MiSpace App

User Guide



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MiSpace Overview

MiSpace is an app targeted at children aged 7-14 to improve their personal wellbeing and happiness.

The goal is to encourage players to reflect on their personal happiness and to engage in 'real world' challenges targeting 5 areas of mental health and wellbeing (**P**ositive emotions, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment). All challenges within the game have been developed by qualified psychologists to help build on pupils personal strengths and character.

The game storyline encourages players to look after the health of five planets inhabited by a small alien character (each planet relates to a different area of wellbeing). To do so, the player must engage in various challenges, the success of which is verified by their teacher. The more challenges are completed, the more health points are earned and the brighter a planet will shine.

To strengthen player's wellbeing behaviours and maintain their engagement, the app also contains two 'mini games' (simple arcade based space-games) which earn the player gems which can be used to customise their personal alien character. To access these mini games players are required to answer various wellbeing related questions with correct answers leading to increased gems.

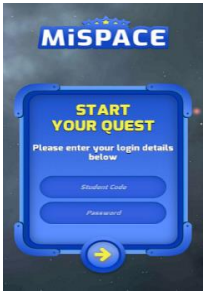
MiSpace is a fully bilingual product (English and Welsh languages).

Downloading MiSpace

The MiSpace app is a multiplatform product available on both android and iOS devices. It can be **downloaded for FREE** from ITunes or Google Play Stores.

Product Navigation

Log-In Screen



Pupils can log-on to the MiSpace app using their username and password obtained from the school-based PERMA Profile Tool. Forgotten passwords can be regenerated by a player's class teachers at any time.

Cockpit Screen

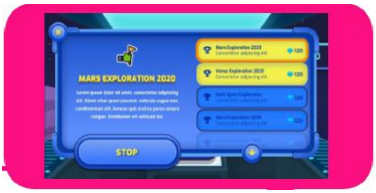


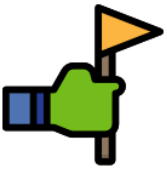


The app's central screen places players in the Cockpit of their individual spaceship. All aspects of the MiSpace app are accessed from this screen.

Within the Cockpit, players have choice of 5 actions (indicated by various icons);

Flag Icon





This icon enables a player to view personal wellbeing challenges to improve planetary health. A player must choose a challenge related to a particular planet and click to say when it is competed. Once completed, a message will be sent to the player's class teacher and the player will receive health points for the relevant planet.

Planet Icon





This icon takes players to the 18 item PERMA questionnaire for completion. Once completed, the player's wellbeing profile will be made visible and will be uploaded directly to the PERMA Wellbeing Tool which is accessed by staff in school. Players data will be viewable by their teacher(s) and Headteacher only.

Spanner and Screwdriver Icon



This icon takes the player to the settings page where they can adjust music volume, enable push notifications and change language preference.

Space Helmet Icon



This ic



on enables the player to access the character customiser page where they can spend their gems on new personalised outfits for their alien character.

Launch Button





This icon will transport the plyer into their solar system where they can view their planetary health and access Wellbeing Mini-Games. Points earned from mini-games will earn a player gems which they can spend on character customisation. Planet health is displayed on a health bar and by the altered brightness of a planet (the brighter the healthier). Each planet relates to a different area of wellbeing and has an associated name. Non-completion of challenges will cause a planet to lose health over time (and darken in colour).

Mini Games Play (Space Raiders and Planet Hop)

By clicking on one of the 5 planets in the solar system, players will have the chance to play one of two MiSpace mini-games (embedded within each planet). However, before playing a game players will first be requested to answer 3 wellbeing questions. Their score on these questions will then be used to multiply their score on the game and earn them additional gems.



Instructions for mini games are shown within the application.