

XBOX ONE

The SIMS™ 4





WARNING Before playing this game, read the Xbox One system, and accessory manuals for important safety and health information. www.xbox.com/support.

Important Health Warning: Photosensitive Seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people with no history of seizures or epilepsy may have an undiagnosed condition that can cause “photosensitive epileptic seizures” while watching video games. Symptoms can include light-headedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, momentary loss of awareness, and loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects. **Immediately stop playing and consult a doctor if you experience any of these symptoms.** Parents, watch for or ask children about these symptoms—children and teenagers are more likely to experience these seizures. The risk may be reduced by being farther from the screen; using a smaller screen; playing in a well-lit room, and not playing when drowsy or fatigued. If you or any relatives have a history of seizures or epilepsy, consult a doctor before playing.

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INTRODUCTION











Welcome to the world of the Sims!

Do you want to lead a family towards commercial and academic success? Or maybe you want to have a party house where your Sims can forge friendships, find love, and make enemies? Or maybe you're just interested in creating havoc and mayhem? It's your Sim's life, so live it how you choose.

In this manual, we'll teach you how to set up your first Household, build a home, and guide your Sims' lives. Where you go from there, however, is up to you!

CREATE-A-SIM

Create-A-Sim Controls

CONTROLS	
Catalog options	 / 
Modify body	 (hold) + 
Back	
Cycle outfit categories	 / 
Undo	
Redo	
View controls	
Toggle menus/Game	View button
Pause menu	Menu button

Create-A-Sim Game Screen, Personality Panel



NAME

Give your Sim a first and last name. The household name will default to the last name of the first Sim listed in the household, though you may also modify it.

GENDER

Choose between a male or female Sim. Select the drop-down tab to customize gender settings; this will affect their physical frame, clothing tastes, fertility, and toilet preferences.

AGE

Choose between Toddler, Child, Teen, Young Adult, Adult, and Elder. Age will affect appearance, Trait and Aspiration availability, and much more.

WALK STYLE

This tab affects your Sim's walk style. It has no direct impact on your Sim's personality.

VOICE

Choose between six preset voices, or manually adjust your Sim's voice with the slider.

RELATIONSHIPS

If there is more than one Sim in a Household, you can edit their relationships here. Available relationships are determined by age.

ASPIRATIONS

This displays your Sim's Aspirations. Available Aspirations are determined by age.

TRAITS

Select your Sim's Traits, which will affect their personality. Available Traits, and how many Traits can be chosen, are determined by age.

HOUSEHOLD

This tab lists the members of your current Household. The Sim marked in green is the current Sim being customized. Select the Add-A-Sim button to create a new member of the Household: choose Add New Sim to create a completely unique Sim, or select Play With Genetics to create a Sim that is genetically similar to members of that Household.

RANDOMIZE

Don't want to spend time customizing your Sim? Select the Randomize button to switch up their appearance. You can also specify what customization options you want Randomized, such as clothes, body shape, hair styles, etc.

Create-A-Sim Game Screen



SIM

The Sim you are currently editing is displayed at the center of the screen. Select different segments of your Sim's body to directly adjust their proportions.

FACE

Select your Sim's face to specify their facial appearance, including facial presets, skin tones, skin and teeth details, and hair styles/colors. You can also give your Sim makeup and accessories, like hats, glasses, and jewelry.

MUSCLE AND WEIGHT

Slide either panel up or down to adjust your Sim's weight and muscle mass. After you confirm your Sim's appearance, weight and muscle mass will only change based on your Sim's lifestyle.

BODY

Select Body to make more direct changes to your Sim's physical appearance. You can select their skin tone, or choose a preset body type. You can also give your Sim tattoos.

STYLED LOOKS

Use this section to choose from a variety of looks and color schemes for your Sim's outfits.

CLOTHING OPTIONS

If you want to make specific changes to your Sim's outfits, you can do so by selecting from five clothing options: Tops, Full Body, Bottoms, Accessories, and Shoes. From there, choose from more specific categories to narrow your search, or select the top option to see all available clothing choices.

FILTER PANEL

Your clothing, accessories, and makeup selections will be automatically filtered based on your Sim's gender options and outfit category. Select the Filter Panel to remove or adjust the filter options.

OUTFIT CATEGORY

Every Sim has six outfits: Everyday, Formal, Athletic, Sleep, Party, and Swimwear. You can adjust these outfits as you see fit now, or modify your Sim's outfits later by selecting a dresser or mirror. You can save five outfit variations per style.

Age

No one stays young forever. Sims spend a set amount of time at one Age before moving to their next stage of life. Age groups have unique clothing options, Trait and Skill availability, dialogue choices, Career paths, and more. You can adjust your Sim's aging options in Game Options under Gameplay.

You also can automatically age up a Sim by throwing a Birthday Party. Check your Sim's Simology to see their age progression.

NOTE: Lifespan aging can be adjusted in the settings form Short, Normal, and Long—aging can even be disabled altogether!

BABY

Babies cannot be created in Create-A-Sim. Sims must either Adopt babies or make their own, if they are able to conceive. Babies will need to be cleaned, fed, and given lots of love, so make sure your Household is ready for their arrival! See Babies and Children for more details.

TODDLER

Toddlers cannot choose an Aspiration, but they do have one Trait. Toddler Traits are unique to their Age, and will influence their personality and Skill growth. Toddlers can move about the world, but they'll need an adult to take care of their Needs—be sure to have your Adult Sim mind your Toddler, or expect a Social Worker to come knocking at the door! Adult Sims gain positive Moodlets from interacting with Toddlers, so be sure to take advantage of these quality moments.

Toddlers can learn to take care of their own Needs over time, and the Skills they develop as Toddlers will give them boosts to their Childhood Skills. See Toddler Skills for more details.

CHILD

Children have one Aspiration and one Trait. Children are more independent than Toddlers: they can take care of their Needs, go to school, and start to form complex relationships. They'll still need Adults for more advanced actions, such as cooking meals and earning money.

The Skills a Child hones will provide a boost to their Adult Skills, and any Skills they developed as Toddlers boosts their Child Skills. See Children Skills for more details.

TEEN

Teens are the middle ground between Children and Adults. Teens have access to Adult Aspirations and can choose two Traits. They can also complete complex actions and choose simple Careers (See Teen Careers for more details), but they'll still need to go to school every weekday. Teens are also prone to moodiness.

YOUNG ADULT, ADULT, ELDER

As Young Adults, Sims can enjoy the full freedom of adulthood. They can move out of their homes, start Careers, and form committed relationships. Adults have a wide breadth of Aspirations to choose from, and can have three total Traits. Young Adults and Adults take longer to grow into their next Age groups, so you'll have more time to complete Aspiration and Career goals.

Elders are slightly different from other Adults. They can retire from their Careers, but they can't perform intense physical actions without risks to their health. They can also die of old age at any moment, so don't take their limited time for granted!

Traits

Traits define your Sim's personality. Every Sim must have one Trait, but Adults can have up to three. Traits affect your Sim's Mood, dialogue choices, activity enjoyment, and reaction to certain people and environments.

Toddlers have unique Traits, and Children and Teens have limited choices in Adult Traits. Once set, your Sim cannot change their Traits, so choose wisely!

NOTE: Some Traits don't mix. For example, a Sim can't be Cheerful and Gloomy, or a Foodie and a Glutton.

BUILD MODE

World

Now that you've created your Sim, it's time to find them somewhere to live. Your Sim can move into one of three Worlds: Willow Creek, Oasis Springs, and Newcrest. Each World offers different facilities, Households, and available housing and lots. Your Sim can always visit other Worlds to enjoy different facilities or to meet new people.









Moving In

Once you've chosen a World, you'll choose where you want your Household to live. Select an available home for purchase, or buy an empty lot and build your home from scratch. If you choose a prebuilt home, you can also choose to have it furnished or unfurnished. The cost of a Lot will depend on its location, size, and the objects already placed there.

You start off with 20,000 Simoleons in funds and receive 2,000 for each additional Sim in the household, so spend wisely. You can always move your Household later as your Sim earns more money and assets.

Build Mode Controls








MENU CONTROLS

Confirm	
Back	
Search (in certain menus)	
Right	
Down	
Left	
Up	
View controls	
Toggle menus/game	View button
Pause menu	Menu button

GAME CONTROLS

Select	
Back	
Pan camera	 (hold) + 
Quick Eyedropper Tool	
Quick Design Tool	
Move cursor	
Zoom/Rotate camera	
Undo	

GAME CONTROLS

Redo	
View controls	
Toggle grid	
Toggle top-down view	
Lower floor	
Cycle wall cutaway view	
Upper floor	
Toggle menus/game	View button
Pause menu	Menu button

Build Mode Game Screen



LOT INFORMATION

Name your Lot and define its information, such as the number of bedrooms and bathrooms. You can also see an overview of your lot's dimensions and value.

LOT TRAITS

Like Sims, your Lot can have Traits. Traits can affect the Moods of any Sim on the Lot, or attract (or deter) visiting Sims. Be sure to choose your Lot's Traits based on the Sims who live there.

ADVANCED TOOLS

Use these tools to manage specific sections of your Lot, or edit your House as a whole. To directly modify an object's placement or appearance, you'll need to select from Select, Eyedropper, Design Tool, or Sledgehammer. You can also save your Lot to your Library, move your House around your Lot, or completely bulldoze every object on the Lot. The last tool will change the time of day, so you can see how your lot looks in the day or at night.

OTHER TOOLS

Live Mode will take you from Build Mode to Live Mode. Open your Library to select from premade options. The Notification Wall will list any relevant information about your Household.

SEARCH

Use Search to jump directly to the section or object you're looking for if you have a specific object or object type in mind.

BUILD

The Build feature divides available furniture and objects by types, and is most useful when building your house's exterior, such as adding doors, windows, or wallpaper. Use this tool to set foundations and walls, build pools, plant trees, or line fences. You can also save rooms you have made, or select from pre-styled rooms.

OBJECTS BY ROOM

Once you're ready to begin decorating, select this option to sort available furniture by room type. For example, if you're looking to purchase a microwave select the Kitchen tab, or choose Kid's Room if you need to purchase objects friendly for Babies, Toddlers, or Children.

OBJECTS BY FUNCTION

Choose this option to sort available furniture by function. For example, if you need more light in a room select Lighting to see available lamps, or select Activities and Skills to view interactive objects for your Sim's home.

HOUSEHOLD INVENTORY

Find all your Household items that are not currently set onto your Lot. Lost items may end up here as you move objects and rooms. Your Sims might also earn objects as they progress through Aspirations and Careers; check out Household Inventory to retrieve these items.

Building and Maintaining Households

Your home is yours to build, but if you want your Sims to be happy and healthy, they're going to need the essentials. A bed, a private bathroom, and a stove or microwave will cover the basics, but you'll need more than that if you want your Sims to truly prosper. One easy way to cover your bases is to use the Objects by Room feature—having at least one of every object type in your rooms is a good rule of thumb.

Remember as you lay down walls or place your objects that your Sims need space to move. Every room needs a door, and objects placed in walkways will block your Sim's path.

DECORATIONS

Make sure to spend some time designing your rooms. Not only will this make your house look nice, it'll give your Sims some passive boosts to their Mood.

OBJECT RELIABILITY

Lower cost objects break more easily. Unless your Sims enjoy clutter, broken objects will bring down your Sim's Mood. Broken objects cannot be used, so the sooner you deal with them, the better.

You have a few options when an object breaks. You can pay to replace them or have a repairperson fix them for you. You can also direct Sims to fix the object themselves, which will increase their Handiness Skill—just be warned, fixing objects can dirty your Sim and expose them to dangerous consequences.

If you find that your objects are breaking frequently, you might need to buy a higher end model. If your Sim has a high Handiness Skill, they can upgrade the object to be more reliable.

PAYING BILLS










Remember to pay your bills! The more you build onto your home, the more bills you'll pay. You can pay bills through a computer, your Phone, or a mailbox. If you don't pay your bills on time, your Lot's electricity will be shut off.

Building Businesses






After building a house for your Sims, you can also build businesses in town for them to visit, like bars, gyms, libraries, etc. This is a good way to place useful objects near your Sims without needing to directly pay for them to be in your home.

LIVE MODE

Live Mode Controls

MENU CONTROLS	
Confirm	
Back	
Decrease game speed	
Increase game speed	
Right	
Down	
Left	
Up	
View controls	
Toggle menus/game	View button
Pause menu	Menu button

GAME CONTROLS

Select	
Pan camera	
Cancel current action	
Live drag item	
Move cursor	
Zoom/Rotate camera	
Decrease game speed	
Increase game speed	
Snap to Sim left	
Snap to Sim right	
View controls	
Toggle follow camera	
Select next Sim	
Lower floor	
Cycle wall cutaway view	
Upper floor	
Toggle menus/game	View button
Pause menu	Menu button

Live Mode Game Screen



SIMS PANEL

Here you'll see your Sim's current activities and Mood.

ACTIONS

This lists your Sim's current and future actions. Actions beside your Sim are currently taking place, while actions above the Sim Panel are future actions. Some actions can be performed simultaneously. You can also cancel most actions from here.

MOOD AND MOODLETS

View your Sim's current Mood and Moodlets here. The top three strongest Moodlets will show at the top of the list, while smaller ones will be condensed. Hover over Moodlets to read their information.

WHIMS

Your Sim will think of up to three Whims at a time, based on their Mood, Traits, Aspirations, Career, etc. Satisfy Whims to earn Satisfaction points. You can pin or cancel Whims as well.

HOUSEHOLD FUNDS

This is the total Simoleons your Household shares. You earn Simoleons by going to work, selling objects, etc. These funds are used to buy objects or pay bills.

CENTER ON LOT

Select this icon to center your camera on your Household's Lot.

PHONE

Select this icon to pull out your Sim's Phone. Phones can perform many functions, such as paying bills, calling up Sims, and traveling.

HOUSEHOLD

The members of your Household are listed here. Select one to switch your control. You can also set your Sim's Work Tone from here.

TIME

View the current time and day, or pause, resume, or fast forward the game clock—just remember, you can't rewind!

ASPIRATIONS

Your Sim's Aspiration summary lists their current Aspiration, progress, and goals. Your Sim's Satisfaction Points and the Rewards Store are also displayed here. Choose a new Aspiration by selecting the star.

CAREER

View your Sim's Career here, including work schedule, performance, long-term Tasks, and Daily Tasks.

SKILLS

Here you'll find your Sim's Skills, their individual levels, and current progress. Hover over a Skill to see more information. Note that only Skills your Sim has earned will be listed.

RELATIONSHIPS

Catch up on all your Sim's Relationships here. View options include All, Friends, Household, and Romantic. Select individuals on this list to call them up.

INVENTORY

The Inventory show what your Sim is holding on their person, such as homework, food, or books. You can also view your Household Collections from here.

SIMOLOGY

View a basic summary of your Sim, including their name, age growth, Traits, genealogy, and stats.

NEEDS

Keep an eye on this tab to ensure your Sim is healthy and happy, as it lists your Sim's six Needs and their statuses.

Moods/Emotions

Depending on your Sim's personality, environment, and actions, they may become struck with an Emotion or Mood. Emotions can affect Skills, open action and dialogue options, and make your Sim more likely to gain Career promotions. Generally, Positive Emotions will positively affect your Sim, while negative Emotions can deter your Sim. Left unchecked, negative Emotions can hurt a Sim's relationships, degrade their Career performance, or even kill them.

Emotions, if they receive enough Moodlets, have intensified forms. Most of the time this will be marked by the word "very", such as "Very Happy" or "Very Uncomfortable". In this state, all Emotion bonuses (or detriments) will be heightened.

MOODLETS

Moodlets are tabs that appear in your Sim Panel, marking what actions or environmental features are affecting your Sim's Mood. Moodlets last for a predetermined length of time, or remain for as long as your Sim is close to an environmental feature. Moodlets add up Emotion points, and the most points will set your Sim's Mood.

Knowing how to trigger positive Moodlets, and how to remove or lessen negative Moodlets, is the key to keeping your Sim in a positive Mood. For example, nicely decorating your home will give passive Happiness bonuses to your Household, while cleaning up messes in your home will lessen the time your Sim feels Uncomfortable. Actions can either add Moodlets (brushing your teeth, for example, gives a boost to confidence) or lessen the time a Moodlet lasts (such as taking a bath while your Sim is Sore).

EMOTION TYPES

FINE

This is your Sim's neutral state.

POSITIVE EMOTIONS

Positive Emotions often give bonuses to Skills; some bonuses are applied to all Skills, while other bonuses provide specific bonuses to certain Skills. They can also unlock special interactions and activities, or improve task completion.

CONFIDENT

Confidence is gained when your Sim completes self-improvement tasks. This can be done when brushing their teeth, psyching themselves up in the mirror, or having a good day at school. All Skills are improved with Confidence, but Charisma gets a special bonus.

ENERGIZED

Energized Sims are ready to burn off their excess energy with exercise! Physical Skills are given high bonuses.

FLIRTY

Your Sim is feeling feisty. This is a great time to flirt with your current or future partner. Then again, your Sim will be more distracted than normal, so you might want to have them take a cold shower to calm down. Flirty gives your Sim Charisma bonuses.

FOCUSED

Your Sim may become Focused after completing tasks that require mental effort, such as playing Chess, researching online, or completing work at home. All Mental Skills are given high bonuses.

HAPPY

Your Sim is feeling great! Happiness can be earned by performing enjoyable tasks such as having a great conversation, eating a good meal, or satisfying a Need. Happiness can also be inspired through the environment, such as good music or a nicely decorated room. All Skills are given a bonus while Happy.

INSPIRED

Sims become Inspired while making creative works (like paintings, books, or meals), or by interacting with creative objects (like artworks, bonsai, or listening to music). In turn, being Inspired is a great time to create, as all Creative Skills will be given high bonuses.

PLAYFUL*

Your Sim is in a fun mood, so why not take advantage of it? Goof around with their friends and family or take part in a fun activity to become Playful. Playful gives a bonus to Charisma and a high bonus to Comedy.

*Playful is the only Positive Emotions that has potentially fatal consequences. It's all fun and games until someone becomes Hysterical!

NEGATIVE EMOTIONS

Negative Emotions often have detrimental qualities to many, if not all, Skills. In most cases, it is best to relieve these Emotions as quickly as possible and look for ways to avoid them in the first place.

Emotions marked with * can have fatal consequences if heightened and left unchecked.

ANGRY*

Something has ticked off your Sim. They might want to scream or break something, but there's more productive ways to relieve their anger, such as going for a run or taking a Cold Shower. Physical and Mischievous Skills are given positive bonuses, but all other Skills are diminished.

BORED

If your Sim is forced to do the same task over and over, or if they've had an uneventful day at work or school, they might become Bored. Try doing something fun, like talking to another Sim, engaging in an activity your Sim enjoys, or relaxing in front of the TV. All Skills have a small detriment while Bored.

DAZED

Dazed is an Emotion that is usually caused by some sort of dangerous encounter, such as electrocution, losing a fight, or getting zinged by a Weaponized Joke. Make sure to let your Sim rest when they are Dazed, since this vulnerable state can have fatal results if they continue dangerous activities. They'll also have a severe detriment to all Skills while Dazed.

EMBARRASSED*

If a humiliating event happens to your Sim they may become Embarrassed. If your Sim has too many Embarrassment Moodlets stacked at once they can become Mortified, which can lead to death. Having your Sim relax in privacy or sending your Sim to bed is the best way to resolve Embarrassment. While Embarrassed, your Sim will have detriments to their Social Skills.

SAD

Feeling blue? Sadness gives bonuses to Creative Skills, but is otherwise detrimental to all other Skills. Engaging in activities that inspire Happiness—especially Creative Activities—is a great way to relieve Sadness. Another good way to relieve Sadness is to have your Sim talk with others, just like in real life!

TENSE

Your Sim is stressed out, so it's time to relax. Have your Sim take a nice bath, or sit and watch TV. They can even talk to a friend or family member, or give themselves a pep talk to the mirror. Tense Sims have a small detriment to all Skills.

UNCOMFORTABLE

This Emotion is usually a result of multiple low Needs, such as Hunger, Bladder, Energy, or Hygiene. Your Sim can also become Uncomfortable by being near a dirty surface or room. Directly solving any of these triggers can also resolve this emotion. All Skill will receive a small detriment while Uncomfortable.

EMOTION TIPS

TRAITS AND EMOTIONS

A Sim's personality can influence their Moods. For example, a Sim who is "Neat" will be upset when they are near something unclean, while a Sim who loves the outdoors will become Tense if they are inside for too long.

OBJECT AURAS

Some objects can be infused with an Aura that will automatically change a Sim's Mood when they are near it. Turn these Auras on to give your Sims a quick, passive change to their Mood.

TEA

One easy way to change your Sim's Mood is to buy a tea brewer. Different kinds of tea will inspire different positive emotions for your Sims.

Aspirations

Aspirations are long-term goals independent of Careers, such as becoming a bodybuilder, earning a ton of money, or finding love. When choosing an Aspiration, be sure to check out all the potential paths an Aspiration category contains. For example, Nature has three paths: Freelance Botanist, The Curator, and Angling Ace. Completing Aspiration objectives grants Satisfaction Points, which can be used to buy useful rewards.

To fully maximize your Sim's time, it's a good idea to correlate their Aspirations and Careers—for example, a Sim who works as an Athlete and has a Bodybuilder Aspiration can often complete Career and Aspiration goals simultaneously. However, a well-rounded Sim is often a happy Sim, so feel free to choose whatever Aspirations or Careers you'd like.

You can change an Aspiration at any time, and your Sim won't lose progress on their last Aspiration. Aspiration objectives are based off your Sim's total life activities, so you can often start off an Aspiration with some objectives already completed. For example, if you have finished one Aspiration and have already played Video Games for at least 4 hours, you'll have that first objective completed if you choose the Aspiration "Computer Whiz."

CHILD ASPIRATIONS

Adults and Children have different Aspirations. While Child Aspirations won't carry over to adulthood, if completed they will give bonuses to correlating Adult Aspirations and Skills. For example, a Child who has an Artistic Prodigy Aspiration will increase their Adult Creative Skills at a faster rate.

REWARD TRAITS

It takes a lot of time and dedication to complete an Aspiration, but doing so will give your Sim a Reward Trait. Reward Traits can be very powerful: They can extend the life of your Sim, bring other Sims back from the dead, create meals that will never spoil, or even grant your Sim immunity to fire! Once earned, Reward Traits remain attached to your Sim even as they choose new Aspirations.

Careers

Careers are a great way for your Sim to make money and earn Skills. You can select Careers through a Phone or Computer. There are many Career choices, and each Career branches into two paths after your Sim has earned a few Promotions. Each Career requires your Sim level up certain Skills.

There plenty of Careers to choose from, and each has its own benefits and detriments. One Career might pay more, while another gives your Sim more free time; another Career might correlate to your Sim's Aspiration, but not their Traits or Moods. Be sure to weigh the benefits and detriments of each Career carefully.

PROMOTIONS

On the Career Tab, you'll see your Sim's long-term, Daily Tasks, and ideal Mood. Use this information to earn your Sims Promotions in their Career. Completing long-term Tasks will open your Sim up to a Promotion, but your Sim will need to complete Daily Tasks and go to work in their ideal Mood to earn it.

Promotions come with a variety of benefits. Not only will it make your Sim happy, it'll also come with an increase in pay and a possible reduction to their hours. Exclusive items will also be unlocked after your Sim has earned certain Promotions.

VACATION DAYS

Your Sim starts their Career with three Vacation Days, and as they work they'll earn more. While on vacation, your Sim earns their day's pay as they hang out at home. Feel free to save up your Vacation Days; just remember, your Sim will lose their Vacation Days if they change Careers. Vacation Days must be requested the day or morning before going to work.

NOTE: Your Vacation Days are capped at 99 days; after that, you won't be able to save anymore. Make sure to take a break every once and awhile!

SCHOOL

Children and Teens will have a “career” of school. Going to school at the scheduled time and completing Daily Tasks of homework or extra credit will increase a Child’s or Teen’s grades—graduating with high grades will give students a head start in their Careers. Not completing homework or skipping school will decrease their grades; low grades can result in Embarrassment, or even a visit from a Social Worker.

Students have a Daily Goal of completing homework; it takes a while to finish homework, but you can decrease the completion time by having an adult help. Homework can be completed faster with high Skills.

Children and Teens, like Adults, can use Vacation Days if they request it the day before or the morning of that school day.

TEEN CAREERS

Like Adults, Teens can have a Career and work towards Promotions for a raise in pay. However, Teens can only work part-time since school will still be their main Career. Some Careers require working on the weekends, some after or before school, and each Career has different hour requirements. Teen Careers can be stressful, especially if your Teen wants to complete homework, hang out with friends and family, and maintain their hobbies, but they’re a good way to earn a few extra Simoleons and train up on Skills.

WORK TONES

While your Sim is at work or school, you can adjust their work tones for that day. Your Sim is set at Normal by default, but you may want to adjust their tone if you want them to meet certain Needs or Emotions.

RETIREMENT

Sims can Retire from their Careers after becoming Elders. This means they’ll earn half of their normal salary, but they won’t have to go to work. Sims can continue working after retirement if they want the extra cash. It’s a good idea to earn as many Promotions as possible before Retiring so your Sim will receive the highest possible Retirement payout.

Needs

Sims have six Needs: Bladder, Fun, Hunger, Social, Energy, and Hygiene. Only Hunger can have fatal consequences if left unchecked; however, if you want to avoid some embarrassing or stressful situations, keep these Needs in check.

Needs that are green are in a safe zone. Yellow means that their Need must be met soon, and red means that their Need is significant enough to affect their Mood and behavior. Keeping your Sim's Needs high will reward them with Happy Moodlets.

TIPS FOR MEETING NEEDS

Sims take care of their own Needs when possible (unless they're Babies or Toddlers). However, taking over for your Sim is a good way to manage their time, and to lower Needs before they become a problem.

Make sure that your Sim handles any low Needs before they go to work or school, or before they go to bed for the night. Some Needs will be taken care of when they are outside your control, but not all of them!

The key to keeping your Sim's Needs in the green is time management and, ideally, solving multiple problems at once. For example, having your Sim eat a meal while hanging out with another Sim will increase their Hunger *and* Social Needs simultaneously. You can also solve a Need while working on a Whim, Aspiration, or Career: Taking a Thoughtful Shower, for instance, will increase Hygiene and cause your Sim to become Inspired, which you might need to complete a new painting.

NEED TYPES

There are six types of Needs, and each must be met by different actions. Here we'll go over each Need and give tips on how to manage them.

Bladder

Nature calls. While this Need isn't directly dangerous, if left unchecked a low Bladder can lead to...embarrassing situations. Embarrassment can worsen to Mortification, which *is* potentially fatal.

Fun

Unlike other Needs, increasing Fun depends on the individual Sim. Bookworms, for example, especially love reading, while active Sims will enjoy exercise. From watching TV, to playing games, reading, or dancing to music, there are plenty of ways for Sims to increase their Fun. If a Sim has low Fun, they will become Tense, which can worsen their Skills.

Hunger	Like humans, Sims need to eat food to survive. This is the only Need that can directly result in death if left unchecked, but luckily, you are given plenty of time to meet this Need before it becomes dangerous. Remember, quick meals (such as Chips or Cereal) are good in a pinch, or even taking a drink of water from a sink.
Social	Social can be increased by talking to others on computers or on the phone, but the best way is to talk to other Sims in person. Have your Sim go out and meet others or talk to other members of their Household. Inviting Sims to your House or going out to community areas are also great ways to improve Social.
Energy	Energy represents your Sim's physical strength, and is generally regained with sleep. Energy drains as the day goes on, degrading faster when a Sim performs physical activities. When it's low your Sim won't want to do much beside trying to fulfill this Need, so make sure they get proper rest. Napping or drinking coffee is a good way to improve Energy in a pinch.
Hygiene	Your Sim's Hygiene will decrease over time, and decreases faster while they participate in physical activities. Low Hygiene will affect their mood and social skills, or even hinder their ability to be promoted at work. The best way to increase Hygiene is to take a bath or shower.

Skills

Skills represent your Sim's individual abilities, and they improve their Skills as they practice. Skill levels are often linked to Aspiration and Career goals, so make sure to increase those Skills on their down time. Skills are only listed after your Sim has discovered them, so make sure to have your Sims try out a variety of activities to find out which Skills they can earn.

Of course, you can increase your Sim's Skills by directly interacting with that activity, but you can also read Skill Books. These books can be found at Libraries or purchased online. Some Skill Levels increase faster when your Sim is in a certain Mood.

TODDLER SKILLS

Toddlers have 5 unique Skills: Communication, Movement, Potty, Thinking, and Imagination.

There are two benefits to increasing your Toddler's Skills. Firstly, the higher their Skills, the more self-sufficient and capable a Toddler becomes. For example, a Toddler with a raised Movement Skill will be able to climb stairs or run, and a raised Potty means the Toddler can use the restroom on their own.

Secondly, increasing a Toddler's Skill boosts to their Child Skills when they age up. Communication Skills boost Social Skills, Movement Skills boost Motor Skills, Thinking Skills boost Mental Skills, and Imagination Skills boost Creativity Skills. Potty Skills don't have a correlating Child Skill, but raising it will decrease the chance of accidents and make it easier for Adults to change their diapers.

CHILD SKILLS

Children have 4 unique Skills: Social, Mental, Creativity, and Motor. Like Toddler Skills, mastering Child Skills boosts their correlating Adult Skills. Social relates to Adult Skills like Charisma, Comedy, and Mischief; Mental boosts Skills like Logic and Rocket Science; Creativity improves Skills like Guitar and Painting; and Motor enhances physical/dexterity Skills like Fitness and Programming.

ADULT SKILLS

Toddler and Child Skills prepare your Sim for Adult Skills. Teenagers have access to most of these Skills.

Charisma	Strengthens positive friendships and relationships. Useful for many Careers.
Comedy	Practice this Skill by telling jokes, researching jokes online, and performing routines. Useful for Sims who want to become Comedians.
Cooking	Whether your Sim is an aspiring Chef or cooks at home, building up this Skill unlocks new recipes and improves meal quality.
Fishing	Improve this Skill through practice or books. Fish to provide your Household with fish for cooking.
Fitness	Increase your Sim's health by practicing this skill in a variety of ways: running, pushups, swimming, etc. It may also benefit your Career.

Gardening	By improving the Gardening Skill, your Sim can grow their own food. Food grown in the garden can be used in cooking.
Guitar	Spend time studying and practicing to build up this Skill and unlock the Write Songs ability, which can earn Sims extra cash.
Handiness	Have your Sim fix broken furniture to increase Handiness. With practice Sims can upgrade furniture. Make sure to Salvage for Parts after completing repairs.
Logic	Read books and play chess to grow your Logic, which is used for many interactions and Careers.
Mischief	Building up Mischief allows your Sim to play tricks or perform wicked actions, like making Voodoo dolls.
Mixology	Increase Mixology to create and master drink recipes. Mixology is useful for parties and some Careers.
Painting	Buy an Easel to improve the Painting Skill. Paintings can be sold for Simoleons or be infused with Auras.
Piano	Practicing this Skill or read Piano books to create songs and earn royalties off their use.
Programming	Programming is useful for many Careers, and can be used to make extra Simoleons. Increase it practice on a computer or by reading programming books.
Rocket Science	Essential for the Astronaut career path, but you'll need to own a Rocket Ship to build it up.
Video Gaming	Improve this Skill on a computer, motion gaming system, tablet, or Phone. Video Gaming Skills are useful for many Careers—playing the Sims is especially beneficial, as we all know.
Violin	This skill is improved by practicing with a violin or read violin books. Eventually, your Sim can create Songs to make royalties.

Whims

Your Sim may have up to three Whims at a time based on Mood, Aspiration, Career, environment, and Traits. Complete a Whim to earn Satisfaction Points and learn the basics to playing *The Sims 4*.

Whims will be replaced as time goes on. If you're itching to complete a Whim, make sure to delete any unwanted Whims to replace them faster. You can also Pin a Whim that you want to complete later.

Satisfaction

Satisfaction Points are rewarded for completing Whims and Aspiration goals. Satisfaction Points can be used in the Rewards Store to buy upgrades. Low-end upgrades provide immediate boosts to Needs or Moods, while high-end upgrades give your Sim powerful perks. Upgrades can make your Sim's Hunger or Energy stop decreasing, for example, or give them huge boosts to Skill gains. Make sure you look over potential Satisfaction rewards and save up those points!

Death

No one lives forever. Sims can die for a variety of reasons: ignored Needs, unchecked Emotions, accidents (like fires), or even old age. When they die, the Grim Reaper will come to deliver a memorial Urn or Gravestone—if you catch them, you might be able to beg for a change of heart! But if your Sim passes on, fret not. You may see ghosts of them again, wandering their old homes on dark, spooky nights...

OTHER WAYS TO PLAY

Life isn't only about work and chores. Here are some other features you can take advantage of as your Sims live their lives!

Relationships

Whether you're looking for a fling, a life-long commitment, or a best friend, the key to any relationship is communication. Your Sim can either communicate naturally with another Sim, or you can direct their conversations personally. Try new and different strategies when the current plan isn't meshing well.

Relationships, platonic or romantic, will degrade over time if contact isn't maintained. Phone calls and texting won't do much for Relationships, so make sure you invite them over to your house or a public place to really improve your relationship. And remember, Romantic and Friendship bars are separate from each other, meaning you can raise and deplete either independently.

FRIENDSHIPS

Friendships are formed as two Sims interact with one another. The best way to improve a relationship is to spend time with one another, and choose from a variety of positive conversation options.

ROMANCE

While interacting with most Sims influences their Friendship level, there is a special social level reserved for Romance. Choose Romantic Conversation options to woo another Sim, but just be sure not to go too fast to avoid awkward conversations! Remember, Friendly options are just as good (if not better) than risky Romantic options, and it might be a good idea to take things slow. And as with all Social interactions, it doesn't hurt to build up your Charisma!

Remember to keep an eye on your Sim's Mood. Positive Moods (especially Flirty, Happy, and Confident) will give your Sim boosts to their flirtations, while negative Moods (especially Anger, Bored, and Tense) will give detriments.

DATING AND MARRIAGE

Sims that are compatible can start dating, and eventually get married if they so choose. Dates are also a great way to build up a relationship and earn rewards.

ENEMIES

Not every relationship needs to be cordial. Just as you can bring your relationships up, you can also bring them down. Work up those mean social options to declare a fellow Sim your enemy!

Babies and Children

You can create young Sims (Toddlers, Children, or Teens) in Create-A-Sim, but if you want your Sim to grow their family organically, you have a few options.

ADOPTION

Sims can adopt Babies, Toddlers, or Children through the Household option on a Computer. You'll be given a list of available adoptees; choose the one you want, pay 1,000 Simoleons, and your Sim will go out to bring home the newest member of their family!

PREGNANCY

If a Sim who can become pregnant gets along with a Sim who can get others pregnant, then they can create a baby by choosing Try For Baby. The potentially pregnant Sim can then buy a pregnancy test (15 Simoleons) at a toilet, or you will be informed of their pregnancy later.

Pregnancy lasts for three days, during which time the Sim will be sick and sore. Labor can be done at home or at a hospital, and your Sim will be *very* Uncomfortable. Make sure you have a bassinet ready for your Baby!

There are some ways that you can influence the gender of your Baby and increase the chances of Twins or Triplets. Keep an eye out for them!

CREATE-A-SIM

Of course, you can always add Sims to your family at any point through Create-A-Sim. However, you cannot create Babies, with Toddlers the youngest available option in Create-A-Sim.

Moving Out or Moving In

Maybe your Teen has grown up and wants to move out; maybe your Sim has formed a relationship and wants them to move in; or maybe you want a crabby roommate to find a new home. Through Manage Households, you can add existing Sims to your Household, or have members of your Household set off on their own.

To move an individual Sim, you'll need to go to Manage Worlds. Select the Household that you wish to modify, select the "..." button, and then select Manage Household. From here you can edit, add, or remove Sims from a Household through Create-A-Sim, move your Household to a new lot, or transfer a Sim between Households.

Traveling

Sometimes you just need to get out of the house. Pull out your phone, invite a few friends, and go see the world. You'll need to travel to new places to go to the many venues around the world, such as bars, lounges, gyms, museums, etc. Do this to improve Skills, meet new Sims, or even complete Whims.

GROUPS

You can form Groups of Sims to have them perform tasks together. You can have up to eight Sims in one Group, each member will have a unique symbol over their head. Groups can be made up by members of your Household or any Sim they have met, so use these opportunities to establish relationships.

If you travel with other Sims they'll automatically form a Group—this will also happen if your Sim is on a Date.

Social Events

Bring the party to your place! Plan events from your phone and invite as many people as you'd like. You can choose to make these parties a Prestige Event, which will give you a series of goals to complete and reward you with Satisfaction points and potential items.

- | | |
|-----------------------|--|
| House Party | All the cool people go to the best parties. Hire some caterers, mix up some drinks, play good music, and invite over the best people in town. Winning a Gold Level Prestige Event unlocks a new electronic item. |
| Dinner Party | Food is at the heart of any good Dinner Party. Hire your own caterer or cook up a storm yourself. Winning a Gold Level Prestige Event unlocks a new kitchen item. |
| Birthday Party | Birthday parties provide a great opportunity to celebrate your friends' life events! Make cake, bring gifts, and have fun. Winning a Gold Level Prestige Event unlocks a new bedroom object. |
| Wedding | Who doesn't love a wedding? Get your Sims hitched and have a great time doing it! Winning a Gold Level Prestige Event unlocks a new kitchen appliance. |

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