

VGCUSA PRESENTS

Exploding Kittens!

AN EDUCATOR'S GUIDE TO PROMOTING SOCIAL EMOTIONAL LEARNING

EXPLODING KITTENS



CHAPTER 1

These Kittens are “Explosive”



From a taco cat, to a cat chasing a laser pointer, and so many more fun card designs. Exploding Kittens is a game of tactics and timing! This card game is another amazing table top game to help teach social emotional learning through its necessity of player interaction. Players have to utilize certain cards in various situations, whether it be to help towards their victory or to sabotage another player! This chapter is devoted to explaining how Exploding Kittens promotes SEL and connects with CASEL's 5 Core Competencies.

Self Awareness Examples

Integrating personal and social identities

- Since Exploding Kittens is a game based on interactions students will have many opportunities to demonstrate their personality and figure out what to share from their personal lives.

Experiencing self-efficacy

- As the game progresses through its stages, players are forced to interact with one another. These interactions result in moments in which force the quiet out of everyone and players find themselves freely.

Relationship Skills Examples

Communicating effectively

- If you have ever played Exploding Kittens, then you know how much side conversation exists about how to not let the person closest winning actually win. It seems wrong, but it is an example of in game effective communication.

Developing positive relationships

- Because you are simply playing the social game of Exploding Kittens, stereotypes are being rewritten and relationships are being forged based on new experiences.

Responsible Decision Making Examples

Anticipating and evaluating the consequences of one's actions

- Does the player lay down a certain card when they know the other player needs that? Hmmm good question. Exploding Kittens forces players to pay attention to the details and make judgement calls based on strategy and consequences.

Social Awareness Examples

Understanding and expressing gratitude

- Being grateful when another player defuses a kitten is a wonderful example to use!

Recognizing situational demands and opportunities

- Players need to routinely pay attention to what is going on in the game and make the right call. Like when a player doesn't play a certain kitten.

Self Management Examples

Managing one's emotions

- Simply put when you cant defuse a kitten and your emotions are sparked... GRRRRR! Yeah emotions will from time to time need to be managed.

CHAPTER 2

CASEL's 5 Core and E.K!!!!

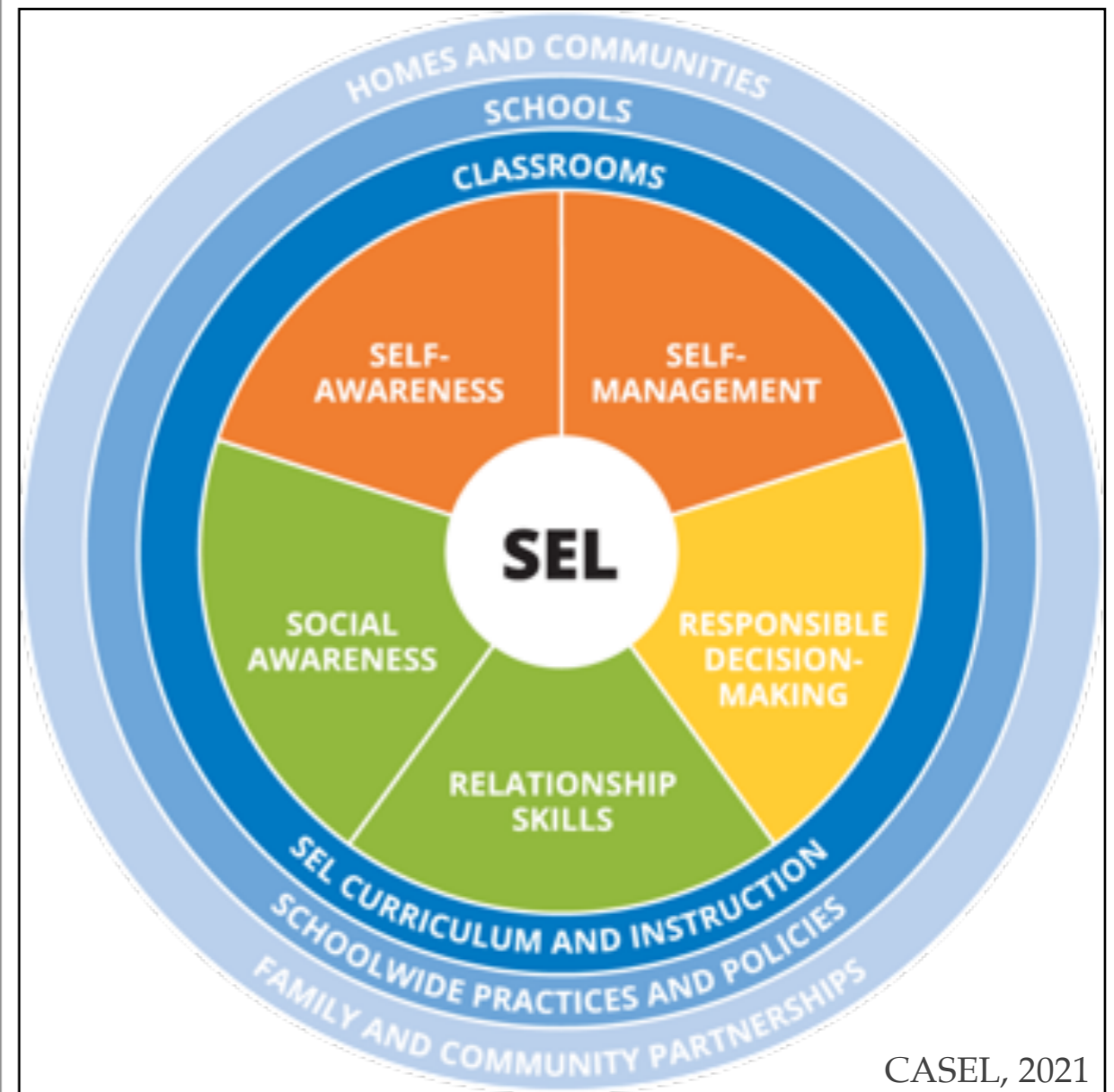


The Collaborative for Academic, Social, and Emotional Learning ([CASEL](#)) has been championing SEL education since 1994. By combining *CASEL's 5 Core Competencies of Social Emotional Learning* with gaming experiences, we have an opportunity to truly promote social emotional learning through gaming. This rest of this book is devoted to connecting the actions of *Exploding Kittens* with *CASEL's 5 Core Competencies*.

Playing *Exploding Kittens* with your students or simply encouraging them to get together with other students and play can make a world of difference in the lives of your students.

One of our goals at the Video Game Clubs of America is to provide safe spaces for kids to break down social stereotypes and see one another beyond the stereotypes. Gaming is, and always will be, the best method for students to meet one another on a first name basis, share a common experience, and develop life long relationships.

The next sections of this book are devoted to providing specific gaming examples which align with the 5 Core Competencies.



#LettttssssGOOOO!!!!

#RethinkGaming #EveryoneGames #ForTheWin

CASEL 5 CORE EXAMPLES

Self Awareness Examples

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

Self Management Examples

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

Social Awareness Examples

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior

CASEL 5 CORE EXAMPLES

Responsible Decision Making Examples

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside and outside of school
- Reflecting on one's role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts

Relationship Skills Examples

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

CHAPTER 3

How to Modify E.K for SEL



Whether you use Exploding Kittens to let your students casually play and mingle or have grand plans to set up a school wide competition, the game can do it all. The most impressive part of Exploding Kittens is that the game naturally promotes socialization and can be easily modified to achieve even more. In the spring of 2023 a group of teachers from Idaho got together and developed a unique approach to modifying a standard deck of Exploding Kitten cards to achieve pure SEL mojo. **#Enjoy**

Modifying UNO for CASEL 5 CORE

Communicating Effectively (Relationship Skills)

Trigger: When a player steals a card.

Action: The player must make eye contact and say thank you. Player having card stolen must respond politely.

Alternate Mod: The player of the card could also complete the action. (TBD)

Understanding and Expressing Gratitude (Social Awareness)

Trigger: Each time a defuse card is played.

Action: The player must state something for which they are grateful.



Evaluating the Consequences of One's Actions (Responsible Decision Making)

Trigger: Every time the cards are shuffled.

Action: The Players are shuffled, everyone moves to sit by someone new.

Alternate Mod: The player of the card or the player being reversed away from could also complete the action. (TBD)

Experiencing Self-Efficacy (Self Awareness)

Trigger: When a player explodes.

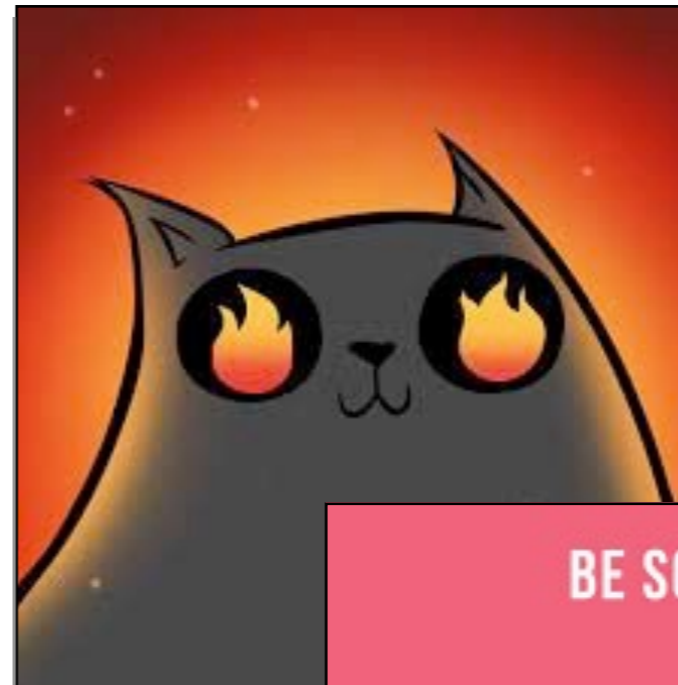
Action: The player must state something positive that has or is going to happen in the day. At the end of the game, the winner shall do the same.

Using Planning and Organizational Skills (Self Manage)

Trigger: Upon opening the box anytime during the game.

Action: Players must dance to the music, including at the end when putting the game away.

#RethinkGaming #VGCUSA



CHAPTER 4

Contributors and Contacts



We would like to thank everyone who inspired the creation of this book. It has always been our intention to help educators visualize gaming as an important social emotional tool and we hope that you and your students have as much fun hanging out as they do playing. If you have questions about connecting SEL with any game, or have an idea for another game to promote social emotional learning, please drop us a line.

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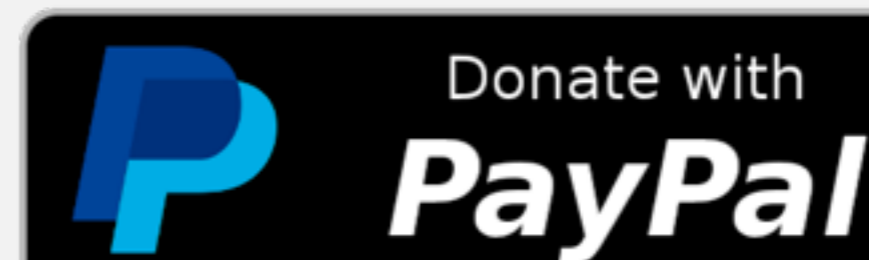
***Feel Free to Reach Out
and Help Us Grow.***

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The Hashtags
#EveryoneGames
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Contributors

Countless numbers of educators, parents, and businesses have made the mission of VGCUSA attainable. If you would like to donate your time or energy to our cause, please visit our members page and get in touch.