

VGCUSA PRESENTS

Uno!

AN EDUCATOR'S GUIDE TO PROMOTING SOCIAL EMOTIONAL LEARNING



CHAPTER 1

UNO is Awesome



Draw 4. Reverse. Skip. Reverse. Draw Two. Yellow. If you have any idea what was just typed then you know the game of UNO. For years now professional educators have kept decks of UNO card in their desk drawers as a much needed respite and reward for students who have been working hard. As a result UNO has been subtly promoting social emotional learning naturally through its game play. This chapter is devoted to explaining how UNO successfully rocks SEL and connects with CASEL's 5 Core Competencies.

Self Awareness Examples

Integrating personal and social identities

- Since UNO 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 UNO, 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 UNO 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 color when they know the other player needs that color? Hmmm good question. UNO 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 changes the color to Red 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 say UNO.

Self Management Examples

Managing one's emotions

- Simply put when you forget to say UNO on your last card and your emotions are sparked because someone caught you... GRRRRR! Yeah emotions will from time to time need to be managed.

CHAPTER 2

CASEL's 5 Core and UNO!!!!



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 *UNO* with *CASEL's 5 Core Competencies*.

Playing *Uno* 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

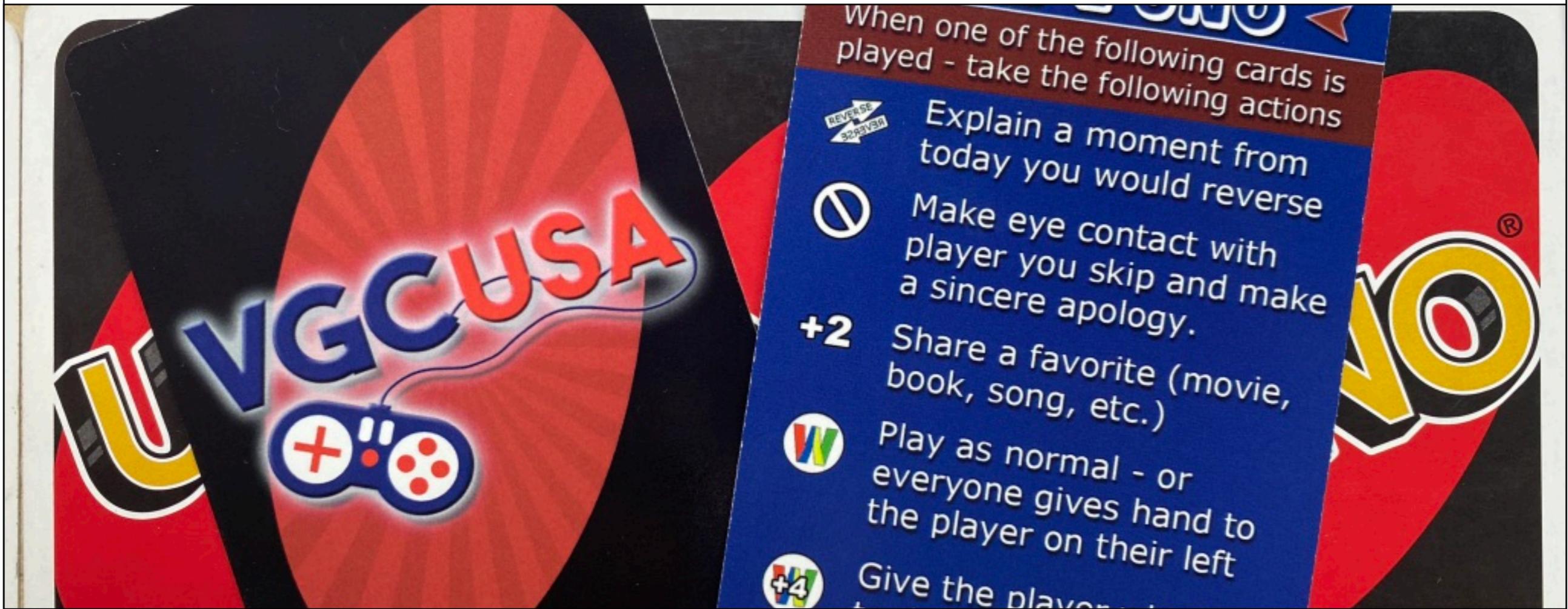
- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are 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

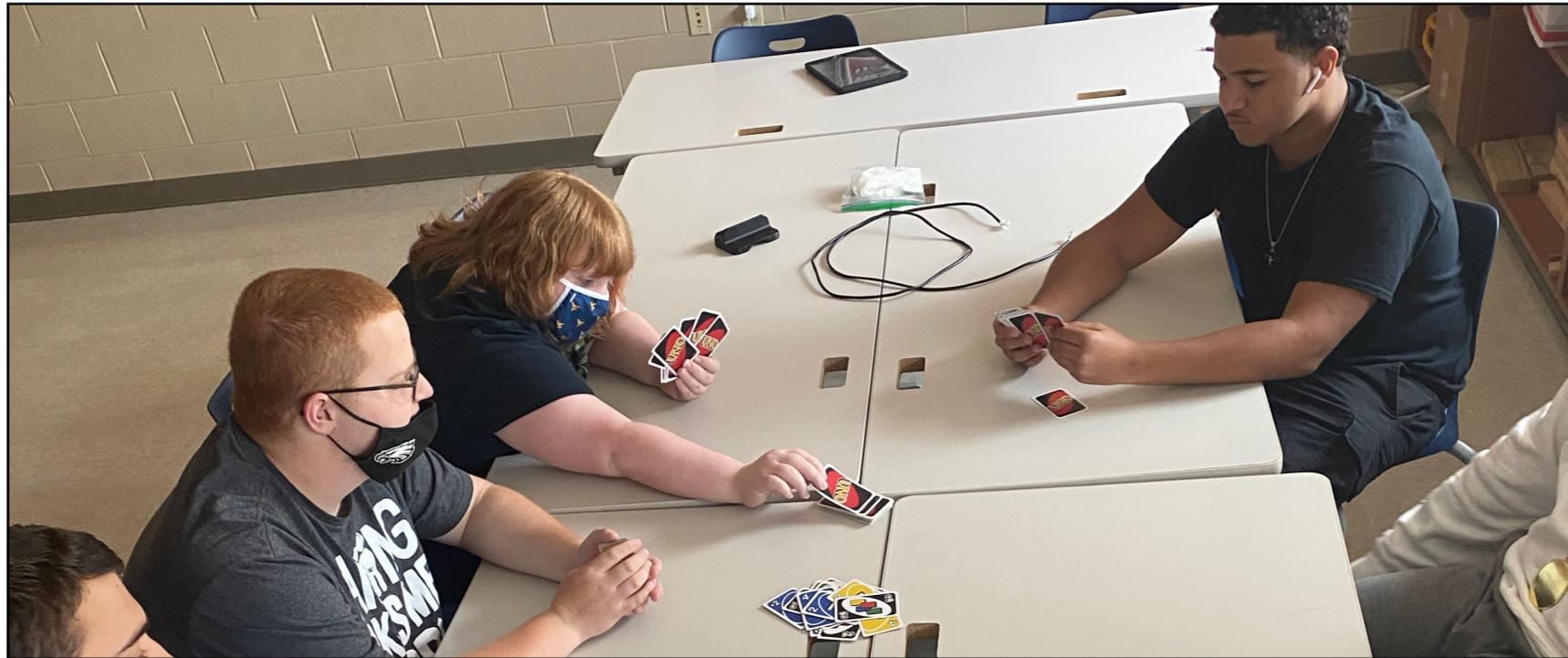
CHAPTER 3

How to Modify UNO for SEL



Whether you use UNO to let your students casually play and mingle or have grand plans to set up a school wide competition, the game of UNO can do it all. The most impressive part of UNO is that the game naturally promotes socialization and can be easily modified to achieve even more. In the summer of 2021 a group of teachers and students from Pennsylvania got together and developed a unique approach to modifying a standard deck of UNO cards to achieve pure SEL mojo. **#Enjoy**

The Power of UNO



Students at the Career Magnet School in Chambersburg, Pennsylvania host an extremely raucous game of UNO during the last ten minutes of study hall.

The game of UNO, generally speaking, does not require all that much modification to promote SEL practices. In fact the game is so good at getting kids to talk often times promoting SEL conversations just need to be guided a bit. In July on 2021, a group of teachers and students got together to modify the rule-set of UNO in as simple a fashion as possible.

The result is a one of a kind approach to using action based cards, like draw +2, to trigger predetermined actions. The following pages will highlight our efforts and explain our the triggers and actions. **If you would like a printable UNO SEL card visit our resources section.**

Modifying UNO for CASEL 5 CORE

Communicating Effectively (Relationship Skills)

Trigger: When a student plays a DRAW +2 CARD

Action: The person drawing two cards will share a favorite _____.
(Song, Movie, Book, etc.)

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

Understanding and Expressing Gratitude (Social Awareness)

Trigger: When a student plays a SKIP CARD

Action: The person skipping must make eye contact with the player they are skipping and provide the most sincere apology possible.

Example: “Oh my goodness. I am so sorry that I have to skip you right now, but I need to get down to UNO card and I feel as though it needed to be done. Please forgive me!!!”



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

Trigger: When a student plays a REVERSE CARD

Action: The person being reversed to will explain a moment from the day that they would redo or reverse.

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

Experiencing Self-Efficacy (Self Awareness)

Trigger: When a student plays a WILD +4 CARD

Action: After choosing the color the player who is making their opponent draw four must give a sincere compliment to that player.

Example: “I want you to know that I really like the way you roll your jeans. They let me see your cool shoes really well.”

Using Planning and Organizational Skills (Self Manage)

Trigger: When a student plays a WILD CARD

Action: Play as normal OR everyone gives their hand to the player on the left. The player of the WILD CARD decides based on the situation.

#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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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.

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The Hashtags
#EveryoneGames
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