode**

Automatically disables the console during predetermined hours, ensuring that late-night gaming doesn't interfere with rest.

Offers an override option with a cooldown period for emergency access.

- **Family Goals Tracker**

A shared dashboard where families can set collaborative gaming and wellness goals, such as "2 hours of gaming max today" or "complete chores before gaming."

- **Positive Reinforcement**

Trophies or points are granted when agreed time limits are met.

- **Focus Mode**

Locks the console for a set time, allowing kids or adults to focus on other responsibilities.