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Enriching lives, opening minds.



# *Teachers’ Minecraft Education Handbook*

**Technical Advice & Challenge Solutions  
for HealthCraft  
Minecraft Education Worlds**

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**The Teachers’ Handbook was created within the Erasmus+ HealthCraft project to support the effective use of the project’s Minecraft Education resources. It is designed to assist educators by addressing both technical and thematic aspects, offering clear guidance and practical solutions to help them lead students through the four HealthCraft Minecraft Education worlds—without requiring prior knowledge of the Minecraft game itself.**

**By developing four immersive Minecraft Education worlds focused on key health literacy themes, the HealthCraft team aims to inspire creativity, foster critical thinking, and empower students to actively engage with concepts of healthy living in a playful, digital environment.**

***The HealthCraft Team.***



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## Children's Health Literacy & Minecraft Education Edition

HealthCraft uses **Minecraft Education Edition** to improve children's health literacy by transforming nutrition, exercise, sleep, and wellbeing concepts into interactive digital worlds. Through gamified learning, students explore healthy habits in a fun, engaging way that builds knowledge, critical thinking, and lifelong skills for healthier living.

### What is Minecraft Education Edition?

**Minecraft Education Edition** is an educational edition of **Minecraft** specifically designed for classroom use. **Minecraft Education** is a game-based platform that inspires creative, inclusive learning through play.

The following document is a **handbook** directed at teachers, educators and IT specialists to guide their trainees in achieving the challenges of the game. Students do not need access to this information.

This guide gives information on the initial steps to download and run the game, as well as information on how to navigate through the created worlds. The document also includes detailed scenarios including the scope of each activity so that teachers can organize the plan of their lesson before introducing this activity. Lastly, the solutions for each of the tasks within the four worlds are presented.



## HealthCraft Minecraft Education Worlds

HealthCraft focuses on health literacy concepts to encourage healthy habits and healthy decision-making processes in pupils aged 8-12 years. Through four different Minecraft Education Worlds, students explore key aspects of healthy living, including nutrition, physical activity, sleep, and mental wellbeing. Health literacy is an essential life skill, that leads to healthier future citizens and societies as a whole. In addition to gaining knowledge, and applying new learning, pupils will solve puzzles, undertake challenges, and conquer quests that will assist them in learning to make healthier choices. Development of these healthy habits will support their wellbeing both inside and outside the classroom, shaping healthy and happy citizens of the future.

The four different worlds are divided thematically and can be used independently:

Module 1. Healthy Eating	Module 2. Physical Activity
Module 3. Quality Sleep	Module 4. Healthy Minds

Completing the Minecraft Worlds requires curiosity, creativity and students' attention. The tasks facilitate multiple attempts and are designed in this manner to allow pupils to learn from "mistakes". Some puzzles, challenges and quests have multiple correct answer options, while some only have one correct solution. Some challenges involve physical agility, while some require pupils to apply prior learning from the *HealthCraft Video Training Library*.

## Types of Tasks

Based on the method used to solve the challenges, the tasks are divided into four different groups:

**Treasure Hunt** - In order to solve the task, the player must search for missing objects. Only by finding all of the missing parts will the player be able to answer the question posed by the task.

**Escape Room** - The player needs to solve several different tasks located in one of the buildings in order to be able to complete this task and move on.

**Decision Making Quest** - Players will have to answer multiple choice questions. These questions will require critical thinking from the player.

**Quiz** - This activity usually appears at the end of a level, and tests players to see if they remember key messages from the previously solved tasks.



# Let's Get Started!

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## Minecraft Education Edition Installation Guide

Before you start, you need to download the *Minecraft Education Edition Package* according to the requirements of your device. You can find the most recent edition at the following Link: <https://education.minecraft.net/en-us/get-started/download>.

✓ ***If your computer runs in Microsoft Windows S mode, you need to deactivate the S mode to be able to download the Minecraft Education Edition.***

## How to Deactivate Microsoft S Mode

Using the Microsoft S mode, the user has only access to apps that can be downloaded from the Microsoft App store. To deactivate the S mode, you need:

- To create a new Microsoft account that is not licensed as work or school
- Connect this Microsoft account to the laptop
- Then on your PC running Windows 10 in S mode, open Settings> Update & Security> Activation.
- Find the Switch to Windows 10 Home or Switch to Windows 10 Pro section, then select the Go to the Store link.
- Note: Don't select the link under Upgrade your edition of Windows. That is a different process that will keep you in S mode.
- On the page that appears in the Microsoft Store (Switch out of S mode or a similar page), select the Get button. After you confirm this action, you will be able to install apps from outside the Microsoft Store.

Link: <https://answers.microsoft.com/en-us/windows/forum/all/s-mode-how-to-turn-off-windows-10/53ce25ce-734b-48b8-8d1e-baa5adb5d88b>

In order to start using the game you need to acquire a Minecraft Education License. There are two types of licences to be acquired, academic and commercial.

Visit the following link to check the license you are eligible for:

<https://educommunity.minecraft.net/hc/en-us/articles/360061371532-Purchasing-Options-for-Minecraft-Education-Edition-Licenses>



## Run the Worlds

Once you download the Minecraft Education Edition, you need to have the worlds named “McWorld” files. Once you double-click these files, they will automatically open the *Minecraft Education* system. It will request you log in with the account for which you acquired a license from Microsoft for Minecraft Education. The worlds require the latest *Minecraft Education* version to work properly. Another option will be to import the world manually. When loading the game, after adding your credentials, press play and then you will see the “Import” button on the bottom of the right-hand side of the screen.

### Oops! What if there is a problem?

## Do you face any other problems when loading the world? See if any of these solutions might help...

**PROBLEM:** The world doesn't have any Non Player Characters (NPCs) in it.

**SOLUTION:** That means that the BEHAVIOR PACK didn't load appropriately with the world. Exit the world (but not the Minecraft app). Find the world you are looking for and select SETTINGS. On the left side of your screen try to find the TAB that says BEHAVIOR PACKS. Then you will see two TABS on the main screen. ACTIVE PACKS and MY PACKS. Your behaviour pack should be in the tab MY PACKS, which you should click and select activate. If you are not sure what pack you need, go look at the ACTIVE PACKS and one of these should say that "This pack is missing". Find the Pack with the same name on the MY PACKS tab and activate it.

**PROBLEM:** The world has boards that have weird text, for example ‘board.act.1’, NPC's have weird dialogue, etc.

**SOLUTION:** That means that the RESOURCE PACK didn't load appropriately with the world. Exit the world (but not the Minecraft app). Find the world you are looking for and select SETTINGS. On the left side of your screen try to find the TAB that says RESOURCE PACKS. Then you will see two TABS on the main screen. ACTIVE PACKS and MY PACKS. Your behaviour pack should be in the tab MY PACKS, which you should click and select activate. If you are not sure what pack you need, go look at the ACTIVE PACKS and one of those should say that "This pack is missing". Find the Pack with the same name on the MY PACKS tab and activate it.

*\*Check if you are facing both of these problems, go to both of these solutions\**



**PROBLEM:** The world is in a different language.

**SOLUTION:** The HealthCraft worlds are translated into different languages. Maybe you have a world that is in a different language than yours. Find the appropriate language and start again. ~~If this doesn't work, set the language of the Minecraft app according to your preference through the SETTINGS.~~ In the English version select either the English US option, or the English UK option.

**PROBLEM:** I cannot continue the game because of \_\_\_\_\_.

**SOLUTION:** This could be for a number of reasons. All maps, have a certain number of steps you need to follow to move on to the next stage. Make sure, that you guide your students when needed to follow the correct path. In any case, if for some reason you believe something is not working correctly you can reach out to the HealthCraft consortium for further assistance (<https://healthcraft.erasmusplus.website/>)

## Moving Around the Minecraft Worlds

At the very beginning of each level there is a short introduction that gives the player information on how to navigate through the Minecraft world more easily.

Once you open the world, you will need to navigate the game. Navigation is possible using your keyboard and mouse. The buttons of the keyboard to be used are:

- **W** – Move forward
- **A** – Move left
- **S** – Move backward
- **D** – Move right
- **SPACE** - Jump (Double tap space to fly when in creative mode)
- **E** – Open inventory
- **Q** – Throw selected object
- **T** – Open the chat
- **C** - Open code builder
- **/** - Open chat and automatically add first character as "/"

You can point the direction also by moving your mouse.



## NAVIGATING BASICS

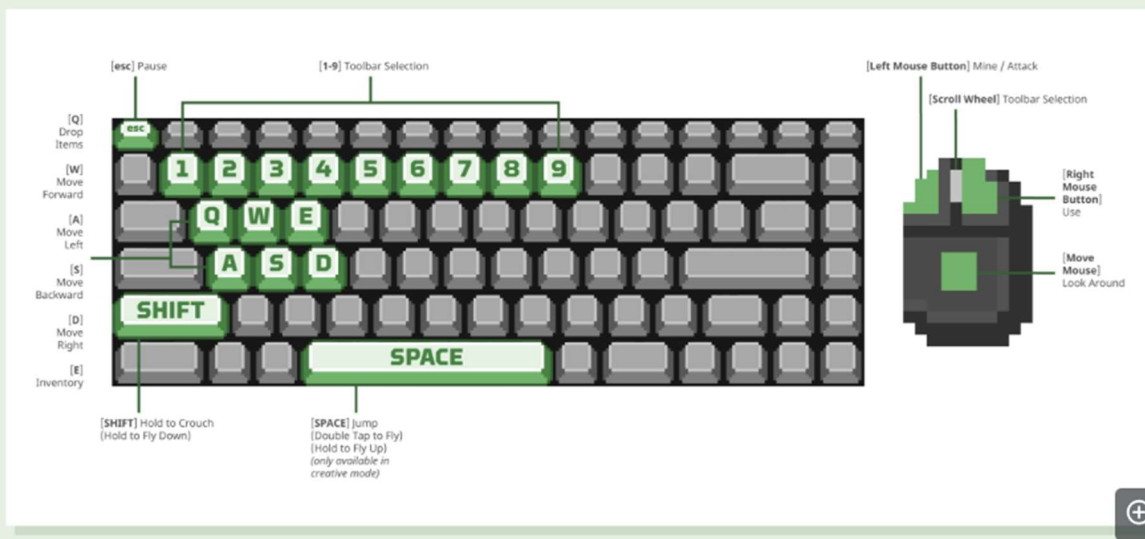
WE DO

Here's all the items you see on your screen and what they mean.



## CONTROLS DIAGRAM

### KEYBOARD COMMANDS





# Guide for Teachers: Game-play Description & Tips

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## HealthCraft Minecraft Education World 1: Healthy Eating



### Welcome to HealthCraft City!

The player appears to wake up in their bedroom, PowerPanda knocks on the door and informs him/her that it is the beginning of summer holidays, but first they get an option to select game difficulty:

- Easy (3 lives)
- Normal (2 lives)
- Hard (1 life)

The player needs to keep their nutrient levels high throughout the game. Their nutrient bar will increase with nutritious foods and decrease with unhealthy foods. When the player's nutrient bar is depleted, they lose a life, and when they lose all lives, they need to start the game from the beginning.

**Good Luck!**



## HOME

PowerPanda informs the player that their parents are waiting in the kitchen. When the player arrives there, the parents say that they decided to go on a trip to the beach, however they have nothing left in the house for breakfast to get the energy they need for the trip. The parents inform the player about the importance of breakfast.

**The player needs to find food for breakfast by going to the shopping centre!**



## ✓ Task 1 – Gather Food for Breakfast

### Town - Treasure Hunt

The player, with low nutrient bar, must get on the bike and go towards the shopping centre. The cycling gradually lowers the nutrient bar even more; thus, **the streets will act as a treasure hunt to choose nutritious foods instead of unhealthy ones to increase the nutrient bar until the player reaches the shopping centre.**



## THE SHOPPING CENTRE

Outside the shopping centre, the player meets PowerPanda, and he informs the player that **a complete breakfast has to have 3 main components**, and that the shopping centre has three floors. **By managing to get out of each floor, they will earn one of the three main components.**



### Shopping Centre Ground Floor - Puzzle

The player must enter the shopping centre at the ground floor, where the Baker informs them that she will **provide an option to choose between a few starchy foods - if they can solve a puzzle, which will involve matching specific foods with the correct food groups.**

A screen appears showing the main food groups like boxes: starchy foods, fruits, vegetables, dairy, protein foods and healthy fats, and several foods hovering above: rice, potatoes, tomato, cucumber, strawberry, banana, egg, fish, yogurt, cheese, nuts. **The player should take each food and place it in the correct basket. After three incorrect matches, the puzzle starts from the beginning.**



After succeeding in this puzzle, the Baker gives the player the option to choose and take one starchy food and the player moves on to the next floor.

**By going up the stairs and getting nutritious food on the way to increase the nutrient bar.**

### Shopping Centre Second Floor - Quiz

On the second floor, the player meets the Dairy man, who informs them of the need for a source of protein at breakfast, and that he will give them **an option to choose from a few protein foods, if they answer 5 questions about dairy products.**

**For each correct answer, they gain 1 point, but for each wrong answer they lose 1 point, with the final aim to gather 5 points. After succeeding in these questions, the Dairy man gives them the option to choose between a few protein food choices. They move on to the next floor by climbing up a pole.**



### Shopping Centre Third Floor - Challenge

On the third floor, the player meets the Greengrocer, who informs the player of the need for fruits and vegetables at breakfast, and that he will give them an option to choose from several fruits and vegetables, **if they manage to gather the 5 needed portions of fruits and vegetables from a variety of different foods that he will throw towards the player.** The player will hold a basket, and the Greengrocer will throw several different foods, and the player should either run to gather the fruits and vegetables or avoid the ones that are from a different food group.

**For each fruit/vegetable, they will gain 1 point, for each non-fruit/vegetable they will lose one point, with a final aim to gather 5 points. After succeeding in this challenge, the Greengrocer gives them the option to choose some fruits and vegetables.**



The player moves to the balcony of the shopping centre, going towards PowerPanda by going down a huge slide. While going down, **they once again have to replenish their nutrient bar by choosing nutritious foods.** When they meet the PowerPanda, the player announces that they fulfilled all the challenges and has gathered a combination of foods for a complete breakfast. PowerPanda informs them that the parents are waiting at some picnic benches at the park near to the parking lot. They will eat breakfast all together at the park. Then, they go to the beach.



The player finds their parents, gives them breakfast, then they load the bicycle into the car and go to the beach.

## ✓ Task 2 – Get Hydrated

### THE BEACH

At the beach, the temperature is hot, and the player gets indication that they need to get hydrated. The Lifeguard informs them that only water can hydrate sufficiently, while other options like soda or juice will not provide enough hydration.

#### The Beach – Treasure Hunt

The player must **hunt for 6 glasses of water around the beach**. For each glass of water, he/she will gain 1 point, for each glass of soda or juice, they will lose 1 point, with a **final aim to gather 4 points**. When this challenge is completed, the player goes to meet friends at the seashore.



The friends ask the player whether they want to play ball by the shore. When they start, a huge wave appears called 'Hunger', telling them that it will drown them if they don't find something to eat as a snack. PowerPanda informs them that there are snacks at the sandhills.





### The Sandhills – Parkour and Challenge

The player and the friends go there, they start climbing in parkour style on the sandhills, at each hill, the player has to choose between a healthy snack or an unhealthy one. By choosing the healthy one, they can climb to the next highest hill, by choosing the unhealthy one, they feel dizzy and fall, starting all over again.



At the top of the hill, there is a sandwich with cheese, tomato and lettuce, that they will eat once they get there, and the Hunger wave is defeated and retreats, leaving the player and their friends alone to have fun at the beach.



**END OF GAME!**



## HealthCraft Minecraft Education World 2: Physical Activity



### Welcome to The Magical Forest!

Embark on a quest to find the legendary Golden Fitness Stone, which grants ultimate physical prowess and health. Traverse through various zones, complete physical challenges, and defeat villains who attempt to thwart your progress.

#### Power Stones:

- Speed: Ruby - Enhances speed and stamina.
- Jump Boost: Emerald - Increases jumping ability.
- Night Vision: Moonstone - Improves vision in darkness.
- Slow Falling: Feather Stone (Barite) - Allows slow descent.
- Water Breathing: Aquamarine - Grants ability to breathe underwater.

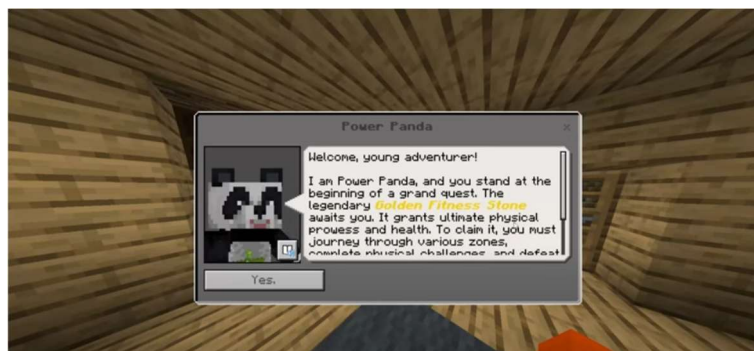
**Good Luck!**



## HOME

The journey begins at the player's home, where PowerPanda introduces the Quest for the Golden Fitness Stone, a legendary stone granting ultimate physical prowess and health. To find it.

**The player must travel through different zones, complete physical challenges, and defeat villains who try to impede their progress.**



## ✓ Task 1 – Find the Ruby

### Sunny Meadows – Parkour & Treasure Hunt

The player must make their way through an obstacle course in Sunny Meadows **and find the Ruby which enhances speed and stamina**. The player must try to avoid the dragon who will challenge them to a race. But first, they get an option to select game difficulty (Easy/Hard). When the player locates the stone and completes the parkour, they will meet the Fitness Fairy.



### Sunny Meadows – Quiz

To unlock the path to Mystic Lake, the player must answer the Fitness Fairy's questions correctly.



Question	Option A	Option B	Option C
How does running benefit your heart?	<b>Improving blood flow</b>	Decreases heart rate and makes you more relaxed	Increases blood pressure
What is a good way to prevent injuries when running?	Running without any warmup	Wearing proper shoes	<b>Doing proper warmup and wearing suitable shoes</b>
How does running affect your mental health?	It has no impact on mental health	<b>It helps reduce stress and improve mood</b>	It makes you more lonely and isolated

The Fitness Fairy then grants access to the path to Mystic Lake.

## MYSTIC LAKE

The player is transported to Mystic Lake and speaks to the Water Spirit, who tells them that swimming is great for building endurance and strength, and that **they will need to complete a boating challenge. Players must collect magic rings.**

### ✓ Task 2 – Collect the Magic Rings

#### Mystic Lake – Parkour and Treasure Hunt

The player must navigate the parkour course and **collect 32 magic rings from the surface which will grant them the Aquamarine, which allows underwater breathing. The player must then swim to find 16 magic rings under the water.**



The Water Spirit congratulates the player and requests a building challenge to progress to the Enchanted Forest.

#### Mystic Lake – Building Challenge

The player must navigate to the chest and use the items inside **to build the dock.**



**When the player builds the dock, their challenge is completed.**

The Water Spirit will congratulate the player and inform them that their next quest is in The Enchanted Woods. The player will be transported to the next location.

## **ENCHANTED WOODS**

The player will meet the Forest Guardian, who tells them they will have to **navigate a forest with obstacles and mazes**. The Guardian gives the player a **Moon Stone that can be activated from the player's inventory to enhance their vision in darkness with a silvery glow**. The Forest Guardian warns that a Lazy Troll might try to inhibit the player.

### **Task 3 – Navigate the Enchanted Woods Maze**

#### **Enchanted Woods – Maze**

The player must navigate the maze and ignore encouragement to take a break from the Lazy Troll. The player must make their way back to the Forest Guardian.



**When the player finds the Forest Guardian, they will be asked to take a quiz.**

The Forest Guardian tests the knowledge of the player about the 'Power Stones' they have encountered. This quiz must be completed in order to travel to the Crystal Caves.

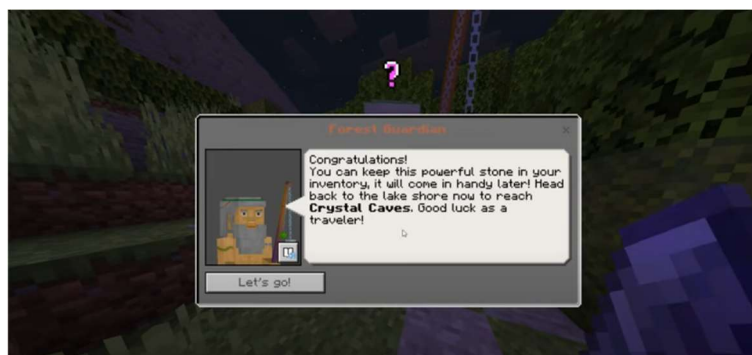


## Enchanted Woods – Quiz

The player must answer the following questions correctly:

Question	Option A	Option B	Option C
What is the name of the Power Stone that increases Speed and Stamina?	Ruby	Emerald	Moonstone
Which Power Stone Grants the ability to breathe underwater?	Aquamarine	Fluorite	Barite
Which Power Stone improves vision in darkness?	Aquamarine	Moonstone	Emerald

The player must navigate to the shore to be transported to the Crystal Caves.



## CRYSTAL CAVES

The player will meet the Gem advisor at the Crystal Caves. The player is warned about the treacherous nature of the maze within the Crystal Caves and informed that **they need to seek the Emerald hidden in the tunnels**. The player needs to avoid tempting invitations from the Screen Siren and other villains.



The player can tell which stone is the Crystal from its green glow.

## ✓ Task 4 – Find the Emerald Stone

### Crystal Caves – Maze

The player must navigate through the maze following digging tools to find the Emerald Stone. Once the Emerald is found, the player must return to the Gem Advisor.



### Crystal Caves – Quiz

The player must answer the following question about the Emerald's power correctly:

Question	Option A	Option B	Option C	Option D
How does increased jumping ability benefit your physical health?	It improves upper body strength	It enhances cardiovascular endurance	<b>It boosts leg muscle strength and coordination</b>	It increases mental focus

The Gem Advisor congratulates the player and advises they will move to Mountain Peaks.



## MOUNTAIN PEAKS

The player will meet the Mountain person, who tells them that the Mountain Peak is the ultimate test of stamina and resilience. The player will **need to use the Feather Stone that will allow them to glide and slow their descent when jumping or falling. The stone can be activated from the inventory whenever they must jump or fall.** The player must avoid the Lazy Troll's temptations and the other villains.



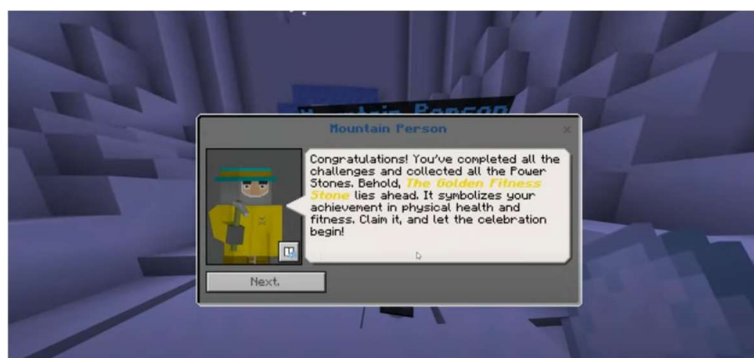
### ✓ Task 5 – Mountain Peak Obstacle Course

#### Mountain Peak – Parkour

The player must navigate through the obstacle course, using the Feather Stone to aid in jumping and landing. Many villains will try to stop the player along the way.



The Mountain Person will congratulate the player on completing all the challenges and advise them to continue on to look for the Golden Fitness Stone.





The player follows the path to find the Golden Fitness Stone and meets PowerPanda, who tells them that they have completed the game.



**END OF GAME!**



## HealthCraft Minecraft Education World 3: Quality Sleep



### Welcome to The Sleep Factory!

The player appears inside their bedroom, and they get a message that they need to sleep. When they go to sleep in their bed, they get the option to select their game difficulty.

- Easy (5 lives)
- Normal (3 lives)
- Hard (1 life)

During gameplay, When the player answers incorrectly, they lose a life and when they lose all their lives, they need to start the game from the beginning.

The player will navigate the sleep factory, undertaking challenges and quests throughout their journey.

Throughout the game, 3 villains will make guest appearances, these are: Heavy Snacks, Screentime and Energy Drink. Each villain will have a short battle after which the player will have to decline the temptation.

**Good Luck!**



## BEDROOM

The player must go to bed, and go to sleep, followed by talking to PowerPanda about the level they want to play the game at. PowerPanda tells the player about The Sleep Factory, where the magic of sleep happens. The player explores the building, speaking to different workers along the way.

## THE SLEEP FACTORY

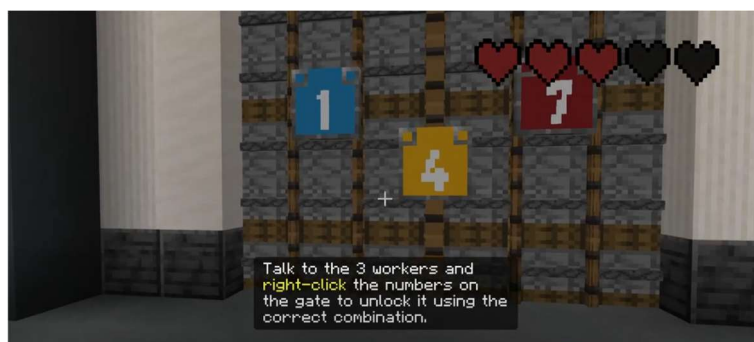
One worker tells the player about the different sleep stages; another about what sleep is; and another about why sleep is important.

**Take notice of the bold numbers in each conversation (5,1,9), they will be needed!**

### ✓ Task 1 – Unlock the Gate

#### The Sleep Factory – Puzzle

The player must insert the correct combination to unlock the gate using the numbers embedded in the dialogue with the factory workers (1,5,9).



The player then passes through a magic portal that brings them to another part of the factory.

#### The Sleep Factory – Challenge

The player must defeat the Heavy Snacks Villain. During this challenge, **various food items/entities will fall from the sky slowly and the player will have to evade them, the player will lose a life every time they are hit with a snack.**



**After defeating the Heavy Snacks villain, PowerPanda gives advice about heavy snacks at bedtime. The player can then move to the next part of the game.**

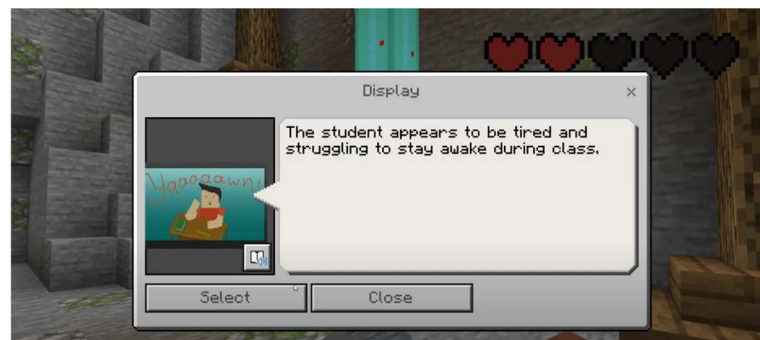
## **THE DREAM CAVE**

The player enters a magic portal and is transported to The Dream World and must view different displays in the environment.

### **Task 2 – Poor Sleep Affects**

#### **The Dream Cave – Challenge**

The player must explore the Dream World, and **select the screens that exhibit behaviours related to poor sleep.**



**PowerPanda talks about the effects of poor sleep and tells the player that something is wrong with the roof and to climb the stairs.**



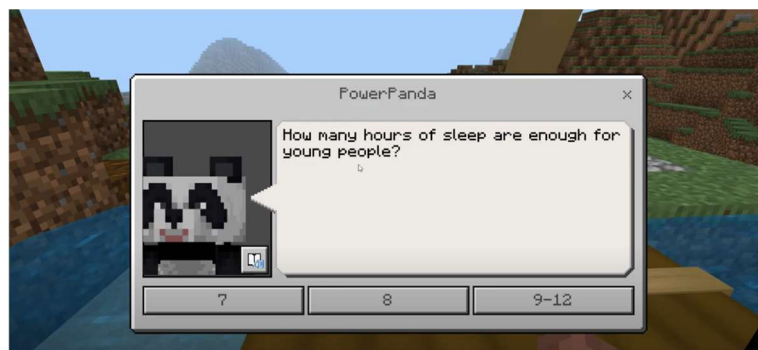
## THE WATERFALL

The player is told to climb aboard a raft, to slide down a waterfall.

### ✓ Task 3 – Descend the Waterfall

#### The Waterfall – Obstacle Course & Quiz

The player must slide down the waterfall, **avoiding the rocks along the way**. While they descend, **they must answer quiz questions correctly, or they will lose a life**.



Question	Option A	Option B	Option C	Option D
How many hours of sleep are enough for young people	7	8	<b>9-12</b>	
What can poor sleep make us feel?	Grumpy	Tired	Unable to Concentrate	<b>All of the above</b>
Can poor sleep mess with your emotions?	<b>True</b>	False		

**The player makes their way back to the land.**



## THE LABARYNTH

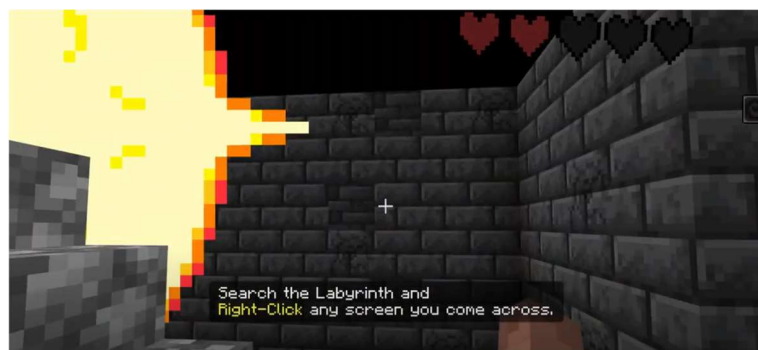
The Screentime Villain intercepts the player, and they must try to find a way to defeat the villain.



PowerPanda points out that there are a lot of screens in the distance, the player navigates to them to **undertake the challenge to switch them off**.

### The Labyrinth – Maze & Challenge

The challenge takes place in a dark maze (in the sinking sand pit). The player must **spot the 4 screens and right-click them, to shut them off**. The 4 screens are a tablet, a phone, a laptop and a TV. When each screen is shut off, the Screentime villain is weakened until, finally, the maze is fully illuminated.



**PowerPanda advises the player to climb the mountain.**

## THE MOUNTAIN

At the top of the mountain, PowerPanda indicates that the bridge is broken. To fix it, the player must complete a quiz.





## ✓ Task 3 – Fix the Bridge

### The Bridge – Quiz

The player **must answer quiz questions correctly, or they will lose a life.**

Question	Option A	Option B	Option C
When we are exposed to blue light from screens, our sleep is disrupted	<b>TRUE</b>	FALSE	
What happens when we consume a heavy meal before bed?	We sleep better	We dream a lot	<b>We cannot sleep easily</b>
Is it important to sleep and wake up at the same time, even during weekends?	<b>Yes</b>	No	
Should we avoid exercise, even during the day, because it hurts our sleep?	Yes	<b>No</b>	

**The player and PowerPanda can now successfully cross the repaired bridge.**

When they cross the bridge, they encounter the Energy Drink villain. The player must decline temptations and face the villain in a race.



## ✓ Task 4 – Race to Bed

### The Zipline – Race & Parkour

The player must race the Energy Drink villain to bed using the zipline and parkour.



For the Energy drink, **the player will have to outrun the energy drink villain and reach the finish line (the bed) and right click before the villain does.**

At the finish line (the bed), PowerPanda shares that energy drinks aren't what they claim to be. The player is transported back to the bedroom.



**END OF GAME!**



## HealthCraft Minecraft Education World 4: Healthy Minds



### Welcome to The Village of Healthy Minds

The player must navigate the village and challenges therein in a bid to gain as many Happiness Points as possible. At the end of the game, if they do not have enough happiness points, they will have to replay the final challenge to gain enough to finish.

**Happiness Points:** Happiness points are gained or lost throughout the game. Successful completion of challenges earns 1 happiness point, unsuccessful completion results in the loss of a happiness point.

**Good Luck!**



## THE VILLAGE

The player talks to PowerPanda and selects their level of difficulty (easy, normal, hard), and is transported to Sunny Days Playground.

## SUNNY DAYS PLAYGROUND

PowerPanda tells the player that Sunny Days Playground can help them to learn about healthy minds. And tells them to explore.

### ✓ Task 1 – Explore the Playground

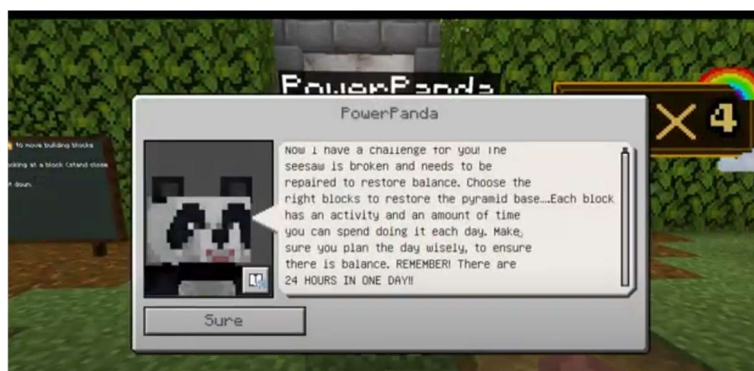
#### Sunny Days Playground - Challenge

The player must **explore the playground and try to gain happiness points**, while they learn how different play equipment can represent different aspects of our lives and minds. **The player should engage with all the play equipment, they will receive one happiness point for each.**



### ✓ Task 2 – Repair the Seesaw

PowerPanda informs the player that the seesaw is broken and challenges the player to fix it. The player cannot move on in the game without fixing the seesaw.





## The Seesaw - Challenge

The player must **repair the base of the seesaw by selecting the correct blocks**. Each block has an activity and an amount of hours you should spend doing it. The total hours should calculate to **24 hours total**. The player must select the right blocks for a 'balanced day'.

The player must find the instructions indicating what the coloured blocks mean and begin selecting blocks for the seesaw base.

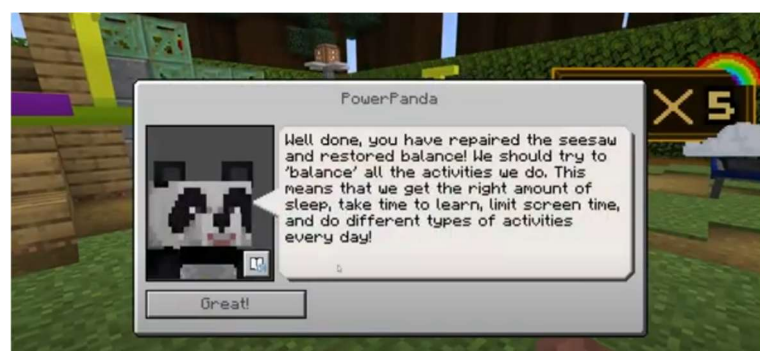


Block colours and categories:

- Dark Blue = Sleep
- Light Blue = Learning
- Green = Screenshot
- Pink = Chores
- Purple = Physical Activity
- Red = Socializing
- Yellow = Hobbies

To build the base, the player must keep to the following rules:

1. Five blocks must be selected
2. The blocks must add up to 24 hours
3. 8 and 10 hour blocks can only be sleep and learning
4. Screen time blocks can only be 1 or 2 hour blocks.





When the seesaw is repaired, PowerPanda congratulates the player and they can navigate to The Zen Garden.

### THE ZEN GARDEN

In the Zen Garden, PowerPanda tells the player that they will learn all the things that healthy minds can do. The player must make their way through the garden and face the mini challenges along the way.

### ✓ Task 3 – The Zen Garden

#### The Book - Quiz

The player must correctly answer the questions asked by the book.



Question	Option A	Option B	Option C
$2 + 2 =$	2	4	8
$3 + 5 =$	15	10	8
$9 + 3 + 20 + 7 =$	39	32	54
$19 + 11 + 6 + 7 =$	37	43	52
$17 + 2 + 8 + 1 =$	31	25	28
$7 + 9 + 3 + 8 =$	26	28	27

#### MamaPanda - Challenge

The player interacts with MamaPanda who talks about her stressful day. The player must select a) to help MamaPanda to feel better. **The player will receive one happiness point for selecting any of the ways to help MamaPanda, except d) exit.**



### Basketball Court - Challenge

The player meets Coach Panda who invites them to shoot some hoops. The player must play basketball to gain a happiness point.



### Spotty the Ocelot - Challenge

Spotty the Ocelot tells the player he is having a very bad day. The player must opt to be nice to Spotty to gain a happiness point.



### The Pillow - Challenge

The Pillow challenges the player to stay perfectly still, not moving their device or touching any controls for 20 seconds to gain a happiness point. If the player fails, they must try again.



PowerPanda congratulates the player, and they are transported to The Bedroom.

## THE BEDROOM

The player is in the bedroom, feeling sad and asked if they know how to feel happier. They must explore the room and interact with each of the characters to see if they can feel better.

### ✓ Task 4 – The Bedroom

#### The Bedroom – Escape Room

The player navigates to the bedroom and finds themselves in a dark room with the door boarded up. They are sad and they need to take actions that can help them feel happy again, then they receive a hammer to knock boards off the door. Some actions earn happiness points and some remove them.

To gain points:

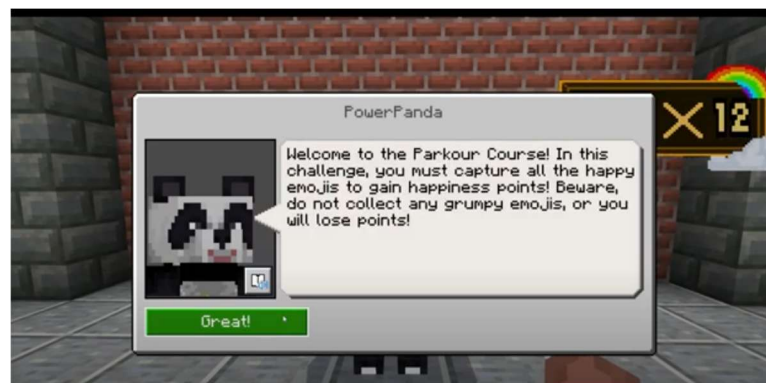
- Music Device: Turn on music device (receive hammer), turn off (no hammer)
- Journal on desk: Start writing (receive hammer), throw journal (no hammer)
- Tablet: Scroll through social media (no hammer), put down device (receive hammer)
- Window with Curtains: Open curtains (receive hammer) / Open window - show fresh air coming in, close curtains (no hammer)
- Mobile Phone: Option to call a friend and talk about feelings (receive hammer), put phone down (no hammer)
- Jar of candy: Eat candy (no hammer), eat whole jar (extra board goes on door), don't eat (receive hammer)
- TV: Turn on (extra board goes on door), turn off (receive hammer)



With each correct choice, the player gets 1 blow of hammer to knock a board off the door and leave the escape room.

## THE VILLAGE

PowerPanda greets the player and challenges them to the Parkour Course. The player must complete the course to end the game.



## ✓ Task 5 – The Village

### The Village – Parkour

The player must race along the road, capturing all the happy emojis and avoiding the grumpy emojis. If grumpy emojis are captured, the player loses points.





If the player has collected enough happiness points, they win the game. If they do not have enough happiness points, they have an option to replay the Parkour Challenge to gain more.



**END OF GAME!**



Congratulations on  
completing the

**HEALTH**  
**CRAFT**

Minecraft Education  
Worlds!!!





# Educators Only!!!!



The HealthCraft project has used *Minecraft Education Edition* to create four Minecraft worlds to introduce & reinforce health literacy skills in children aged 8-12. Topics addressed include 1) Healthy Eating; 2) Physical Activity; 3) Quality Sleep; and 4) Healthy Minds.

This guide is designed to function as a support and troubleshooting reference for teachers who wish to introduce their pupils to the HealthCraft curriculum and games.

This guide is not for use by pupils!! It contains installation assistance, as well as answers and cheats for the quests, challenges and quizzes contained in the games.

