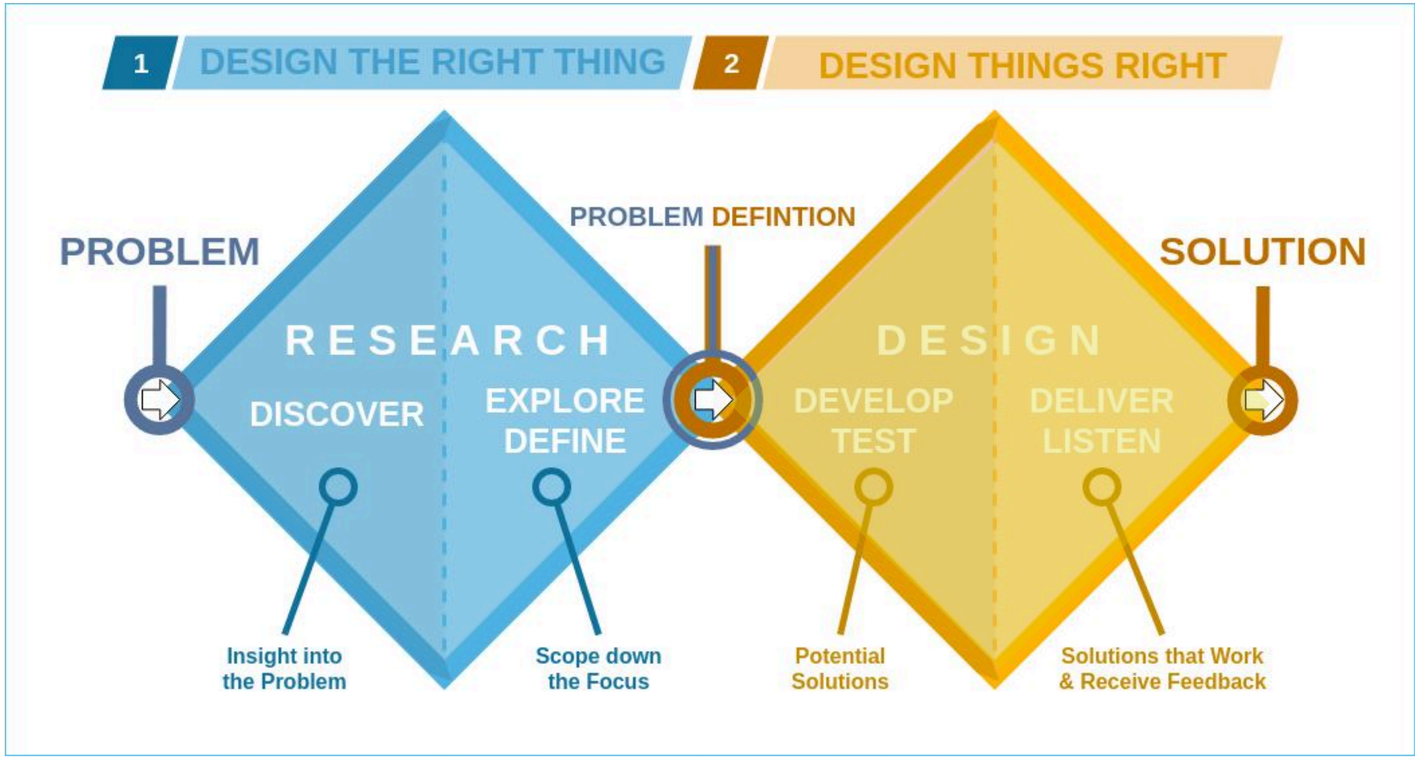
The Future of Mindful Gaming for Older Adults

My Daily Double Diamond Design Thinking — Project 3

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Course: BDI620 — Design Thinking
Date: April 6, 2026



Project Overview
What this project explores

This project focuses on the Discover and Define stages of the Double Diamond methodology.

The challenge

The goal was to explore challenges older adults face when engaging with digital games and to identify meaningful design opportunities for more accessible and enjoyable experiences.

Why this matters

Rather than jumping directly to solutions, this process emphasized understanding users first and clearly defining the problem.

Devolop: Activities

Activities Used:
- Crazy 8s
- Story boarding
- Low-Fidelity Wire framing

Focus:
- Reducing cognitive load
- Improving onboarding clarity
- Creating emotionally safe interactions

Goal:
Translate research insights into tangible design concepts.



Develop Activity

8 concept dierections

Crazy 8s exploration for mindful gaming for older adults

Concept 01

Guided onboarding

One calm step at a time
Short prompts with reassurance
Reduces first-use anxiety

Concept 02

Large-button interface

Bigger targets and labels
Fewer choices per screen
Better readability and control

Concept 03

Voice guidance

Optional spoken instructions
Useful during onboarding
Supports accessibility

Concept 04

Calm visual system

Soft color palette
Low visual noise
Emotionally safe tone

Concept 05

Step tutorial mode

Practice before real play
No penalty for mistakes
Builds confidence gradually

Concept 06

Minimal navigation

Simple menu hierarchy
Clear back and help actions
Reduces cognitive overload

Concept 07

Adjustable pacing

Repeat instructions anytime
Slower transitions by default
Respects different comfort levels

Concept 08

Gentle encouragement

Affirming feedback language
Celebrate progress quietly
Reinforces confidence

Develop Activity

Storyboard of a first-time older adult user entering a mindful game experience

1 Opens the app

The user sees a soft welcome screen with one clear starting point and minimal visual clutter.

2 Reads simple instructions

The tutorial uses short, plain language and introduces only one interaction at a time.

3 Completes first action

A highlighted area shows where to tap. The interaction feels guided, safe, and easy to understand.

4 Receives encouragement

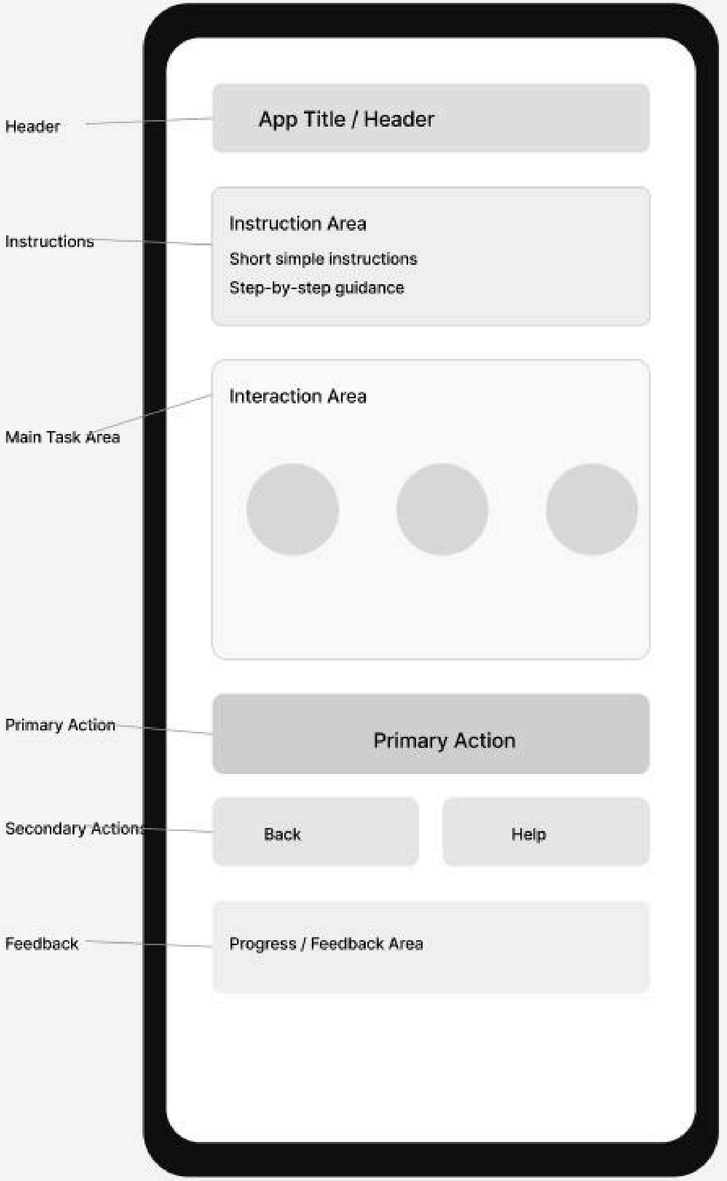
The system responds with gentle feedback that reassures the user without creating pressure.

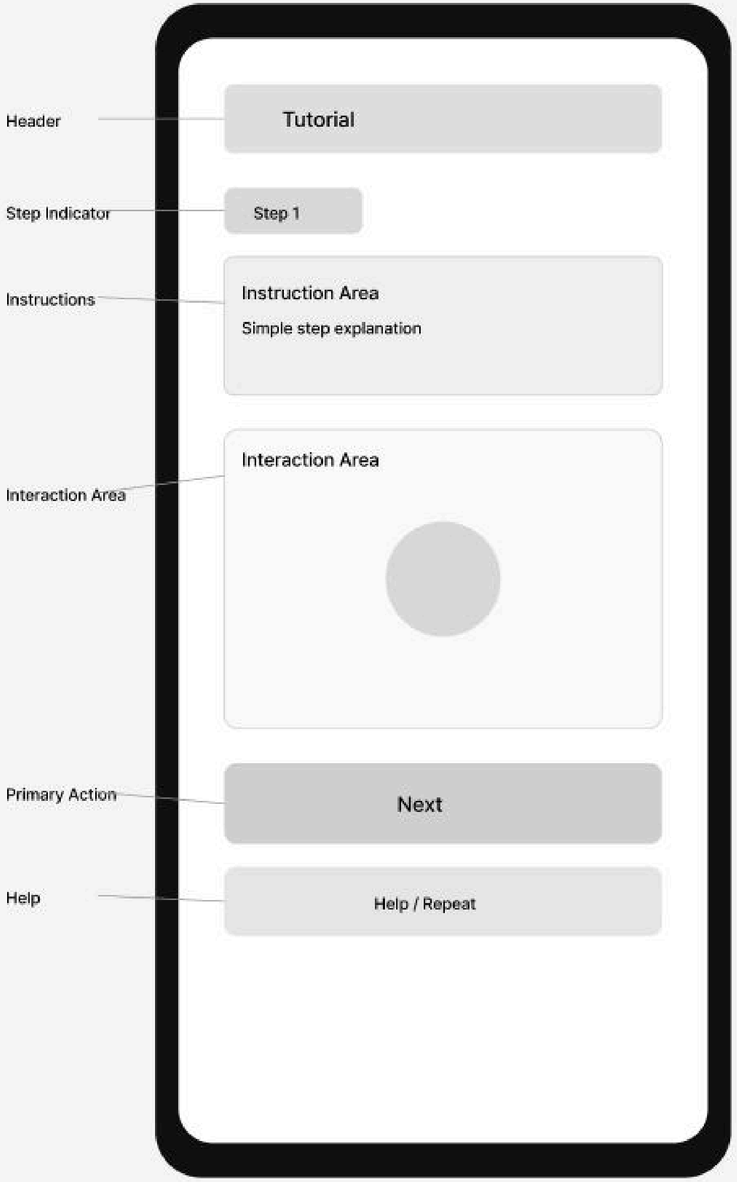
5 Continues at their own pace

The next step appears clearly, with the option to repeat help or move forward when ready.

6 Feels comfortable returning

The experience ends with a sense of confidence, not confusion, supporting future engagement.

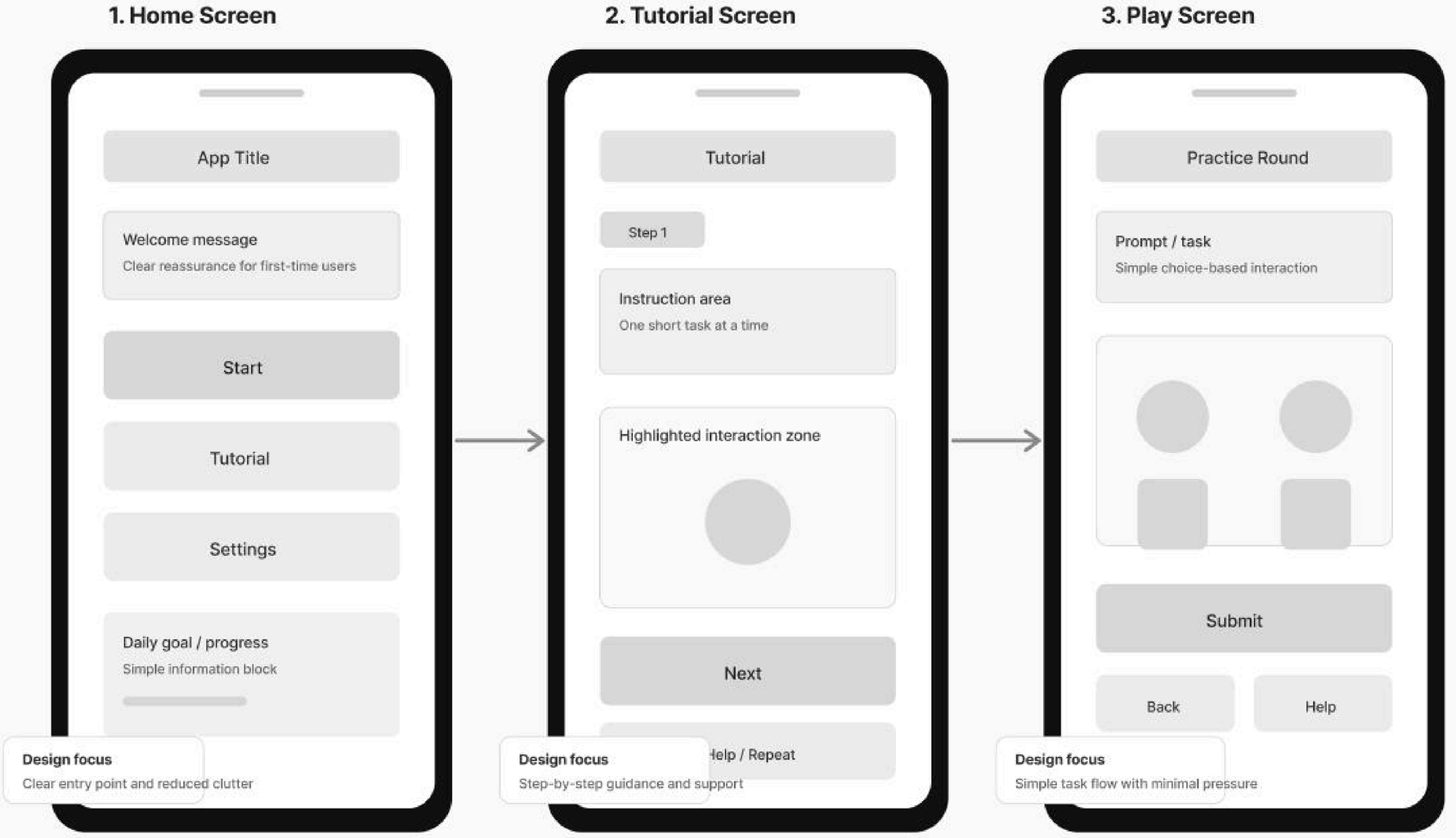

Header
App Title / Header
Instructions
Instruction Area
Short simple instructions
Step-by-step guidance
Main Task Area
Interaction Area
Primary Action
Primary Action
Secondary Actions
Back
Help
Feedback
Progress / Feedback Area


Header
Tutorial
Step Indicator
Step 1
Instructions
Instruction Area
Simple step explanation
Interaction Area
Interaction Area
Primary Action
Next
Help
Help / Repeat

Final Low-Fidelity Prototype

Mindful gaming experience for older adults

Home → Tutorial → Play



Prototype flow: user enters a calm home screen, receives guided support in the tutorial, then completes a low-pressure interaction in the play screen.

Discover: Reflection

Challenges

Translating research insights into clear design solutions without overcomplicating the interface.
Balancing simplicity with functionality while ensuring the experience still felt engaging.

Breakthrough
Realizing that clarity and emotional comfort should guide every design decision.
Testing showed that even small adjustments, like clearer instructions and better spacing, significantly improved usability.

Impact
This stage reinforced that effective design comes through iteration.
By prototyping and refining, I was able to create a more accessible and supportive experience tailored to older adult users.



Deliver: Activities

Activities Used:
- Usability Testing
- Iteration and Refinement

Goal:
Evaluate the effectiveness of the prototype and improve usability based on feedback.



Deliver Activity

Usability test plan for a mindful game interface designed for older adults

Participant

Primary focus: comfort, clarity, and ease of first interaction

Proxy or target user

Tasks

1. Open the home screen
2. Start the tutorial
3. Complete the first action
4. Locate the help feature

Findings

- Large actions felt immediately clear
- Tutorial reduced early uncertainty
- Help option should be more visible
- Calm layout felt welcoming and safe

Deliver Activity

Refinement after testing: improving visibility, clarity, and emotional ease

Before

- Help button felt secondary
- Instructions were too text heavy
- Spacing between actions was tight
- Hierarchy was less clear at first glance

Test insight

After

- Help action enlarged for visibility
- Instructions shortened and simplified
- More spacing improved readability
- Clearer hierarchy supports confidence

Design change



Deliver: Reflection

Challenges

Evaluating the prototype without access to real target users required careful observation and interpretation of usability issues.

Breakthrough

Recognizing that small design changes, such as clearer instructions and improved visibility, had a significant impact on user experience.

Impact

This stage reinforced the importance of testing and iteration. It showed that effective design is an ongoing process of refinement based on user feedback.

Closing

Next Steps:
Continue refining and testing the prototype to further improve accessibility and user comfort.

