OPTAVIA Healthy Habits Game Design Challenge

About the **OPTA**VIA Healthy Habits Game Design Challenge

Whether in school or at home, kids engage in gameplay every single day. They create their own games on their own and with their friends and classmates. The *OPTAVIA Healthy Habits Game Design Challenge* seeks to tap into this creative energy and inspire students to create games that build, develop, and encourage healthy habits!

Physical games, whether card, dice, or board, present great opportunities to connect, compete, and learn from others. In the *OPTAVIA Healthy Habits Game Design Challenge*, students will engage in a hands-on STEM experience with their friends and classmates. The Challenge will encourage learning, computational thinking, and fellowship, as well as many other 21st-century skills. This virtual experience will enable K-12 students to learn more about game development, healthy habits, and their own creativity!

We are excited to provide all learners with an opportunity to design a game, no matter their age or previous experience. All students will create a:

- Game Design Document
- Physical Prototype
- Gameplay Video

For students participating without a teacher, there will be weekly presentations throughout the months of November and December from Game Development Professionals that correspond to the week's lesson.

About the Theme: Healthy Habits

As the platinum sponsor of the Healthy Habits Game Design Challenge, **OPTA**VIA has challenged you to design a game that promotes healthy habits. There are countless healthy habits, so we encourage you to think about habits in the context of the Habits of Health. Developed by **OPTA**VIA co-founder, Dr. Wayne Andersen (Dr. A), the Habits of Health gets your mind and body working together and helps you replace unhealthy habits with healthy ones. The Habits of Health are simply broken down into macroHabits and microHabits.

macroHabits: The foundations of optimal health and well-being.
- **Healthy Eating & Hydration** – A focus on portion control, meal frequency, nutrients, eating a balanced diet, and the importance of water and proper hydration.
- **Healthy Motion** – Formal exercise as well as smaller activities and strategies for moving your body throughout the day.
- **Healthy Sleep** – Proper sleep as well as focus and productivity.
- **Healthy Mind** – How you make choices, understand patterns and triggers, and maintain calm and resilient with self-awareness and mindfulness.
- **Healthy Surroundings** – The people, places and things you surround yourself — which all affect health. Build a "health bubble", a sense of healthy connections, including a support system and lasting relationships.

microHabits: The building blocks of the Habits of Health in bite-sized pieces.
- Daily, incremental steps that make the behavior easy to do so that, over time, the larger macroHabits are adopted successfully.
- The idea is to take each desired macroHabit and decrease its complexity into a small, doable daily action that fits into a repeated loop.
- Have you heard of the phrase – "Eat an elephant a bite at a time"? That is a microHabit.

At **OPTA**VIA, we believe that everyone should have the access and education to create healthy habits, no matter where you live and how old you are… your games will help us achieve that goal!

Available Resources

Students can use the following resources as part of their participation in the *OPTAVIA Healthy Habits Game Design Challenge*.

- [Game Design Challenge Lesson Plans](#)
- Questions Email: events@legendsoflearning.com
- [Challenge Registration](#)
- [Weekly Presentations](#)
  - November 1st, 4 pm EST: Opening Ceremony, featuring Keynote Speaker from **OPTA**VIA
  - November 4th, 5 pm EST: Theme and Storytelling in Games, presented by [Unexpected Game](#)
  - November 9th, 4 pm EST: How to Prototype Your Game, presented by [Gamewright](#)
  - November 16th, 3 pm EST: Rolling with Change, How to Develop Your Game, presented by [Calliope Games](#)
  - December 2nd, 4 pm EST: The Pain and Reward of Playtesting!, presented by [Ravensburger](#)
  - January 13th, 5 pm EST: Closing Ceremony, with the announcement of winning games!

Paper Prototype Development

Students are highly encouraged to create a paper prototype of their board, card, or dice game.

Recommended Materials:

- Paper (blank and/or graph paper)
- Scissors
- Pens, pencils, or markers
- Ruler
- Clear adhesive tape
- Dice / counters (optional, depending on design)
- Magazines to clip for images

Paper Prototype Image Examples

MOVER

ATAQUE

Enemy Wall

MOVER,

ATAQUE

DEFENSA

How many pine species are there?

A. 230
B. 200
C. 193
D. 111

Answer: D

Dare:

Tie your hands and ankles for the round.

Start