

# GOMINS FOR FAMILIES

## from A to Z

Discover everything you can achieve with Gomins



Disponible en el  
**App Store**



Disponible en  
**Google play**



## Index

◆	1. Why Gomins®?	2
◆	2. How to play with Gomins® videogame	3
◆	3. Once I've got the results, how do I interpret them?	7
◆	4. Enjoy the Gomins® experience!	9
◆	5. How to react when there is a problem related to one of the areas	12
◆	6. Frequently asked questions	13
◆	Contact us	19



## 1. Why Gomins®?

You have already noticed for sure that academic education and values **are not enough to achieve success** in all the different areas of life. At Gomins®, we are sure that great people are more than simply good or brilliant people. To turn all the knowledge and values your children take on since they are very young into means for achieving success in all their life scopes, **it's essential they know how to manage their personal resources efficiently.**

Our objective is for our children today to learn and train different emotional, social and learning skills, and also the executive ones, **so they become successful adults in the future, emotionally, socially and professionally.**

And, how do we get it? With Gomins®.

Gomins® system has two applications: the videogame for tablets and the mobile

application Gomins Viewer for Parents (both available for Android and iOS):

Gomins® it's a space adventure in which, while your children are enjoying, several aspects related to emotional and social intelligence are evaluated.

Gomins Viewer for Parents allows you to see your children results in the different **emotional skills** we are evaluating: frustration tolerance, impulsivity, self-control, social problems solving (assertivity) and emotions recognition. The application receives data generated in the Gomins® videogame, process them and provides information about your children status in a graphic and easy-to-understand way.



**It sounds great, doesn't it? Just wait and see, because we've got more.**





## 2. How to play with Gomins® videogame

The videogame has been designed and adjusted to three different age-groups: from 4 to 6, 7 and 8 and from 9 to 11 years old. This means that both the game and the evaluation tests **are adjusted in length and difficulty level to your children ages**, granting an optimum experience regarding entertainment and fun.

You can find several game types in Gomins®: those which are used to evaluate emotional and social skills, some more based on usual mechanics and one more devoted to take care of the pet. The last one is used to encourage children to go through the different stages so they create the necessary results that can be shown afterwards in the parental application Gomins Viewer for Parents, since in order to play they will need enough crystals (points) they will only get playing the rest of the games.



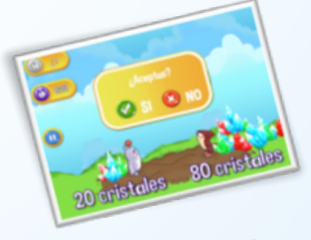
*Although every game comes with its own instructions, it's important that you are with them when they play, at least at the beginning, to make sure they understand and use the game properly. This way we make sure the obtained data are reliable.*

We know our games might arouse other people's interest, but be careful, if someone else wants to give Gomins® a try and play, **make sure they do it creating a new player** so your children's data previously stored do not suffer any modifications.

So then, what's the first step you have to take so your children start having fun with the Gomins® adventure?

You have to download Gomins® videogame before doing anything else. Go to Google Play or the App Store depending on the device you are using:

1. Gomins® Videogame for Android (Android smartphones)
2. Gomins® Videogame for iPad (iPad)





Once you have downloaded it, sign in following the steps below:

- Go to the **Parents area**:



- Press **"Sign in"** and introduce your details. You will access then the "New tutor" sign in form. You must introduce a user name or nickname, a valid e-mail address to verify your account and a password.
- Once all these details have been introduced, you will receive an e-mail with a link to activate your account. Clicking the link you will finish the process and **your account will be activated**.

**Congratulations! You have already created your Gomins® account. It's this easy.**

After completing the process you will have access to the parents area of the Gomins® videogame in your tablet and to the Gomins Viewer for Parents (we'll explain how to install it later on). Now log in with the same details you registered with and create users for your children with their names and ages.

- Step 1:** Log in
- Step 2:** Create a new player:



- Step 3:** Let's play!



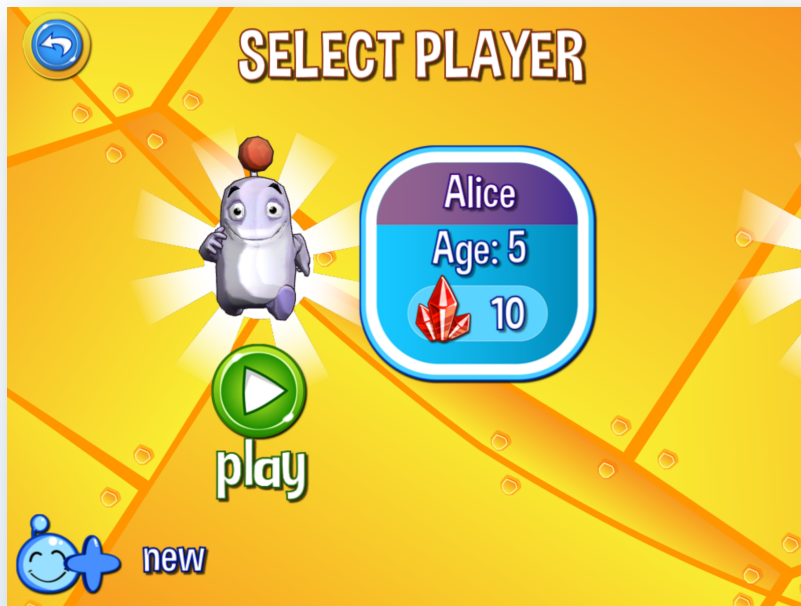
Now you just have to install the Gomins Viewer for Parents application using one of the following downloading links according to your device:

- Gomins Viewer for Parents for Android (Look for Gomins Viewer in Google Play)
- Gomins Viewer for Parents for iPhone (Look for Gomins Viewer in the App Store)



*Once downloaded, log in with the same details you used in the Gomins® videogame. That's all! From now on, you will be able to see your children's results as they play the Gomins® videogame.*

To start playing, you need to sign in all those children who are going to play with Gomins®. To do so, take the steps mentioned above to create new players.





Once the player has been created, our character will appear in a spaceship in which you will be able to:



- Go to one of the worlds placed at the back (Candy World, Cloud World and Labyrinth World)
- See the Gomin caring levels.
- Go to the pet's caring area.
- Go to the gifts area.



*If you are afraid that your child might be hooked to the tablet the whole day, don't worry, we've thought everything out carefully! As you know, Gomin® has been designed by psychologists, so the videogame has different mechanisms to regulate the time your children devote to the videogame, maintaining healthy levels. Besides, you can manually establish a maximum playing time per day from the videogame's Parents area.*





### 3. Once I've got the results, how do I interpret them?



*The measurements provided by Gomis Viewer for Parents must be understood as screening tools, never as diagnosis ones.*

To properly interpret the obtained data from the game, you have to understand that no result must be understood as such. Forget about diagnosis and useless labels **and look further!**

What Gominis® allows you is to keep track of the evolution of each child in particular. While your child is playing and enough data are being generated to be evaluated, they go through a server which will send the results to the parents application.

These data will be shown as graphs reflecting the scores and **will show the improvements achieved in the different emotional areas**. You will receive customized information in your mobile in real time. For example, if your child has a low level of frustration tolerance, the application will explain you what it is all about and will provide several resources through amusing missions so you can help your child to improve this area using practical activities and family games.

The results generated in the game are a very valuable source of information. Eventually and by practice, you will see

they progressively improve in the different areas.

Evaluation obtained by the Gominis® videogame is objective, since it's based on objective behavioural markers (OBM), which guarantee objectivity and impartiality in the observations, and also a measurement of the emotional components of the response and style, differing significantly with rational components.

**Every data must be seen as an opportunity to improve their social and emotional skills.**

**It will be useful to know better their strong and weak spots!**

**Encourage them to play, make sure they completely understand everything and don't forget that your expectations about them will have a hand in their progress.**



*As you have been able to confirm, evaluation results are obtained from everything your children do in the game, so the provided data are a reliable reflection of their behavioural style.*



## If the scores are low, then what?

If you receive low scores, **don't be alarmed!**

We have considered different mechanisms to face this kind of situations. Although the tasks are designed by experts, they require an attention and involvement level from your children that is not always true (for example, your child is playing while watching TV or replies stereotypically to be able to go to the next screen).

It's also possible that they simply need to practice a bit more and improve in time.

For all these reasons we have implemented a **double-checking system** so if the scores are low, we'll ask you several questions about your child's behaviour.

Should I worry?

Read carefully the following statements and indicate whether they are true or not for your child within the last 30 days.

☒ When losing a game, apart from giving up themselves, their anger is out of proportion and stamp their feet.

Yes
No



If the scores in the game and your answers are heading the same direction, we recommend you to turn to a professional so they can do a complete evaluation and help you to take the appropriate measures.



#### 4. Enjoy the Gomins® experience!

Gomins® is much more than a videogame. Our aim is that your children learn through experiencing, facing situations that will allow them to set in motion everything they have learnt.

To do so, let's go now to real life. How? We introduce you to Gomins® Missions! You can find them in the Gomins Viewer for Parents application.

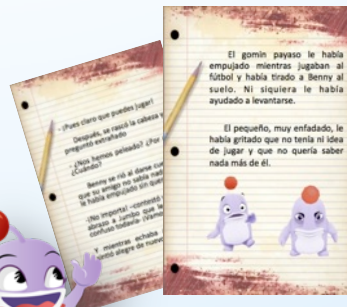
Gomins® system starts from the natural interaction among parents and children, turning the game and the family activity into an opportunity to develop emotional and social skills in the children. To achieve it, Gomins® provides some guidelines series and activities arranged in sequences called "Missions".

The missions have been designed by our

team of psychologists and have to be carried out in a particular period of time (usually 15 to 20 days). Every mission aims at a particular goal; for example, improving children skills of learning from their mistakes or being more patient.



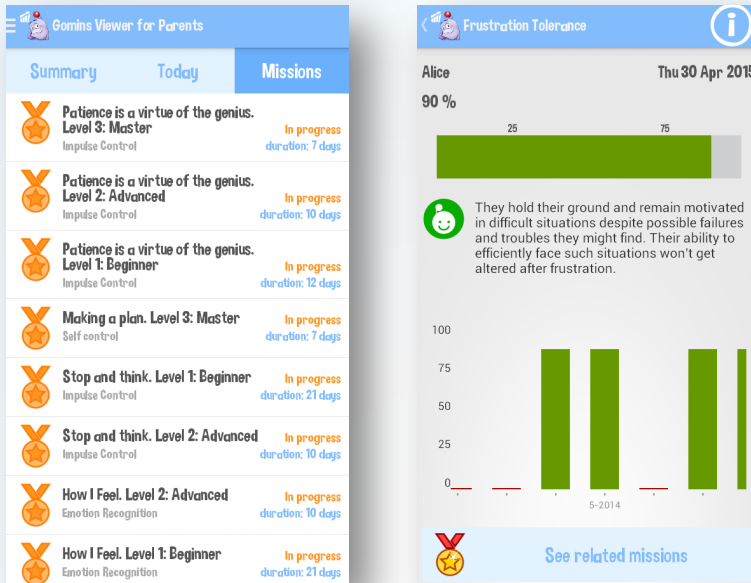
This training system based on playing games allows both, you and your children, to create a space in common that reinforces affective ties and helps them improve in the areas you want to work in.





You have two ways of starting a mission:

- From the “**Missions**” screen, where you can apply a filter for the different topics.
- From your children’s area, using “**See related Mission**”.



Every Mission breaks down into series of activities called Tips that you must carry out with your child if you want to improve the different areas of emotional intelligence.

A *Tip* is a short interaction involving both, parents and children which helps them develop the skills included in Gominos®. It might be carrying out a simple activity using plasticine, for example, or play a game by several specific rules, as it happens in “The lost words envelope”. Some other times it might be about reading together a tale that helps the child to understand or become aware of a particular aspect of the skill you are working on.



*Every Tip has three parts:*

- *What for?: describes the main objective of the Tip, meaning the benefits or results you will get if you carry it out.*
- *How?: is a list of steps or actions you must carry out.*
- *When?: we suggest you the ideal moments to do every activity. We give you as well the option of scheduling it so you don't forget doing it. This way, the application will notify you when the time of doing it comes.*



The idea is that you can practice the different skills through the Missions. **You choose how and when you are going to do it.** What it's important here is that you feel comfortable with it. At the end of every Tip, some general suggestions are provided to use in case things don't come out as you expected. They are some guidelines you can use to face the possible problems you can find when carrying out the Tip. For example, if one of the steps seemed very complicated, you can always go back to the previous step, and when you are comfortable enough, go for the next one!

Usually, to learn new skills we need to practice more and more until we include it in our behavioural routine.

Based on this routine idea, the "Maps" appear.

The "Maps" are graphic resources we use to track your children's improvements and your own along the mission. You can find all these contents in the downloading area of our

website [www.gomins.es](http://www.gomins.es)

Maps are customized in every mission with their particular number of Tips, crystals you can get (points) and their difficulty level.

Usually, the last step on a Tip tells you to give your child a gift using a particular amount of points. In that moment you will need to go to the corresponding Mission Map and write down the points or colour the star of the Tip you have just completed. It's important that you do all this together, so children become aware of their improvement and keeps being motivated to go on until the end.

### *Why do Maps work?*

*The scoring system is an efficient method to modify your children's behaviour and establish desirable and positive behaviours. It's based on a psychological technique called "Token Economy"*



*Three keys you need to know in order to succeed are:*

- 1. Place the map on a visible spot so your children can check their improvements and see how many tips they could complete.*
- 2. Give them the points immediately, as soon as they finish behaving as required. The shorter the time you wait to give them their prize, the more possibilities you have that they repeat that behaviour.*
- 3. Award them only when they get the agreed goal and never otherwise.*





## 5. How to react when there is a problem related to one of the areas

As you can see, our main goal is to provide customized resources of great quality so you can develop your children's emotional education with guarantees and strengthening family activities, helping to improve this way the quality of the time you share. Probably, you will find some problems along the training related to one of the areas you are working on. If something similar happens, what do you have to do?

1. First of all, don't get alarmed vainly! It's normal that things don't come out as you expected from the beginning . Sometimes we need to take a step back and **strengthen what we have learnt** in order to get better results. If you follow the Missions guidelines, for sure you will start seeing the changes in your children and in their relationship with you.
2. It's also important that you become aware of their emotions. don't lower your guard! Although you are working on planning, for example, **never lose sight of emotions**. They are the true engine for your children to learn through experience.
3. It's advisable that you interpret their emotions as a chance of getting closer to your children and educate them. They will allow you to have some moments of intimacy with them.
4. Be **always willing to listen to them** empathically and make their feelings worthy. It's important that they feel you are there for them. If they find it difficult to express the emotion with words or to label it, give them a hand!
5. Establish **limits** properly at the same time you help them to solve their problem to make it easier for them to apply their analytic skills and the abilities to face similar situations. This way you will make them more independent.



**Are you ready to enjoy the Gomins® experience?**






**Go for it and.. hands on deck!**



## 6. Frequently asked questions

What areas related to the emotional intelligence of my children is Gomins® working on?

The areas evaluated by Gomins are the following:

-  - **Frustration tolerance:** it's the ability of accepting that things won't always come out as we want, managing the emotions caused by changes and delays.
-  - **Impulses control:** it's the ability of controlling impulsivity, knowing how to wait and recognising the right moment to act.
-  - **Social problems solving:** it's the ability to properly interpret social situations, expressing respectfully and efficiently all emotions, wishes and opinions.
-  - **Self-control:** it's the ability of managing our emotions, thoughts and behaviours according to our long term goals.
-  - **Emotions recognition:** it's the ability to recognize how we feel, our emotions and others'.



Is Gomins training skills and abilities related to emotional intelligence?

Gomins Viewer for Parents provides information about the development level on your children's abilities and gives you knowledge and tools to strengthen within the family. These resources come up as missions or structured sequences of activities and games to carry out with children, in which you will be your own children's trainer.

The parental app will provide you an index to guide you about the importance and urgency of working the different abilities we have included. The changes generated on time will also appear on it, so as the missions are completed, you will be able to see the results on real time.



How are the rates obtained from the app calculated?

The rates are calculated in two consecutive steps. First, the behaviour of the child on the game is registered, and then it's quantified in an absolute value, which will be what we call direct scores.

Later on we compare this value to the data obtained from a large group of children of ages within the ranks on the game (4-7 years old and 8-11 years old) and it's processed according to the usual procedures for building psychological evaluation tools.

The oncoming result is a relative rate that allow us interpreting and give real meaning to the data obtained during the game.



### How do I schedule a tip?

A *Tip* is a short interaction involving both, parents and children which helps them develop the skills included in Gomins. It might be carrying out a simple activity or play a game with your children by several specific rules. Some other times it might be about reading together a tale that helps the child to understand or become aware of a particular aspect of the skill you are working on. Every Tip has three parts:

1. What for?: describes the main objective of the Tip, meaning the benefits or results you will get if you carry it out.
2. How?: is a list of steps or actions you must carry out.
3. When?: we suggest you the ideal moments to do every activity. In order not to forget it, you can schedule it and the application will notify you when the time of doing it comes.



### Why is it important to rate the tips on the missions?

The ratings on the tips help us to improve the contents we design and to provide the best missions and tips according to your preferences. It's very important to rate the tip when you finish it, since it's the way you check it as done, so don't forget doing it!

### Is it possible to see the emotional areas graphics in a PC?

At the moment is not possible, they are only available in the mobile application (*iPhone and Android*). If you think it's important, please write it in the [ideas section](#). If it receives enough votes, we'll start developing it!

### Is it going to take me a long time?

Every learning process is more efficient the more persevering we are in applying it. Gomins is no exception, but it won't take you long.

The missions are divided in several parts or tips with different lengths. When you check every tip you will get an idea of their length and will be able to schedule it in an appropriate moment (waiting on a line, in the car going somewhere, a rainy evening you don't know what to do, or at night before going to sleep...) so it doesn't get in the way of other family activities or tasks.

Besides, the game dynamics adapt to the involvement level you can compromise with. You only have to go to the "tools" section in the app menu and change the activity level. You can change the level as many times as you want and the app will get adapted to your circumstances.



## There are no details on the graphics

If the name of your child appears in the “children” section in the app but the graphics are empty (0%) when you try to access, it’s possible that there are not enough necessary data yet to compile in order to offer you a rate.

We need that the child get several times into the evaluation tasks mixed with the games in order to create a reliable rate. If you want your child to take more evaluation tasks, point him out that he/she needs to play with the pet to get the crystals.

To do so, he/she will have to press the gomin in the spaceship and, already in the pet’s zone, press the crystal winning game in the top-right part of the screen.



## Does the application measure my children’s intelligence quotient (IQ) or academic skills?

Gomins currently evaluates only emotional and social skills. It doesn’t provide marks for intelligent quotients neither academic achievements.

From the Gomins team we are constantly working on adding new tasks and contents to make the system more complete and useful. If you think it’s important, please write it in the [ideas section](#). If it receives enough votes, we’ll start developing it!



## What is the advisable age to use Gomins?

The Gomins videogame is geared towards children from 4 to 11 years old. Through the game, several aspects related to emotional and social intelligence are evaluated, such as impulsivity, self-control or emotions recognition. Results are obtained by analysing children's behaviour in several particular stages in the game, which have been designed specifically with this purpose.



**Every game in Gomins has been adjusted to the following age-groups:**

- **4 to 6 years old**
- **7 to 8 years old**
- **9 to 11 years old**

This means that both the game and the evaluation tests are adjusted in length and difficulty level to your children's ages, granting an optimum experience regarding entertainment and fun.

The Gomins team encourage you to try it and to use Gomins Viewer for Parents (available for Android and iPhone) to see your children's results in the different areas evaluated through the game.

We encourage you also to share your experience with us. We are very interested in gathering all your opinions to know how we can improve.

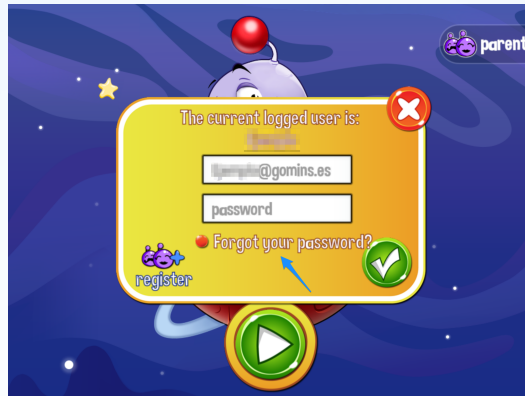
## How do I change or retrieve my password?

1. Go to the Gomins videogame in your tablet and press the "Parents" access from the main screen.

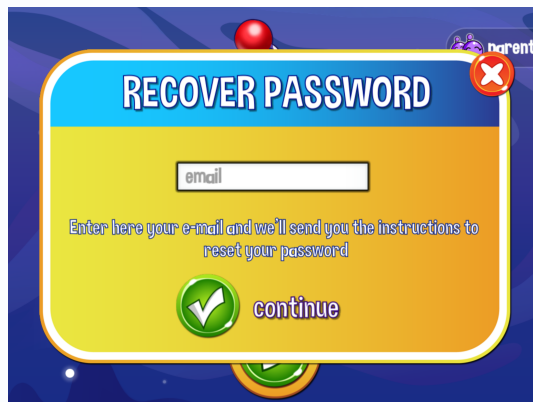




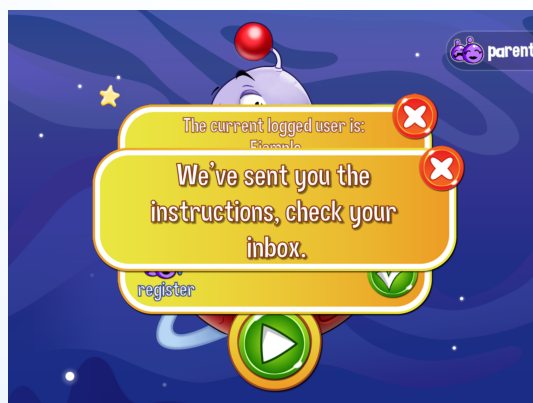
2. Press “Forgotten your password?”:



3. Type the e-mail address you used to register:



4. You will receive a confirmation.



5. Go to your e-mail and press the link to create a new password.





# GOMINIZE YOURSELF!





## Contact

Website: <http://www.gomins.es>

E-mail: [comunicacion@gomins.es](mailto:comunicacion@gomins.es)

Facebook: <https://www.facebook.com/aventuragomins>

Twitter: [@aventuragomins](https://twitter.com/aventuragomins)

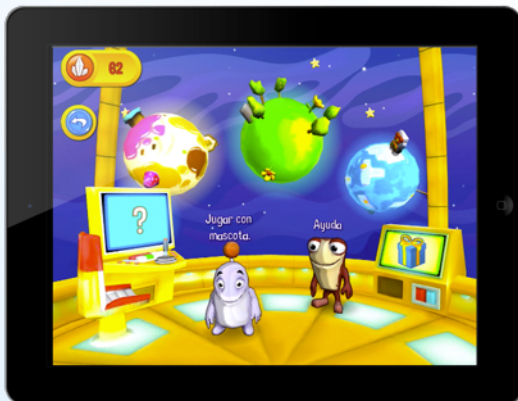
Pinterest: <http://es.pinterest.com/gomins/>

Instagram: <http://i.instagram.com/aventuragomins/>

FAQ: <https://gomins.uservoice.com/>

Technical support: [support@gomins.es](mailto:support@gomins.es)

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