			Co-funded by the European Union
Name of the video game	Free to play?	Platform	Type of a game
GRIS	No	PC/Mobile	Platform-adventure
Leaf Blower Revolution	Yes	PC/Mobile	Idle/Incremental
Journey	No	PC/Mobile/Console	Exploration open world/Adventure
Abzu	No	PC/Console	Underwater adventure
Stardew Valley	No	PC/Mobile/Console	Country-life RPG
House Flipper	No	PC/Console	Simulation
Donut County	No	PC/Mobile/Console	Puzzle
Wattam	No	PC/Console	Familiy, simulation
Dorf Romantik	No	PC/Console	Peacful building strategy
A Short Hike	No	PC/Console	Hiking relaxation game
Hiden Folks	No	PC/Mobile/Console	Hand-drawn game
Unpacking	No	PC/Console	Zen puzzle game
Zen Bound 2	No	PC/Console	Down-tempo indie puzzle game
Everything	No	PC/Console	Playable character game/simulation
flOw	Yes	Browser	Underwater simulation
Flower	No	PC/Mobile/Console	Environmental simulation
Fez	No	PC/Console	Puzzle platformer
Favorite Puzzles	Yes	Browser	Puzzle
Sandspiel	Yes	Browser	Simulation sand game
Find the difference	Yes	Browser	Spot-the-difference
Blob Opera	Yes	Google	Music experimental
Feelsy	Yes	Mobile	De-stress game
Enso-The Meditation Game	Yes	Mobile	Zen budism app/game
My Oasis	Yes	Mobile	Idle Clicker game
Hex: Anxiety Relief Relax Game	Yes	Mobile	Casual game
Bedtime stories for adults	Yes	Mobile	Storytelling app
Shapes: Anti Stress Therapy	Yes	Mobile	Puzzle, casual game
Forest Island: Relaxing Game	Yes	Mobile	Idle animal simulation game
Energy: Anti Stress Loop	Yes	Mobile	Casual game
Linea: an innerlight game	Yes	Mobile	Storyline puzzle game
Cats and soup	Yes	Mobile	Idle simulation game

Terrarium: Garden Idle	Yes	Mobile	Crop idle game
Jigsaw Puzzles	Yes	Browser	Jigsaws
Zen Koi Classic	Yes	Mobile	Stilylish, simulation game
Tsuki Odissey	Yes	Mobile	Passive adventure game
I love Hue	Yes	Mobile	Puzzle mosaic game
Alto`s Odissey	Yes	Mobile	Raicing, stunt-driving game
Monument Valley 1 and 2	No	Mobile	Abstract puzzle
That Sky Game	Yes/No	Mobile/PC	Social adventure game
Zenge	No	Mobile	Peculiar puzzle game
Desertopia 1 and 2	Yes	Mobile/Web version	Healing simulation game
KAMI 2	Yes	Mobile	Calming puzzle game
Connection-Stress relief	Yes	Mobile	Puzzle casual
Antistress- Relaxation Toys	Yes	Mobile	Simulation
Somnus: Nonogram Puzzle	Yes	Mobile	Puzzle, storytelling
Harmony: Relaxing Music Puzzle	Yes	Mobile	Casual music game
Orbia: Tap and Relax	Yes	Mobile	Action, arcade
Fluid- Trippy Stress Reliever	No	Mobile	Simulation fluid game
Proteus	No	PC	First-person open world, simulation sound
Powerwash Simulator	No	PC	Simulation game

Topic related to Wellbeing of trainers	Description (links)
Emotional/mental health	https://www.devolverdigital.com/games/gris
Relaxation	https://leaf-blower-revolution.fandom.com/wiki/Leaf_Blower_Revolution_Wiki
Life on the road/Reflection	https://thatgamecompany.com/journey/
Life on the road/Reflection	https://abzugame.com/
Life on the road	https://www.stardewvalley.net/
Procrastination/Self-management	https://www.houseflippergame.com/
Fun	http://donutcounty.com/
Familiy/Fun	https://www.funomena.com/wattamgame
Relaxation	https://toukana.com/dorfromantik/
Emotional/mental health/Life on the road	https://ashorthike.com/
Self-management/Relaxation	https://hiddenfolks.com/
Self-management/Relaxation	https://www.unpackinggame.com/
Emotional/mental health and Self-management	http://zenbound.com/
Relaxation	https://www.doublefine.com/games/everything
Relaxation	https://thatgamecompany.com/flow/
Relaxation	https://thatgamecompany.com/flower/
Relaxation/fun	https://fez.fandom.com/wiki/FEZ
Relaxation/fun	https://www.crazygames.com/game/favorite-puzzles
Relaxation	https://sandspiel.club/
Fun	https://www.crazygames.com/game/find-the-difference
Fun	https://artsandculture.google.com/experiment/blob-opera/AAHWrq360NcGbw?hl=en
Emotional/mental health	https://play.google.com/store/apps/details?id=app.feelsy&hl=en≷=US&pli=1
Emotional/mental health	https://play.google.com/store/apps/details?id=com.elesdy.enso&hl=en≷=US
Emotional/mental health	https://games.lol/my-oasis-game/
Emotional/mental health, Physical wellbeing	https://play.google.com/store/apps/details?id=com.infinitygames.loophex&hl=en≷=US
Emotional/mental health, Physical wellbeing	https://play.google.com/store/apps/details?id=co.loona&hl=en_GB
Emotional/mental health	https://play.google.com/store/apps/details?id=com.infinitygames.shapes&hl=en≷=US
Relaxation/fun	https://play.google.com/store/apps/details?id=com.Nanali.ForestIsland&hl=en≷=US
Relaxation	https://play.google.com/store/apps/details?id=com.infinitygames.loopenergy&hl=en≷=US
Relaxation/fun	https://play.google.com/store/apps/details?id=com.infinitygames.linea&hl=en_US
Fun	https://play.google.com/store/apps/details?id=com.hidea.cat&hl=en≷=US

Relaxation	https://play.google.com/store/apps/details?id=sk.phx.terrarium&hl=en≷=US
Fun/relaxation	https://www.jigsawplanet.com/
Relaxation/fun	https://play.google.com/store/apps/details?id=air.com.landsharkgames.zenkoi.android&hl=en≷=US
Fun/connections	https://play.google.com/store/apps/details?id=com.hyperbeard.odyssey&hl=en≷=US
Relaxation/fun	https://i-love-hue.com/
Relaxation/fun	https://play.google.com/store/apps/details?id=com.noodlecake.altosodyssey&hl=en≷=US
Relaxation/fun	https://play.google.com/store/apps/details?id=com.ustwo.monumentvalley&hl=en≷=US
Fun/connections	https://www.thatskygame.com/
Fun	https://play.google.com/store/apps/details?id=com.hamsteroncoke.zenge&hl=en_US
Emotional/mental health	https://desertopia2.com/en/
Relaxation	https://play.google.com/store/apps/details?id=com.stateofplaygames.kami2&hl=en≷=US
Relaxation	https://play.google.com/store/apps/details?id=com.infinitygames.connection&hl=en≷=US
Emotional/mental health	https://play.google.com/store/apps/details?id=com.JindoBlu.Antistress&hl=en≷=US
Relaxation/fun	https://play.google.com/store/apps/details?id=com.gamefox.somnus&hl=en≷=US
Relaxation	https://apps.apple.com/us/app/harmony-relaxing-music-puzzle/id1436170143
Relaxation/fun	https://play.google.com/store/apps/details?id=com.joxdev.orbia&hl=en≷=US
Relaxation	https://play.google.com/store/apps/details?id=games.paveldogreat.fluidsim&hl=en≷=US
Emotional/mental health	https://curvegames.com/our-games/proteus/
Self-management/Relaxation	https://powerwash-simulator.square-enix-games.com/en-us/

Name of the game	Print and play?	Type of a game	Topics related to Wellbeing of trainers
Zen Garden	No	Familiy game	Relaxation/fun
Gentle Rain	No	Abstract	Relaxation/fun
Palm Island	Yes	Deck transforming	Relaxation/Life on the road
Arboretum	No	Familiy card game	Relaxation/fun
Azul	No	Abstract familiy strategy	Relaxaton/fun
Calico	No	Puzzle tyle game	Fun
Patchwork	No	Patchwork quilt game	Fun
Stellar	No	Strategy card game	Relaxation/fun
Photosyntesis	No	Abstract foliage strategy game	Relaxation/fun
The Talking, Feeling and Doing Board game	No	Conversational run-and-chase game	Emotional/mental health
Anger Defuser	No	Coping skills adventure game	Emotional/mental health
Talk-It-Out	No	Communication card game	Emotional/mental health, Self-management
Better Me- The game of Growth	No	Run-and-chase action game	Self-management, Physical wellbeing
Stop, Relax and Think	No	Card game	Emotional/mental health
Reef	No	Abstract strategy game	Relaxation/fun
Aquarius	No	Abstract card game	Fun
Dixit	No/Yes	Associative card game	Fun/reflection
1000 Blank White Cards	Yes	Card, party game	Fun/connections
One-Dimensional Chess	Yes	Strategy	Fun
Jenga	No	Strategy, block stacking game	Relaxation/fun
Cows on the Rows	Yes	Animal card game	Fun
My Shelfie	No	Family abstract game	Self-management, fun
Succulent	No	Abstract set collection game	Relaxation/fun
The Tea Dragon Society Card Game	No	Novel card game	Fun
My Lil` Everdell	No	Familiy card fantasy game	Fun/relaxation
Meadow	No	Set collection game	Relaxation/fun
Canvas	No	Abstract puzzle art game	Self-management/relaxation
Kanagawa	No	Pattern building game	Relaxation/fun
The Gardens	No	Set collection and tile placement game	Self-management/fun
Verdant	No	Spatial puzzle game	Green thumb skills/fun
Tokaido	No	Set collection familiy game	Life on the road/fun

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Wingspan	No	Bird preservation game	Self-management/fun
Cottage Garden	No	Farming abstract family game	Relaxation/fun
Takenoko	No	Plant cultivation strategy game	Environmental/fun
Sagrada	No	Dice puzzle game	Contracts/Fun
Kodama The Tree Spirits	No	Strategy card game	Self-management/fun
Lanterns: The Harvest Festival	No	Pattern building and strategy game	Self-management/fun
Bob Ross: Art of Chill Game	No	Family card game	Fun
Chakra	No	Set collection strategy game	Relaxation
Herbaceous	Yes	Card game	Fun/environmental
Kohaku	No	Animal abstract strategy game	Relaxation
Flourish	No	Farming card game	Relaxation/environmental
the MINDfulness game	No	Card game	Emotional/mental health
Totem The Feel Good Game	No	Card game	Emotional/mental health
Totika	No	Jenga-like game	Relaxation
Cards for Calm	No	Card game	Emotional/mental health
Emojinks	No	Card party game	Emotional literacy/fun
CBT 123	No	Card game	Emotional/mental health
Head Rush	No	Card game	Self-management/mental health
Rory's Story Cubes	No	Dice storytelling game	Relaxation

Board	games
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Descriptions:
https://boardgamegeek.com/boardgame/296557/zen-garden
https://boardgamegeek.com/boardgame/334011/gentle-rain
https://www.pnparcade.com/products/product-template
https://boardgamegeek.com/boardgame/140934/arboretum
https://boardgamegeek.com/boardgame/230802/azul
https://boardgamegeek.com/boardgame/283155/calico
https://boardgamegeek.com/boardgame/163412/patchwork
https://boardgamegeek.com/boardgame/293678/stellar
https://boardgamegeek.com/boardgame/218603/photosynthesis
https://www.playtherapysupply.com/games/talking-feeling-doing
https://www.playtherapysupply.com/games/anger-defuser
https://www.playtherapysupply.com/games/talk-it-outa-board-game-designed-to-encourage-teens-to-communicate
https://bettermegame.com/products/better-me-the-game-of-growth
https://nationalautismresources.com/stop-relax-think/
https://boardgamegeek.com/boardgame/244228/reef
https://boardgamegeek.com/boardgame/814/aquarius
https://boardgamegeek.com/boardgame/39856/dixit
https://boardgamegeek.com/boardgame/4550/1000-blank-white-cards
https://boardgamegeek.com/boardgame/322734/one-dimensional-chess
https://www.jenga.com/
https://boardgamegeek.com/boardgame/119602/cows-rows
https://boardgamegeek.com/boardgame/366456/my-shelfie
https://boardgamegeek.com/boardgame/299372/succulent
https://boardgamegeek.com/boardgame/236709/tea-dragon-society-card-game
https://boardgamegeek.com/boardgame/375852/my-lil-everdell
https://boardgamegeek.com/boardgame/314491/meadow
https://boardgamegeek.com/boardgame/290236/canvas
https://boardgamegeek.com/boardgame/200147/kanagawa
https://boardgamegeek.com/boardgame/322568/gardens
https://boardgamegeek.com/boardgame/334065/verdant
https://boardgamegeek.com/boardgame/123540/tokaido

https://boardgamegeek.com/boardgame/266192/wingspan
https://boardgamegeek.com/boardgame/204027/cottage-garden
https://boardgamegeek.com/boardgame/70919/takenoko
https://boardgamegeek.com/boardgame/199561/sagrada
https://boardgamegeek.com/boardgame/181810/kodama-tree-spirits
https://boardgamegeek.com/boardgame/160851/lanterns-harvest-festival
https://boardgamegeek.com/boardgame/231696/bob-ross-art-chill-game
https://boardgamegeek.com/boardgame/267378/chakra
https://boardgamegeek.com/boardgame/195314/herbaceous
https://boardgamegeek.com/boardgame/270143/khaku
https://boardgamegeek.com/boardgame/312618/flourish
https://psychoutlet.com/products/the-mindfulness-game
https://store.totemteam.com/
https://www.playtherapysupply.com/games/totika
https://www.playtherapysupply.com/games/cards-for-calm
https://boardgamegeek.com/boardgame/268291/emojinks-fast-paced-emoji-card-game
https://www.playtherapysupply.com/games/cbt-123
https://www.therapy-u.com/product-page/head-rush
https://www.storycubes.com/en/

Name of the channel	Name of the music video
Love YourSelf	Soothing music for nerves healing music for the heart and blood vessels, relaxation, music for soul
Lucid Dream	Listen to this music and you will feel better Gentle music calms the nervous system and pleases
Jazzscape	Positive Morning Music With Happy Bossa Nova Music.
OCB Relax Music	Relaxing Piano Music and Fireplace 24/7 - Sleep, Meditate, Study, Relax, Stress Relief
Indie Sounds	Feeling good   Comfortable music that makes you feel positive   An Indie/Pop/Folk/Acoustic Playlist
Nature`s Piano	Beautiful Relaxing Music - Stop Overthinking, Stress Relief Music, Sleep Music, Calming Music #102
Instructa Beats	Relaxing Music - Classroom Music - Stress Relief - Guitar Rain (Original)
Blueberry Meditation	Spirit's Lullaby Native American Flute Serenity   Meditation Music
Peaceful Melody	Ghibli Ost (Neighbor Totoro) 'Neighbor Totoro' / Piano / Rest / Sleep
Mindful Kids	THE BEST Study Music 🎜 Calming Relaxing Music   Boost Focus, Enhance Learning and Concentration
Super Cozy Kids	Beautiful Enchanted Forest Newborn Treehouse - Baby Sleep Music - The Softest Solo Piano Lullaby
Patrick Bennett	Gabriel's Oboe (Extended) from Enio Morricone (Mission)
SoundsThatCalmsMeDown	Vangelis` Come to me 1 hour
Music for World	SKA Instrumental
Lantern	Relaxing Reggae Music   Jamaican Resort   Sleep, Relax, Study, Meditation
Jazz Radio BGM	Spring March Jazz Positive Morning Coffee Ambience with Relaxing Jazz Music to Enjoy the Weekend
Rain Sound Natural	Rain Sounds For Sleeping - 99% Instantly Fall Asleep With Rain And Thunder Sound At Night
SweetPaws Channel	Birds Chirping 4K ~ 24/7 Birdsong to Relieves stress, prevents anxiety and depression, Heal The Mind
Adrian von Ziegler	1 Hour of Relaxing Celtic Forest Harp
Lord Finor	The Best Movie Soundtracks of all Time - Ultimate Compilation
JDubDotExe	One Hour Game Music: Tomb Raider II - Venice Violins for 1 Hour
The Gods Chorus	Mark Snow - Scully's Theme
Relax.	5 hour soothing elevator music
Relaxation Music	Deepest Relaxing Ambient Music Angelic Choir form Outer Space Space Music
RoseMar TV	The Best of ENYA   Non-Stop Playlist
Johnny DragonGr	The Lord of the Rings - Symphony Soundtrack HQ - Complete Album HQ
pro100Music	Era / Discography 1996 - 2017
HEY MUSIC	Enigma Full Album 2022 - Enigma Greatest Hits - Best Enigma Songs & Playlist
TheSilentWatcher	4K Deep Forest - 8 Hours NO LOOP Birdsong - Robin & Blackbird Singing - Relaxing Nature Ambiance
Relaxing White Noise	Ocean Waves Relaxation 10 Hours   Soothing Waves Crashing on Beach   White Noise for Sleep
Fantasia Echoes	Calm Mountains - Tibetan Healing Relaxation Music - Ethereal Meditative Ambient Music
Relaxation Film	AFRICA 4K • Breathtaking Wildlife, Tribal Music - Relaxation Film - Nature 4k Video UltraHD

Best of Tony Anderson   Beautiful Ambient Mix		
9 HOURS Tibetan Healing Sounds - Singing Bowls - Natural sounds Gold for Meditation & Relaxation		
Healing Ragas - Raga Reverie: A Journey through Indian Classical Melodies   Indian Classical Melody		
Relaxing With Japanese Bamboo Flute, Guzheng, Erhu   Musical Instrument Collection		
Relaxing Peruvian Flute music for sleep and meditation		
Serbian Relax Music Сербская расслабляющая музыка Música de relax Serbio 塞尔维亚放松音乐		
Portuguese Fado Music with Beautiful Portugal Travel Destinations   Relaxing Background Music		
Feels Like Home [relaxing piano music - mind, focus, chill, calming, anxiety, stress relief music]		
Austrian Folk Music - "Mei Muata und mei Vota" - Goldried Quintett		
Bandura - Ukrainian Instrumental Music / Bandurist Victor Mishalow		
Russian Music   Русская музыка   Relax, Work, Study and Café Music   Balalaika, Lyre, Domra		
Germany – Flying Over Germany – Traditional German Music - Oompah Music – Munich, Berlin, Fussen		
Outlander Music & Ambience   Beautiful Soundscapes with Scottish Music		
Balkan Relax Ethno Music Балкан Релакс Этно Музыка Balkan Relax Ethno Music 巴尔干放松民族		
Music for Contemporary Dance - Volume 2		
Seventh Heaven		
Caribbean Bamboo Hut Meets Cherry Blossoms & Snow: Sunlit Ocean with Pirate Ship Icebreaker		
4 Hours Classical Music for Relaxation		

Link
https://www.youtube.com/watch?v=9PGjCv4vgAk
https://www.youtube.com/watch?v=oyRTuTXTXiQ
https://www.youtube.com/watch?v=mnu6zDH8L8A
https://www.youtube.com/watch?v=NRFnC7gWepE
https://www.youtube.com/watch?v=5Jd4h31C5mQ
https://www.youtube.com/watch?v=vtChlzJ7IDk
https://www.youtube.com/watch?v=H1E1GyqJiJE
https://www.youtube.com/watch?v=yBJvld06UJs
https://www.youtube.com/watch?v=SZwj4wWu3es
https://www.youtube.com/watch?v=-P0aKL4w8mo
https://www.youtube.com/watch?v=q6Hk9jLllbg
https://www.youtube.com/watch?v=abDxQwJEY9c
https://www.youtube.com/watch?v=d_iY2Kx0-gs
https://www.youtube.com/watch?v=Yb9FDv3e-Gk
https://www.youtube.com/watch?v=EICGSItUBhI
https://www.youtube.com/watch?v=MhY6csdz7xY
https://www.youtube.com/watch?v=vmg_R-Wk8P4
https://www.youtube.com/watch?v=3vVmnGhId6k
https://www.youtube.com/watch?v=rhe9FzrF7EM
https://www.youtube.com/watch?v=wieHtPb5ZdY
https://www.youtube.com/watch?v=6RxgIIZLANc
https://www.youtube.com/watch?v=oqYYE9m52_s
https://www.youtube.com/watch?v=hbcEvz0SXgQ
https://www.youtube.com/watch?v=0V-NaDPAUGU
https://www.youtube.com/watch?v=7jfRG-fgvQ8
https://www.youtube.com/watch?v=OJk_1C7oRZg
https://www.youtube.com/watch?v=YBOxWInrWII
https://www.youtube.com/watch?v=7HMXQce6I9Y
https://www.youtube.com/watch?v=FxAgAyZYXJ8
https://www.youtube.com/watch?v=WHPEKLQID4U
https://www.youtube.com/watch?v=0Ni00XDSd6E
https://www.youtube.com/watch?v=u91U8oPJzL8

https://www.youtube.com/watch?v=jYwrz7muVw8
https://www.youtube.com/watch?v=OW7TH2U4hps
https://www.youtube.com/watch?v=836_EDVarnU
https://www.youtube.com/watch?v=MzgMBrtrFc4
https://www.youtube.com/watch?v=JoUGGQJ5-fU
https://www.youtube.com/watch?v=InQx1cPsvmY
https://www.youtube.com/watch?v=fCoGaBdE3RY
https://www.youtube.com/watch?v=jzAxf1t9b-k
https://www.youtube.com/watch?v=tlZHcN5V7Js&list=PLm-BuMilRxdbc0kNrHzeDJjTQqjtvclhQ
https://www.youtube.com/watch?v=1qODoFJEZBY
https://www.youtube.com/watch?v=7LdDFQncOVM
https://www.youtube.com/watch?v=m6rF9clRixM
https://www.youtube.com/watch?v=M8HB2nP0VBg
https://www.youtube.com/watch?v=6jXSR7jmZhc
https://www.youtube.com/watch?v=X6KLcRaXJBI&list=PLaY4RRAp-adX8DIjp0-WOY-GFvXwKt9Q4&index=2
https://www.youtube.com/watch?v=HYOeLbkrxSg&list=PLIPaB4hHh2xQ4Ns1BU6V_LfCfBynOG1y1
https://www.youtube.com/watch?v=dpRcZ6hYFXs
https://www.youtube.com/watch?v=0Tmo3KIH31c
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