

Calm game settings checklist

Game: _____

Device: _____

Before your kid plays, take five minutes to check these settings so the game stays calmer. Look under **Options**, **Settings** or **Accessibility**. Not every game has every setting. Tick what you changed, skip what doesn't fit your kid.

1 Sound & feel

- ☐ **Music volume** down or off (it's often the loudest, nonstop part)
- ☐ **Sound effects** lower, so hits, alarms and cheers aren't sudden
- ☐ **Voice chat** muted or off in the game and on the console
- ☐ **Max volume** set on the TV, tablet or kids' headphones
- ☐ **Controller vibration** (rumble) off if it bothers them
- ☐ **Subtitles** on, so they can keep sound low

2 Visuals

- ☐ **Brightness** down a notch, and play in a lit room
- ☐ **Motion blur** off
- ☐ **Camera shake** / screen shake off
- ☐ **Flashing effects** reduced, if there's a flash, vignette or photosensitivity option
- ☐ **Particle effects** or effects quality set to low
- ☐ **Reduce Motion** on in the tablet or phone settings

3 Difficulty & pressure

- ☐ **Timers** off or extended (check Assist or Accessibility)
- ☐ **Easiest difficulty** or assist mode on. That's what it's for
- ☐ **No permadeath** or "hardcore" modes that wipe progress
- ☐ **Creative or Peaceful** instead of Survival in Minecraft-style games
- ☐ **Competitive / ranked modes** skipped. Try co-op or solo play

4 Online safety

- ☐ **Child account** linked to your parent account (Nintendo, Xbox, PlayStation, Roblox, Epic)
- ☐ **Friends** set to private or parent-approved only
- ☐ **Text and voice chat** off, or friends-only
- ☐ **Strangers can't join**: private servers, invite-only parties
- ☐ **Purchases** need your approval

5 How to stop

- ☐ **Daily time limit** set in the console or tablet parental controls
- ☐ **Save-and-quit spots** found before they start, so stopping isn't a surprise
- ☐ **Can it pause?** Online matches often can't. Plan stops between rounds
- ☐ **A heads-up** agreed ahead of time, like "after this level"
- ☐ **A next thing** ready for after the game ends

Not sure about a game?

We rate kids' games for loud sounds, flashing, timers, losing and online strangers, plus the settings to change.



sensorysafegames.com

Can't find your kid's game? Ask us to rate it at sensorysafegames.com/request

What works for my kid:
