1UP EDU
CONNECT. PLAY. GROW.

A GAMING BASED FRAMEWORK FOR LIFE

NEXT GENERATION SCIENCE STANDARDS

P21 PARTNERSHIP FOR 21ST CENTURY LEARNING

CASEL ALIGNED

CTE Career Technical Education

A LETTER

Dear Educator,

Welcome to 1UpEDU, where we empower teachers like you to support students who struggle with social skills through the power of gaming and creative learning! We believe every student has the potential to thrive socially and emotionally when given the right tools and opportunities to connect, collaborate, and grow.

We focus on integrating Social Emotional Learning (SEL) strategies into engaging activities that help students develop key skills such as self-awareness, relationship-building, and responsible decision-making. By utilizing Havens Quest role playing game (RPG), we can create an environment where students feel safe, supported, and excited to learn real life skills in a nonthreatening manner.

Thank You,

Josh Bound

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1UpEDU Purpose

The purpose of 1UpEDU is to provide educational resources, programs, and tools that use gaming, creativity, and interactive learning to foster personal growth, collaboration, and essential life skills. It focuses on integrating Social Emotional Learning (SEL) and STEAM philosophies into engaging activities, helping students and educators alike develop competencies such as teamwork, problem-solving, and emotional intelligence.

Our Thanks

We extend our deepest gratitude to Joshua Bound, Jeremy Brewster, Mikah Funk, Matt Delaney, Jessica Prosser, Max Jamelli, Josh Bycer, and Mike Pittenger for their invaluable contributions to the development of our 1UpEDU curriculum. Your creativity, dedication, and passion have been the driving force behind creating innovative programs that empower students and educators alike. Thank you for your hard work and commitment to making 1UpEDU a success!

A BIG IDEA...

Welcome to 1UpEDU, the forefront of professional development curricula aimed at revolutionizing the educational landscape through the innovative integration of gaming clubs. Our unique program is meticulously designed to leverage the universal appeal of gaming to foster social-emotional learning, deepen understanding of STEAM (Science, Technology, Engineering, Arts, and Mathematics) principles, enhance school culture, and cultivate a spirit of social philanthropy, all through the power of collaborative and strategic gameplay.

At 1UpEDU, we believe in the transformative power of gaming to bring students and educators together, creating a vibrant, inclusive community where learning is not just engaging but deeply meaningful. By embedding social-emotional learning within the context of gaming, students develop essential life skills such as empathy, resilience, collaboration, and problem-solving.

WHY DID YOU BECOME AN EDUCATOR?

As a mentor to youth, you are uniquely situated to empower young people, break down social stereotypes, and make an enormously small dent in the universe.

1UpEDU is dedicated to improving school culture by building strong relationships among students, teachers, and the broader community. Our curriculum promotes social philanthropy by encouraging participants to engage in projects and activities that give back to their communities, fostering a sense of responsibility, kindness, and civic engagement.

Our professional development program provides educators with the resources, strategies, and support they need to successfully implement gaming clubs that are not just fun but are also powerful tools for education and personal growth.

Thank you for helping to reimagine education with 1UpEDU, where we level up learning for a brighter, more connected future.
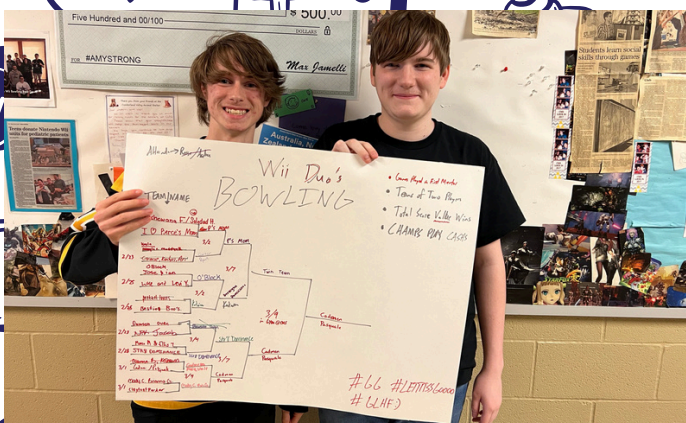
Chapter 1
Connecting With SEL

Social and emotional learning (SEL) is a lifelong process of developing social and emotional skills that help us to be successful. In educational contexts, this term is often used to describe how we help students learn and practice these skills in supportive environments.

CASEL, the Collaborative for Academic, Social, and Emotional Learning, is a pioneering organization dedicated to enhancing SEL across educational settings. As part of their work, they developed the CASEL 5 framework which categorizes these skills into 5 core skill areas, or competencies, that contribute to overall social and emotional intelligence.

These competencies are:

Self-Awareness	- Recognizing one's emotions - Developing an accurate view of oneself - Adopting a mindset geared towards growth, enhancing self-confidence and self-belief
Self-Management	- Navigating stress effectively - Keeping impulses in check - Modulating one's emotional responses - Establishing and fulfilling personal objectives
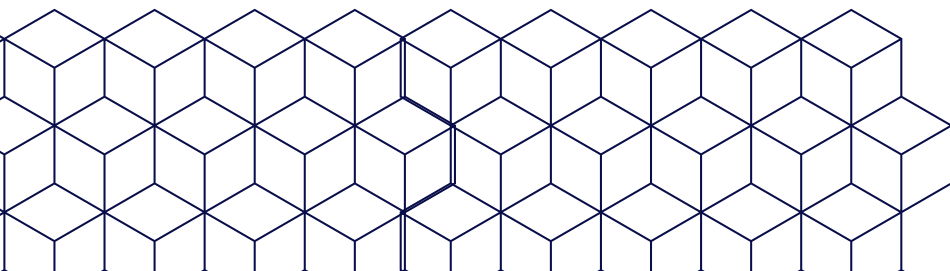
Social Awareness	• Understanding and empathizing with others' viewpoints • Acknowledging and valuing diverse cultural and background differences • Grasping the essence of social and behavioral expectations
Relationship Skills	• Engaging in effective communication and attentive listening • Fostering and maintaining interpersonal relationships • Withstanding negative influences • Handling and resolving conflicts • Providing and seeking support when necessary
Responsible Decision-Making	• Making choices that reflect ethical standards, social norms, and considerations of safety • Applying a methodical approach to making decisions across various contexts • Assessing how one's decisions affect others • Reflecting on the outcomes of decisions

Research shows that students who participate in SEL programs better develop these competencies, which results in greater social and emotional intelligence. Greater social and emotional intelligence ultimately contributes to positive lifetime outcomes.
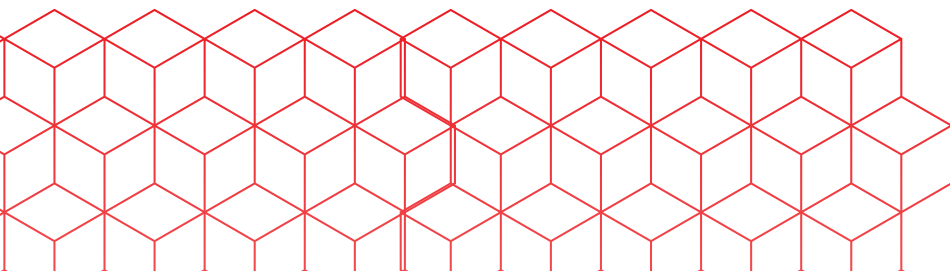
Students who develop social and emotional intelligence demonstrate:

- Increased positivity towards self and others, enhanced self-efficacy, confidence, persistence, empathy, connection, commitment to school, and a sense of purpose
- Healthy social behaviors and relationships with peers and adults
- Decreased emotional distress
- Improved test scores, grades, and attendance

In the long-term, greater social and emotional intelligence can increase the likelihood of:

- Emotional and psychological well-being
- Lifelong learning
- Engaged citizenship

At 1UpEDU, we recognize that gaming naturally engages each of the competencies outlined in the CASEL 5 framework. By understanding these competencies and how they are fostered by gameplay, a club mentor can leverage gaming as a meaningful and effective way to actualize social and emotional learning for all students.

Examples of the CASEL 5 Competencies in UNO

Self-Awareness

Integrating Personal and Social Identities: Players are able to express their individuality and build relationships through interactive play, which encourages continual self-reflection and further development of personal expression.

Experiencing Self-Efficacy: The game's progression cultivates interaction, drawing even the most reserved players into the fold and boosting their confidence in social settings.

Self-Management

Managing One's Emotions: The rules of play, especially at crucial moments like changing card colors or direction, can spark a range of emotions, which teaches players to manage feelings constructively as individuals and as a group.

Social Awareness

Understanding and Expressing Gratitude: Appreciating a fellow player's decisions during gameplay and their participation serves as a simple yet profound exercise in gratitude.

Social Awareness Cont.

Recognizing Situational Demands and Opportunities: Players must stay alert to the game's dynamics, such as noticing when an opponent forgets to say UNO, demonstrating the importance of situational awareness.

Relationship Skills

Communicating Effectively: The strategic discussions and alliances formed to prevent a player from winning highlight the necessity of clear and purposeful communication within the game.

Developing Positive Relationships: UNO breaks down preconceived notions, allowing relationships to form based on shared experiences and redefined perspectives.

Responsible-Decision Making

Anticipating and Evaluating Consequences: Deciding whether to play a specific card, especially when it might aid an opponent, requires strategic thinking and consideration of potential outcomes, illustrating the game's ability to enhance decision-making skills.

Partnership for 21st Century Learning and the Impact of Social Gameplay

Critical Thinking and Problem Solving

- **Defining Challenges:** Encourage students to identify real-world challenges reflected in the games they play. For example, they might discuss how a game addresses themes like teamwork, resource management, or problem-solving. By analyzing these themes, students can connect gaming experiences to broader societal issues.
- **Analyzing and Evaluating Evidence:** Students can reflect on their gameplay experiences by analyzing data such as performance stats, player strategies, or feedback from peers. This helps them critically evaluate their actions and decisions, refining their skills and understanding of the game.
- **Systems Thinking:** Many games involve intricate systems that require players to understand how various elements work together. Encourage students to explore how mechanics, rules, and player interactions influence outcomes, developing systems thinking skills that apply beyond gaming.

Creativity and Innovation

- **Idea Generation and Brainstorming:** Encourage creativity by guiding students to brainstorm unique and innovative ways to blend scientific concepts with artistic elements in games. For example, they could explore how to represent the water cycle through interactive gameplay that is both educational and engaging.

Creativity and Innovation Continued

- **Design and Prototype Development:** Guide students through the process of creating prototypes for their games, allowing them to experiment with different designs and mechanics. This iterative process fosters innovation as students learn to refine their ideas and overcome design challenges.
- **Artistic Expression:** Incorporate opportunities for students to express themselves artistically through game design, including character creation, storytelling, and visual aesthetics. This not only enhances creativity but also integrates arts into STEM education, aligning with the STEAM approach.

Communication

- **Articulating Ideas:** Encourage students to clearly express their thoughts and the purpose of the games they enjoy playing. This includes sharing game strategies or storytelling elements with peers during discussions and engaging in conversations that explain why certain games resonate with them. Practicing both written and oral communication builds confidence in articulating ideas.
- **Using Digital Media:** Students can leverage digital tools to communicate and share their gaming experiences. For example, they could create reviews, gameplay tutorials, or highlight reels to share on platforms like YouTube or social media, enhancing their ability to express themselves through modern media.
- **Feedback and Collaboration:** Highlight the value of giving and receiving constructive feedback. Encourage students to share their gaming experiences or insights with peers, listen to others' perspectives, and discuss how these insights could shape their understanding of game mechanics or strategies. This practice fosters a collaborative environment and helps develop communication skills.

Collaboration

- **Teamwork:** Encourage students to collaborate in teams while playing social games, highlighting the importance of working together to achieve shared goals. Each student can take on a specific role, such as strategist, communicator, or problem-solver, to enhance team dynamics and simulate real-world collaboration.
- **Global and Cross-Cultural Collaboration:** Foster opportunities for students to connect with peers from diverse backgrounds or different countries through online gaming communities. These interactions can expand their understanding of different cultures and teach them to work effectively in a global context.
- **Conflict Resolution:** Equip students with strategies to handle conflicts that may arise during team play, such as disagreements over strategy or in-game decisions. By addressing and resolving differences constructively, students build interpersonal skills and learn to maintain positive relationships in team environments.

Information, Media, and Technology Skills

- **Digital Literacy:** Help students build their skills in navigating and using digital tools related to gaming. This includes learning to evaluate online resources for accuracy, exploring game-related software, and understanding the basics of coding or game mechanics —essential skills in today's digital world.
- **Media Creation:** Encourage students to create content like game reviews, highlight videos, or gameplay tutorials. These activities not only showcase their technical and creative abilities but also help them understand the intersection of storytelling and technology.
- **Understanding the Impact of Technology:** Engage students in discussions about how gaming and technology shape society. Explore topics such as the ethical considerations of game content, the role of games in education, and how they can influence cultural or public perspectives.

Life and Career Skills

- **Flexibility and Adaptability:** Encourage students to adjust their gaming strategies or approaches as they face new challenges or learn from feedback. Developing this skill helps them thrive in dynamic and ever-changing environments.
- **Initiative and Self-Direction:** Motivate students to take charge of their gaming experiences, setting personal goals and actively seeking ways to improve their skills. This fosters independence and a sense of responsibility for their growth.
- **Productivity and Accountability:** Set clear goals and expectations for group gaming activities, teaching students to manage their time effectively and take responsibility for their roles within the team. This helps build strong work habits and collaboration skills.

Integrating the Four Cs in STEAM

- **Critical Thinking:** Encourage students to explore complex topics, such as sustainability or social justice, through gaming. Challenge them to think deeply about these issues and discuss how games can present thoughtful solutions or raise awareness.
- **Creativity:** Give students the freedom to express their creativity in all aspects of gaming, from developing unique storylines to designing visually compelling elements. Emphasize the importance of artistic innovation alongside technical skills.
- **Communication:** Help students build strong communication skills by having them clearly present their ideas. This could include pitching game concepts, drafting engaging narratives, or creating user-friendly interfaces that convey their vision effectively.
- **Collaboration:** Facilitate opportunities for interdisciplinary teamwork, where students combine their knowledge in science, technology, engineering, arts, and mathematics to create inventive and meaningful gaming experiences.

Chapter 2
A Mentor's Impact

Educators start their teaching careers with a strong personal passion, a dedication to society, and a visionary outlook. At the core of their work is the desire to improve learning, encourage critical thinking, and spark curiosity in their students. Teaching has the power to change individual lives and contribute to societal progress. Educators aim to inspire, uplift, and guide their students, helping them become knowledgeable, thoughtful, and skilled members of society, ready to make meaningful contributions to their communities.

Mentors commit themselves to instilling a lasting love for learning and critical thinking. They foster a culture of inquiry, exploration, and creativity that goes beyond the classroom and enriches all areas of life, personal and professional. They play a crucial role in preparing the next generation to engage with and shape the future, equipping them with essential knowledge, skills, and ethical values.

"There is a quiet kid in the corner who will thank you for starting a gaming club."

-Josh Bound, Founder VGCUSA

Teachers help bridge societal divides, striving to equip every student with the tools to succeed. They view education as a powerful means for social equity and transformation. The bonds formed between teachers and students are especially rewarding, providing insight into student development and achievement.

Serving as a mentor through gaming clubs offers a multifaceted role that builds on teacher-student relationships, providing a unique platform for fostering personal and social development among students. As gaming club mentors, educators can go beyond the traditional classroom setting and tap into the interactive and engaging world of games, promoting growth, learning, and connection.

Your Role of as the Mentor

Building Social Skills and Emotional Intelligence

Gaming clubs are places where students can naturally develop their social skills through teamwork, communication, and collaboration. As a mentor, a teacher helps guide these interactions, providing support as students navigate social dynamics. They assist students in expressing their thoughts and feelings, resolving conflicts, and learning to empathize with others, thereby improving their emotional intelligence.
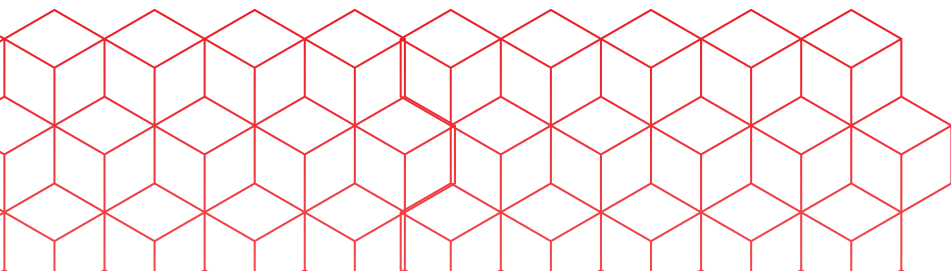
Fostering Inclusivity and a Sense of Belonging

Mentors play a crucial role in creating an inclusive atmosphere where every student feels valued and accepted. By carefully selecting games that encourage cooperation and group problem-solving, mentors can ensure that all members, regardless of their background or abilities, find a place where they belong. This sense of community not only supports individual self-esteem but a broader culture of acceptance and understanding within the school.

Encouraging Academic and Cognitive Development

While gaming clubs primarily focus on play, they also offer rich opportunities for academic and cognitive growth. Mentors can introduce games that require strategic thinking, planning, and problem-solving, subtly reinforcing mathematical, literacy, and critical thinking skills. Furthermore, discussions about game mechanics and strategies can parallel scientific and logical reasoning, making learning both fun and relevant.

Teaching Responsibility and Ethical Decision-Making

In the world of gaming, choices have consequences. Mentors use these moments to instill a sense of responsibility and ethical decision-making in their students. Whether it's considering the impact of their actions on other players or understanding the fairness of rules, students learn to think beyond immediate gratification to the broader implications of their decisions.

Promoting Perseverance and Resilience

Games inherently come with challenges and setbacks. A mentor uses these experiences as teachable moments, encouraging students to persevere, learn from their failures, and develop resilience. Celebrating achievements and learning from losses in a supportive community helps students develop a growth mindset, an invaluable trait that they can carry into all areas of their lives.

Bridging Learning with Real-World Skills

Finally, mentors have the unique ability to bridge the skills and experiences gained in gaming clubs with real-world applications. They help students see the relevance of teamwork, leadership, strategic planning, and creative thinking in various aspects of life, including future careers. By drawing parallels between in-game achievements and real-world challenges, mentors prepare students for success beyond the classroom.

In essence, acting as a mentor within gaming clubs allows educators to support their students' development in comprehensive and meaningful ways, leveraging the engaging power of games to teach valuable life lessons. This role not only enriches the students' educational journey but also provides a fulfilling avenue for teachers to make a lasting impact on their students' lives.

As a mentor, you will dive into tournaments and hang out during casual gaming sessions, finding innumerable moments to make an impact. This is your opportunity to help the shy student find their crew, guide a quick-tempered peer towards creating harmony, or even break down some clichés by showing everyone what real sportsmanship looks like.

Your gaming club will not be solely focused on having fun—it will become a time and place to teach important life skills. Every session is packed with opportunities to teach how to communicate more effectively, solve problems, and work as part of a team. Whether it's coordinating strategies, sharing victory, or handling defeat, each moment is preparation for interacting with others and handling real-world situations with confidence, integrity, and respect.
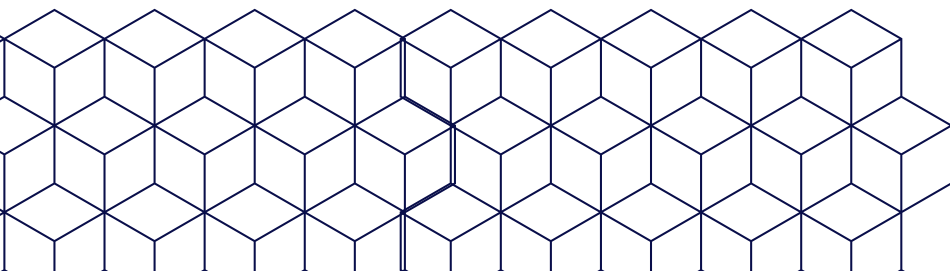
20 Teachable Moments

Practicing handshakes before and after matches.
Shaking hands shows good sportsmanship, building respect and friendship between competitors. It promotes a sense of goodwill and keeps relationships among players friendly, reminding everyone that commraderie is more important than winning or losing. A closing handshake is also a way to leave any rivalry or hard feelings behind, supporting a positive vibe and respect for the sport itself.

Introducing oneself by name during handshakes.
Teaching students to say their names before playing, creates a welcoming and open atmosphere. This simple act shows recognition of the other player's presence and role, setting the stage for a positive relationship from the start and building a good connection that will create a foundation for fair play and competition. This kind of personal interaction ensures that everyone feels appreciated and motivated to give their best, upholding the spirit of good sportsmanship.

Encouraging games across different social groups.
Gaming brings different social groups together, bridges cultural and social gaps, and boosts inclusion and diversity. It offers a chance to create new social networks and improve communication skills among players. Gaming together helps break down prejudices by encouraging regular interactions and personal connections, which can challenge stereotypes and promote empathy.

"

"A day without a friend is like a pot without a single drop of honey left inside."

WINNIE THE POOH

Demonstrating how to gracefully accept victory or defeat without emotional distress.

Being able to win or lose gracefully fosters humility and maturity, regardless of the outcome. Recognizing an opponent's efforts instead of boasting builds community and allows for every player's abilities to be celebrated. This atmosphere cultivates healthy emotional responses and character building. Treating the outcome of a game equally, win or lose, improves day-to-day personal and professional relationships. Being graceful in victory and defeat highlights the value of empathy and respect in all interactions.

Moderating speaking volume during interactions.

Learning to control the volume of your voice shows awareness and consideration towards the comfort and needs of others. When speaking at an appropriate volume, everyone can hear clearly without feeling overwhelmed. As a result, conversations are more effective and enjoyable for everyone involved.

Maintaining eye contact during game play and in general conversations.

Eye contact during conversations shows engagement and imparts confidence, improving communication overall. Practicing regular eye contact helps you find the right balance, ensuring the comfortability of everyone who is a part of the conversation. Learning simple tricks like looking between the eyes or at the tip of the nose, can make a big difference in how social and approachable you seem.
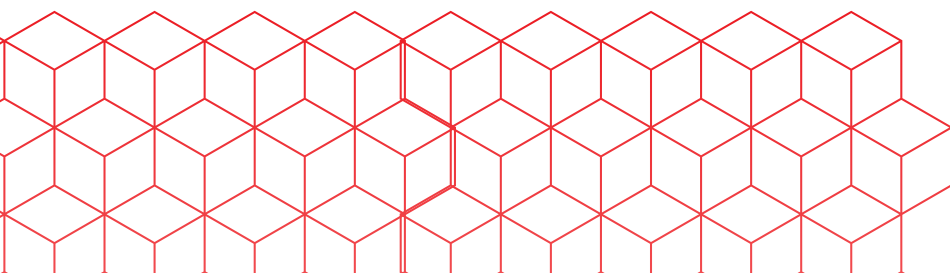
Navigating online communities safely and responsibly.
Staying safe and responsible in online communities means knowing the digital risks, handling your personal information wisely, having polite interactions, and following the rules of different platforms. This skill is crucial to protect yourself and others. Online etiquette is continually evolving, and it's important to learn what is appropriate.

**Responding to negative comments with positivity rather than hostility.**
This social skill develops the ability to calm tense situations by keeping conversations open and productive. It requires emotional intelligence to control impulses and develops critical thinking through pausing an initial reaction to think through alternatives and arriving at a more suitable response. By staying positive, a potentially bad situation can transform into a chance for everyone to understand each other and work together to find a solution.

Avoiding behaviors that detract from the group's enjoyment.
To ensure that all members feel heard and valued, it is essential that all players are mindful of their speaking time. Developing awareness of group atmosphere prevents individuals from dominating the conversation and from bringing degroatroy or distracting commentary into play. When everyone has a voice, the result is a time of welcoming recreation.

Teaching the values of being a supportive team member.
Developing teamwork, cooperation, and support is crucial for success in gaming and real life. When players guide and reinforce one another, it boosts the whole team's performance and morale. This kind of support improves communication, spreads responsibility evenly, and builds respect among team members.
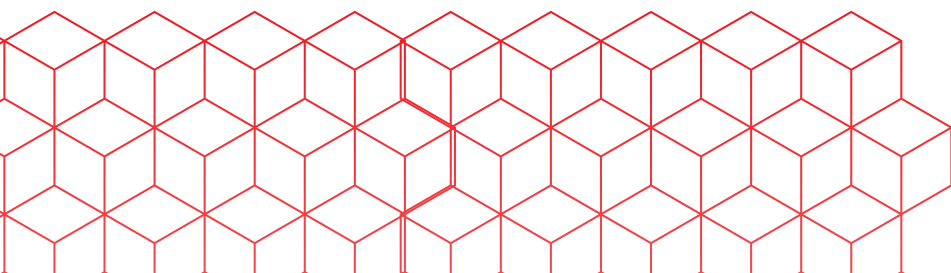
**Recognizing the need for breaks to prevent burnout.**

Taking regular breaks preserves mental and physical health, for students and adults. Breaks help you manage stress, clear your mind, and stay productive by preventing fatigue and overload. This habit makes learning and working more effective because it gives you time to absorb information and to recharge.

Mastering the art of engaging in meaningful conversations.

After a team has established the foundations of effective communication, deepening conversation will strengthen the bond between everyone involved. New ideas will be born, trust will grow, and viewpoints will expand. These skills will increase response time and adaptation, making a stronger team and improving the chances of success. Communication skills are necessary for personal and professional growth, which will also foster increased self-worth.

Weighing the advantages and disadvantages of in-game purchases.

Teaching students to think carefully about the pros and cons of in-game purchases can help players and teams reach their goals and will lead to wise financial management in the future. It is important for players to evaluate the benefits and potential drawbacks of additional content, so that they achieve a healthy balance. Financial analysis and critical thinking will help students make sound choices so that they have a solid economic awareness and foundation for all that they will face in the future.
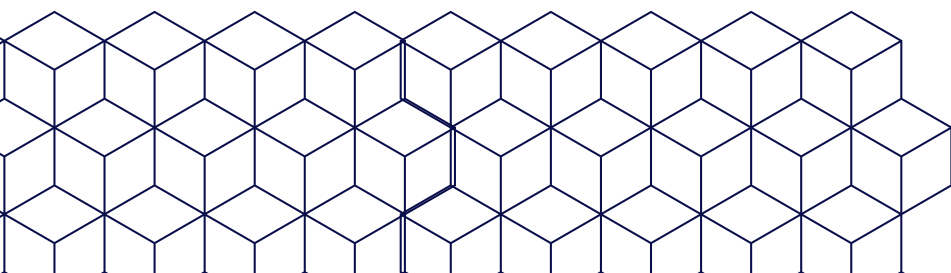
**Acknowledging the importance of hygiene in relation to gaming.**
Keeping gaming setups clean and managing playtime is essential for physical and mental health. It is important to be aware of gaming space, controllers, and keyboards, and to keep them clean in oder to avoid germs and dust, which is especially important when sharing gear and equipment. This helps lower the risk of getting sick and reduces issues associated with allergies. To maintain all facets of health, players need to take breaks to avoid eye strain, along with movement to prevent muscle soreness and fatigue. Gaming hygiene helps players to stay healthy, keeps gear and equipment in great shape, and leads to better hygiene in other parts of life.

Balancing gaming with other life activities through thoughtful discussion.
Balancing gaming with other daily activities teaches students how they can do what they love without becoming hyper-focused. Talking about and planning where gaming fits into a daily schedule can help with setting priorities, while being mindful of school, work, and other social commitments. By doing so, students can avoid feeling isolated, becoming inactive, or experiencing disruptive sleep.

Goal-setting in multiple environments.
Setting goals for gaming are just as important as other life goals and will help to stimulate focus, motivation, and personal growth. In gaming, having clear targets will help individuals and their teammates track progress, level up skills, and achieve gaming goals, making the whole experience more rewarding and fulfilling. It also teaches important skills like strategic thinking and persistence.
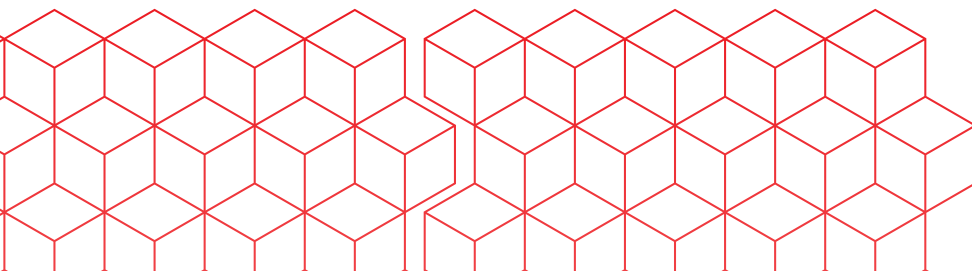
Reflecting on decisions and their outcomes within game scenarios.
Thinking about choices during gameplay and their results will sharpen critical thinking and strategy skills. When looking back at what worked or didn't, you learn to adjust your game plan, which in turn deepens your understanding of the game. This type of evaluation will also help you make better decisions in real life by increasing your awareness of your actions and possible outcomes.

Understanding that seeking assistance is a strength.
Realizing that it is okay to ask for help shows that you know your limits and that you're open to teamwork. It's about being modest and ready to learn, which is necessary in personal and professional life. When you ask for help, you get new ideas and skills that can lead to better problem solving and spark innovation. A willingness to be open will encourage every team member to do the same, so that everyone will be empowered to share what they know. Asking for help or admitting a weakness is a strength that will cause your team to excel, as everyone continually learns and adapts.

Promoting friendship by integrating gaming club activities into broader social settings.
By setting up events where gaming is combined with other fun activities, like team-building exercises, themed parties, or group projects that mix gamers and non-gamers, people from different backgrounds get to hang out and connect over shared fun. This builds a more friendly, inclusive community where new connections can grow.

Inspiring charitable involvement and leadership among students through social philanthropy.

A mentor can help students become leaders and inspire them to help others through charity work. Start by guiding them to find causes that they care about and give them chances to make a difference, which can kick-start things like fundraising events or volunteer activities. Students can lead these projects, learning how to plan, work as a team, and communicate well. Through helping the community, students will have a greater sense of belonging and responsibility.

15 Traits of Game Play

Games offer a fun and interactive way to teach a variety of life skills that are applicable both inside and outside the classroom. Here's a list of teachable life skills that can be derived from playing games in an educational setting.

Strategic Thinking: Players must constantly think ahead and strategize about which cards to play or moves to make, teaching planning and foresight.

Flexibility and Adaptability: The game's pace can change quickly, requiring players to adapt their strategies on the fly.

Emotional Regulation: Gaming with other people can evoke strong emotions, from excitement to disappointment. Learning to manage these emotions in the context of the game can teach emotional control and resilience.

Patience and Turn-Taking: Waiting for one's turn and observing the actions of others fosters patience and respect for the process.
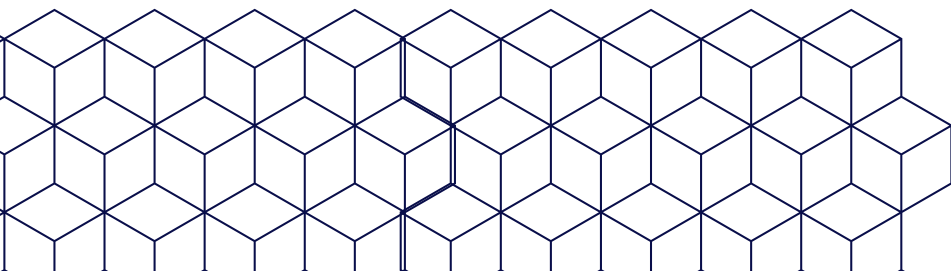
Social Interaction: Playing games encourages interaction among players, teaching communication skills and how to engage with others in a social setting.

Rule Following: Understanding and adhering to the game's rules is essential, highlighting the importance of rules in structured activities.

Decision Making: Players make numerous decisions throughout the game, such as when to play certain cards, which can enhance decision-making skills.

Winning and Losing Gracefully: Game play provides opportunities to experience both winning and losing, teaching players how to handle success and setbacks gracefully.

Teamwork and Collaboration: In games where teamwork is involved, players learn to collaborate and work towards a common goal.

Attention and Concentration: The game requires players to pay attention to the cards played and concentrate on their strategy and the game's progression.
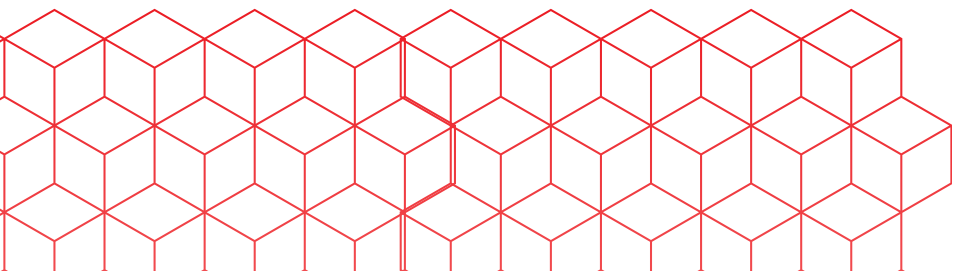
Problem-Solving: Players often find themselves in challenging situations (e.g., deciding whether to change the color or match the number) that require problem-solving skills.

Memory Skills: Keeping track of colors, numbers, or movement during the game can enhance memory skills.

Empathy and Perspective-Taking: Observing and predicting the emotions and reactions of other players can foster empathy and the ability to take another's perspective.

Negotiation Skills: In some game variations, players can negotiate alliances or strategies, teaching the basics of negotiation.

Responsibility: Being in charge of shuffling, dealing cards, or keeping score can teach responsibility and the importance of contributing to group activities.
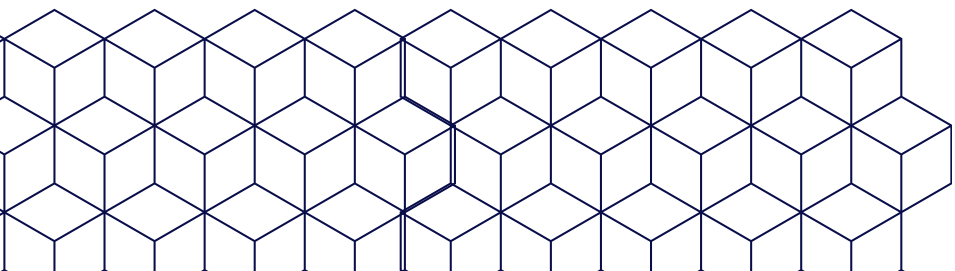
Chapter 3
Hacking the Game

A teacher can effectively modify a game to promote Social Emotional Learning (SEL) objectives by carefully identifying in-game triggers and assigning corresponding actions that align with SEL competencies. For instance, a trigger might be a situation in the game where a player faces a setback, such as losing resources or failing a challenge. The teacher can then assign a reflective action, prompting the player to express how they feel about the setback, discuss strategies for managing emotions, or encourage peers with positive reinforcement, thereby addressing SEL competencies like self-awareness and self-management.

Similarly, triggers involving collaborative tasks can be linked to actions that require players to communicate effectively, negotiate roles, or make collective decisions, fostering skills in relationship management and social awareness. By integrating these targeted actions, the game becomes a dynamic tool for SEL, engaging students in meaningful learning experiences that develop emotional intelligence, empathy, and cooperation. This approach not only enhances the educational value of game-based learning but also creates a supportive environment where students can practice and apply essential life skills in a context that is interactive, reflective, and deeply engaging.

"Life is an ugly, awful place to not have a best friend."

Sarah Dessen, Novelist

Trigger

   A "trigger" in a board or video game is an event or condition that activates a particular rule or mechanic. Triggers are the catalysts within the game's framework that prompt a response, action, or change in the game's state. They are often predefined within the game's ruleset and can vary widely in complexity and impact. Triggers can be:

Event-based: Something happening within the game, such as the completion of a turn, reaching a certain point on the board, or the play of a specific card, triggering the introduction or implementation of a rule.

Condition-based: A specific set of circumstances being met, like a player having a certain number of resources, cards, or pieces in a particular configuration, can trigger an action or choice.

Player-initiated: Actions taken by players, such as choosing to move a piece in a certain way, attacking an opponent, or activating a card, can serve as triggers for further rules or mechanics to come into play.

Action

   An "action" in a board game is the response or activity that is carried out as a result of a trigger. Actions are the core of gameplay, defining what players can do during their turn or in response to certain events. Actions can be mandatory, resulting from a trigger, or they may offer a choice to the player(s) involved. Actions include:

Executing a move: Changing the position of a piece on the board.

Drawing, playing, or discarding cards: Managing cards in a way dictated by the game's rules.

Gaining or losing resources: Altering the state of a player's resources as a direct result of a trigger.

Interacting with other players: Engaging in trade, conflict, or cooperation as dictated by the game's mechanics.

Activating effects: Triggering additional rules or special abilities that affect the game's outcome.

Trigger and Action in Gameplay

The interplay between triggers and actions is what creates the strategic depth and interactive dynamics of a board game. A well-designed game carefully balances these elements to ensure a smooth flow of play, challenges players to make meaningful decisions, and maintains engagement from start to finish. For educational purposes, triggers and actions can be engineered to teach specific concepts, develop skills, or provoke thought and discussion among players.

Understanding and analyzing triggers and actions can also enhance a player's ability to strategize and succeed in a game. By anticipating the triggers present in the game and planning actions accordingly, players can optimize their gameplay, adapt to their opponents' strategies, and improve their overall experience and performance.

10 Actions to Assign to Any Trigger

1. Engage in a Staring Challenge
2. Invent a Distinctive Handshake
3. Deliver a Compliment to Another Player
4. Extend a Sincere Apology
5. Discuss a Personal Favorite
6. Imitate the Sound of a Rooster
7. Narrate a Short Tale
8. Highlight a Day's High or Low Point
9. Perform a Brief Dance Routine
10. Sing "Happy Birthday" or Another Tune to the Group

Hacking UNO to enhance CASEL's Five Core Comps

Social Awareness: Understanding and Expressing Gratitude

Trigger: A player puts down a Draw +2 card.

Action: The recipient of the extra cards mentions something they're grateful for, like a favorite song, movie, or book.

Alternate Adaptation: The player who puts down the Draw +2 card can also share something they're grateful for.

Responsible Decision Making: Evaluating the Consequences of One's Actions

Trigger: A Reverse card is played.

Action: The person whose turn is now reversed must share an instance from their day they wish they could change or reverse.

Alternate Adaptation: Either the player who played the Reverse card or the next player in the sequence can share their moment for reflection.

Relationship Skills: Communicating Effectively

Trigger: A Skip card is played.

Action: The player who plays the Skip card makes eye contact with the skipped player and offers a heartfelt apology, acknowledging the strategic necessity but expressing regret.

Self-Awareness: Experiencing Self-Efficacy

Trigger: A Wild +4 card is laid down.

Action: Before changing the color, the player enforcing the draw must pay a genuine compliment to the affected player, highlighting something specific they appreciate about them.

Self-Management: Using Planning and Organizational Skills

Trigger:A Wild card is played.

Action: Play proceeds as normal, or as a strategic twist, all players pass their hand to the left. The decision is made by the player of the Wild card, offering a unique chance to manage the game's dynamics and test organizational strategies.
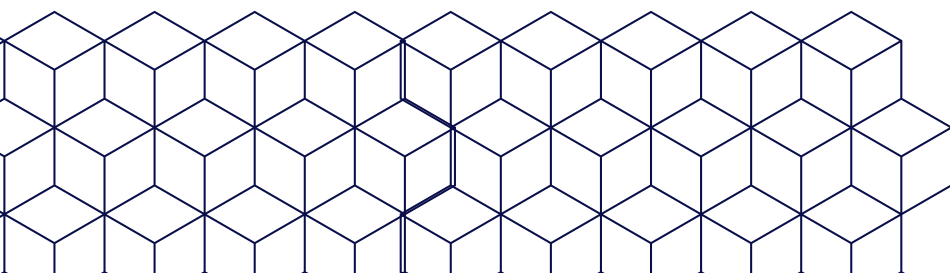
The Impact of Hacking a Game's Ruleset

Adapting the rules of traditional games like UNO to include elements that specifically encourage interaction and communication opens a unique avenue for students who might struggle with social skills to practice and develop these abilities in a natural, engaging environment. By intentionally designing game mechanics that require verbal exchange, collaboration, and expression of thoughts and feelings, students are given a structured yet flexible framework within which to interact. This method of inclusive game modification can significantly impact students who find initiating conversations challenging or daunting.

Imagine the transformation in a classroom dynamic when games such as UNO become more than just a pastime but a tool for social learning. Through these modified game rules, students are prompted to share personal stories, express gratitude, apologize sincerely, or offer compliments as part of the gameplay. Such actions, guided by the game's structure, provide a safe space for students to practice verbal and non-verbal communication skills, understand the value of empathy, and recognize the importance of building relationships.

For students who might otherwise remain on the periphery of social interactions, this approach can be especially empowering. The game acts as a bridge, reducing the pressure and anxiety associated with initiating conversations and fostering connections. As these students participate in the game, they not only learn to navigate social interactions more confidently but also contribute to a more inclusive and understanding community among their peers. The beauty of using games in this way lies in their universal appeal—games are a language everyone speaks, making them an ideal medium for teaching and reinforcing social skills across diverse groups of learners.

Chapter 4
Your Club

Initiating a Video Game Club at your school does more than introduce a new extracurricular activity; it opens doors to building a more inclusive, respectful, and emotionally intelligent student community. As you gather students from all walks of life, united by their love for gaming, you're presented with countless opportunities to foster social and emotional learning (SEL) in a fun and engaging environment.

The lessons your students will carry with them into the future are less about academic content and more about the quality of interactions they've had with you and their peers. It's about the sense of belonging and connection they've experienced.

This is your opportunity to make a small dent in the universe! It is why you became an educator in the first place. Enjoy being a champion for kids who may or may not have the social skills to build lifelong relationships while empowering them with needed life skills.

Career Magnet School VGC, Chambersburg, PA; 2016

Your club sessions become a chance to highlight and practice crucial social skills such as shaking hands, maintaining eye contact, and understanding the appropriate times to join a conversation. **These moments are vital, teaching respect, empathy, and effective communication.**

Reflect on the CASEL 5 Core Competencies—self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Viewing your students through this lens, especially in the context of gaming, where they come to you not just as learners but as players eager to win, enhances your role significantly. **You're not just a teacher; you're a mentor, a guide who navigates them through the complexities of social interactions and emotional responses.**

> *"A friend is someone who gives you total freedom to be yourself."*
>
> JIM MORRISON

The Three Core Elements of Gaming Clubs

In the realm of your Video Game Club and its associated activities, everything can generally be categorized under three core elements, detailed below. It's crucial for your club's planning process to blend these elements, ensuring a cohesive and inclusive environment for all members. Clubs that lean exclusively towards "Competitive Gaming" may not fully engage those who prefer a more laid-back gaming experience, and similarly, focusing solely on casual aspects may alienate the more competitive members. Achieving a balance among these core elements is key to fostering a welcoming community for every gamer.
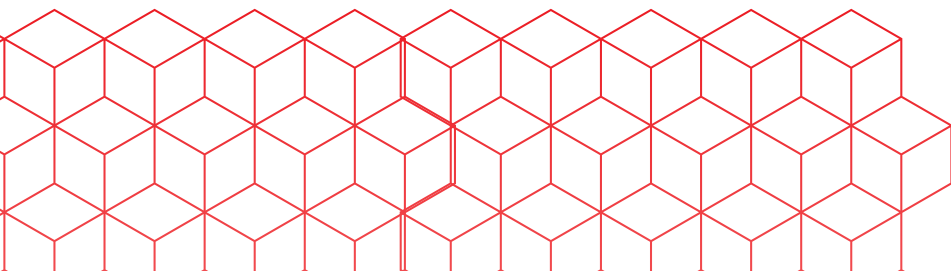
So as you get started with building your club, think about what you wish the club to look like for your students. Below are some of the most frequently asked questions we receive on this topic. We encourage you to build your plan based on your building's schedule, expectations, and norms. Use the 1UpEDU Start Up Guide as you begin to make a positive impact on the lives of your student population.

> *"Twenty years from now, your students will not remember anything you taught them, but they will remember how you interacted with them."*
>
> *-Dr. Gene Streagle, Principal*

Three Types of Gaming

By embracing these three pillars, your gaming club can create a dynamic and inclusive environment that resonates with and unites all types of gamers.

Social Gaming:

- Designed to bridge the gap between gamers and non-gamers, encouraging participation from a broad audience.
- Games like Risk serve as ideal tools for breaking down social divides and bringing different groups together.
- While a Wii Bowling Tournament might technically be competitive, its wide appeal and accessibility positions it more as a social gaming activity, inviting diverse participation.

Casual Gaming:

- Aimed at providing a relaxed setting where students can come together, play, and discover shared interests in games.
- For instance, students might bond over a shared enthusiasm for Clash of Clans, teaming up to strategize and overcome opponents, thereby enhancing camaraderie.

Competitive Gaming

- Centers on gameplay that has an element of competition, whether for recognition within the community or other rewards.
- A typical example includes hosting tournaments to determine the top individual gamer or team in the school, often involving public sign-ups and structured competition brackets.
- This category includes E-Sports, where the competitive aspect is emphasized through organized, multiplayer video game competitions.
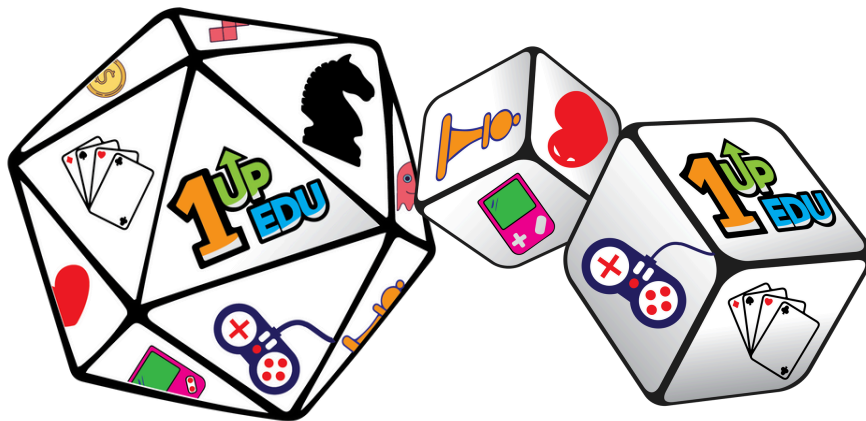
Gaming Club Start Up Guide

Think about the topics below and visualize what your club will look like. Do not feel the need to do everything by yourself, but rather empower your students to take active roles in your club's success. Please remember that no two clubs are alike and that the only failure in this program is not starting.

1. Inquire with your students about their interest in establishing a gaming club. Expect an enthusiastic affirmative response.

2. Discuss with your school's administrator the idea of creating a club aimed at enhancing social abilities among shy students and imparting valuable life skills. You're likely to pique their curiosity.

3. Organize your inaugural meeting and engage with one of the ten comprehensive lessons provided. Everything is prepared for you.

4. Observe as the students connect through the medium of gaming, which serves as an impartial setting.

5. Determine the leaders within your group and choose a local cause for fundraising efforts.

6. Fundraise for your chosen event and share your achievements widely. Use hashtags like #RETHINKGAMING, #EVERYONEGAMES, and #VGCUSA to amplify your message.

7. Continuously repeat steps 3 through 6. **<u>Take this advice seriously.</u>**
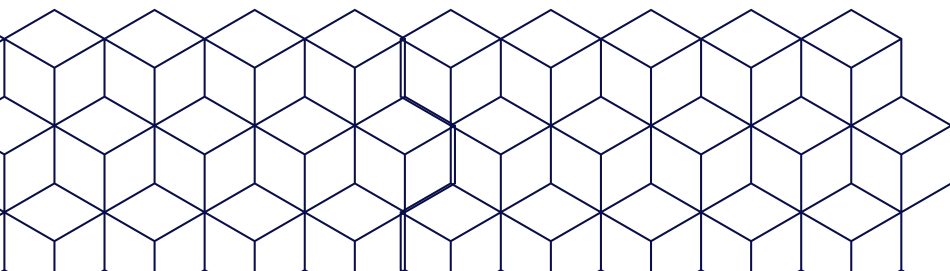
Questions to Consider

Club Name: How will you identify your club? Make it something fun!

Club Purpose: Why are you starting this gaming club? What are its goals?

Target Membership: Who is the target demographic for your club? Age range? Specific interests or gaming genres? Are there certain students you want to reach out and help?

Membership Requirements: Are there any requirements to join the club (e.g., owning a specific gaming console, paying dues)? What about grades? Will you need to cap the membership number because of space?

Expected Commitment: How often will the club meet? Is there a minimum attendance or participation requirement?

Membership Benefits: What benefits do members receive? Will each member get a tee shirt or attend social outings? We are huge fans of eating pizza and gaming as a group.

Meeting Structure: What will a typical club meeting look like? Will there be structured game play, tournaments, free play, or discussions?

Communication: How will club members communicate between meetings (e.g., social media groups, email listserv, messaging app)?
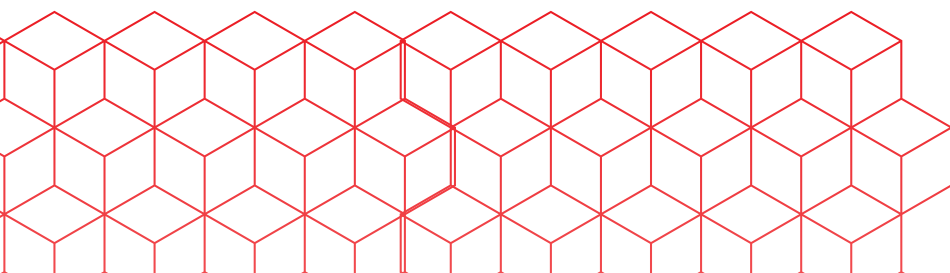
Leadership and Governance: Who will lead the club, and how will leadership positions be decided? How will decisions be made within the club?

Identifying the Hierarchy: What is the organizational structure of your club? Will the students truly run the daily operations or will you need to have a decent amount of say as mentor?

Regular Activities: What regular activities or events will the club host (e.g., weekly game nights, monthly tournaments)?

Special Events: Are there any special events planned, such as attending gaming conventions, guest speakers, or collaboration with other clubs?

Location and Equipment: Where will the club meet? What equipment is needed, and how will it be provided or funded?

Budget and Funding: What is the club's budget, and how will it be funded (e.g., membership dues, sponsorships, fundraising)?

Safety and Inclusivity: How will the club ensure a safe and inclusive environment for all members?

Recruitment: How do you plan to recruit members?

First Meeting Agenda: What is the agenda for your first meeting? How will you introduce new members to the club and its activities?

Feedback Mechanism: How will you collect feedback from members to improve the club and its activities?
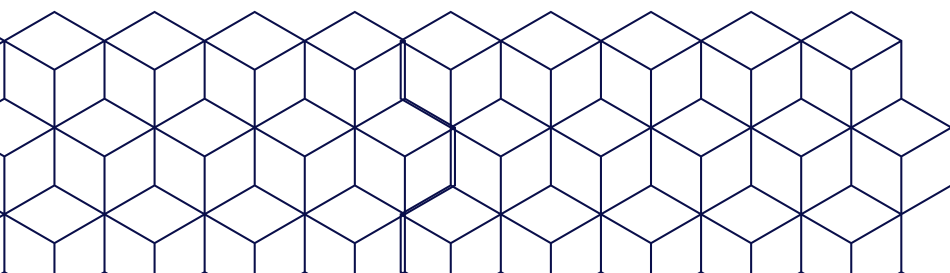
Outline for a Gaming Club in an Academic Year

This guide provides a comprehensive roadmap for launching and operating a gaming club from August to May. Adaptations may be necessary to align with your specific club and school needs, as every club schedule is unique and should be built to meet the needs of your membership.

Pre-launch Activities

1. Preparation:
- Decide on a regular meeting schedule and venue, which can be either in-person or online.
- Customize the permission forms to suit your school policies, expectations, and desired outcomes.
- Consider important questions like which charity to support, the frequency of meetings, and the gaming events to organize throughout the year.

2. Promotion:
- Strategize on club promotion before the school year starts, using flyers, morning announcements, and word-of-mouth to generate interest.
- Identify potential student leaders who can take on responsibilities within the club.

Initial Weeks of School

First Meeting:
- Conduct the inaugural club meeting to gauge interest in various events and activities for the year.
- Utilize digital platforms like Discord, Google Classroom, or Schoology to organize and communicate with members.
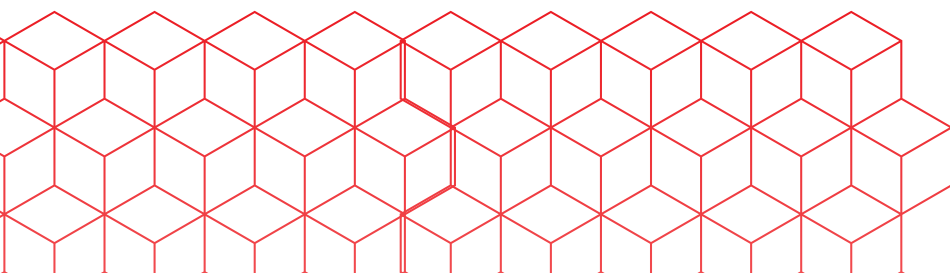
Regular Operations (September-December)

Routine Meetings:

- Establish a consistent schedule for meetings and social events to foster SEL.
- Elect student officers to lead the club and set group norms through regular practice and positive reinforcement.
- Plan your event calendar for the upcoming months, including gaming tournaments and charity events.
- Have your students plan, organize, and conduct gaming tournaments during the academic school day. Challenge your students to practice their leadership skills and help to build the culture of your school one bracket at a time. Possible in school gaming tournaments include Mario Kart Fastest Lap, UNO, Chess, Among Us Gathering, 2V2 Switch Sports Bracket, Game Pigeon iMessage 8 Ball Pool (iPad App), or even Pop Culture Kahoot.it.

Strengthening Bonds and Giving Back (January-March)

- Keep the momentum going with regular gatherings to nurture the sense of community within the club.
- Plan and execute another charity event, leveraging the enthusiasm and ideas from members for a meaningful cause.
- Launch a school-wide gaming competition, spreading the word to ensure wide participation.
- Continue to integrate Social Emotional Learning (SEL) principles into your activities, emphasizing the importance of empathy, teamwork, and responsible decision-making through the context of gaming.
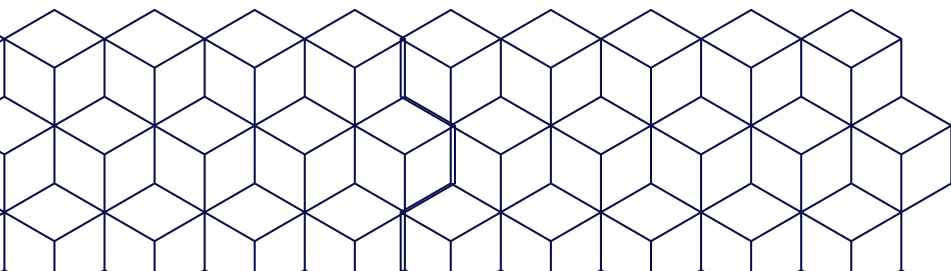
Wrapping Up and Looking Ahead (April-May)

- Conclude any remaining gaming tournaments or fundraising initiatives with a flourish.
- Take time to acknowledge and celebrate the contributions of departing student leaders, appreciating their efforts and the positive impact they've had on the club.
- Initiate the process for selecting or electing new leadership for the next academic year, ensuring a seamless transition and sustained momentum.
- Enhance your digital footprint, using social media or other online platforms to keep members connected over the summer months.
- Schedule a summer meeting to gather ideas and start planning for the next school year's events, keeping the spirit of the club alive and kicking during the break.

Example Schedule
Career Magnet School Gaming Club

Bi-weekly Gatherings:
- Meet every other Wednesday in a designated room (e.g., Room 208) during the Mentor period.
- Register members in a dedicated Schoology Group in September.

Event Organization:
- Assemble a team for the CMS Homecoming Parade float in September, deciding on cosplay themes and gathering candy.
- Set up a Discord server for out-of-school communication.
- Plan a Game Pigeon Tournament for October and a Veteran's Day "Overnight" charity event in November.

Continued Engagement:
- Keep up regular meetings to build camaraderie within the club.
- Organize a second charity event and a school-wide gaming event, promoting it well in advance.
- Emphasize the importance of SEL through gaming events and regular interactions.

Meeting Timeline for the Career Magnet School Gaming Club

VGC Session 1: 12:10 PM - 12:40 PM (Mentor Period 1)
- 12:10 PM: A brief announcement is made over the intercom about the start of the gaming club meeting, giving students two minutes to gather.
- 12:15 PM: Student leaders officially start the meeting, sharing important updates and announcements for the club members.
- 12:20 PM - 12:40 PM: Members engage in playing video games arranged around the room, enjoying a relaxed time together.
- 12:40 PM: The session concludes, and students proceed to lunch, unless they choose to stay for the next session of gaming club activities.

VGC Session 2: 12:40 PM - 1:10 PM (Mentor Period 2)
- 12:40 PM: The meeting is called to order once again by student leaders, who repeat essential announcements for those attending this session.
- 12:45 PM - 1:10 PM: The gaming continues with students playing games set up around the room, fostering camaraderie and engagement amongst participants.

Chapter 5
The Games

Learning through Gaming is the belief of VGCUSA that, through gaming, social and emotional learning can be achieved, Pennsylvania standards can be addressed, and skills for postsecondary success can be developed. What follows is a compilation of games (video, board, applications, etc.) that encourage social and emotional learning as well as an identification of the core competencies and social skills they teach.

After absorbing the insights from Chapter 3, you and your club can use the triggers identified in each game to align with the SEL goals we've outlined. We've also included a dedicated page for you to create and document a homebrew SEL rule set tailored specifically for your club.

As your students engage in gameplay, highlight the real-life applications of Social Emotional Learning skills, and pause the games as necessary to facilitate discussion. After all, experiential learning has the most profound impact.

"There are no strangers here; Only friends you haven't yet met."

William Butler Yeats

UNO

-Mattel Inc

UNO is a versatile card game that naturally supports Social-Emotional Learning (SEL) goals by encouraging players to develop skills like self-awareness, self-management, and social awareness. The game requires players to be mindful of their own emotions, especially when managing frustration or excitement, and to control their impulses when making strategic decisions. Additionally, UNO promotes empathy and relationship skills as players must consider the feelings of others when playing cards that may set them back, such as Draw Four or Skip. It also fosters responsible decision-making, as players need to weigh the consequences of their moves not only for themselves but for the entire group. By creating an engaging and fun environment, UNO helps players practice key SEL skills in a way that is both accessible and enjoyable.
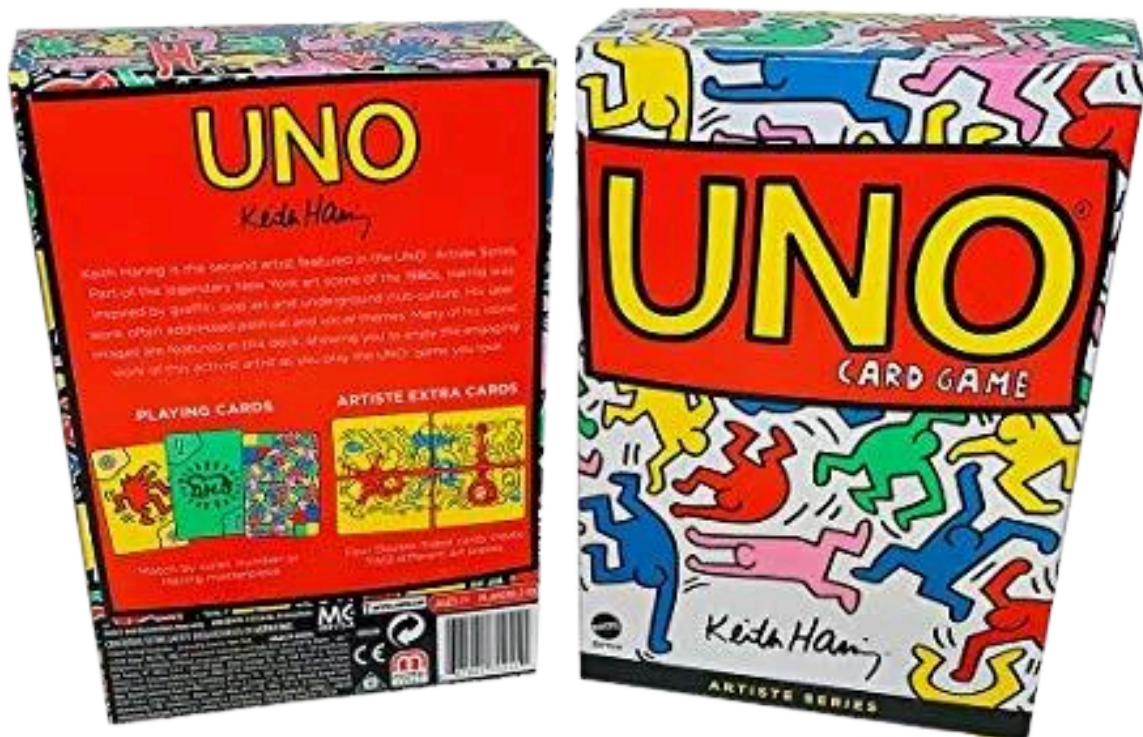
Relationship Skills: UNO enhances relationship skills by encouraging effective communication, cooperation, and empathy as players navigate competitive interactions. The game's strategic decisions require balancing personal goals with the impact on others, fostering trust and positive relationships among players.

Problem-Solving and Decision-Making: Players must quickly assess their hand, anticipate opponents' moves, and choose the best card to play in each situation. These skills are honed as players navigate the game's changing dynamics, making strategic decisions to outmaneuver others while managing their own cards effectively.

Goal Setting and Persistence: UNO plays into goal setting by requiring players to focus on the objective of being the first to empty their hand while navigating the game's challenges. Persistence is key as players must continually adapt their strategies and stay committed to their goal, even when setbacks like drawing extra cards or being skipped occur.

Social Engagement and Communication: Players must interact, share their intentions subtly, and sometimes bluff to gain an advantage. Effective communication, whether through verbal cues or reading others' actions, helps players navigate the game, build alliances, and anticipate opponents' strategies.

Resilience and Coping with Failure: UNO plays into resilience and coping with failure by challenging players to bounce back from setbacks, such as drawing extra cards or losing a round. The game teaches players to handle frustration, stay positive, and keep trying despite the obstacles, reinforcing the importance of perseverance in the face of challenges.
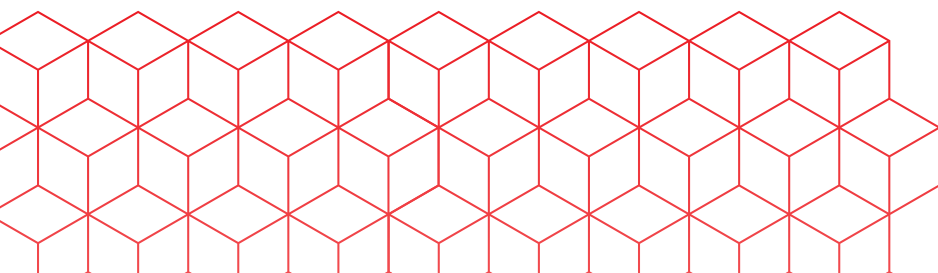
SEL Hacked UNO

Social Awareness:

Trigger: A player puts down a Draw +2 card.

Action: The recipient of the extra cards mentions something they're grateful for, like a favorite song, movie, or book.

Alternate Adaptation: The player who puts down the Draw +2 card can also share something they're grateful for.

Responsible Decision Making:

Trigger: A Reverse card is played.

Action: The person whose turn is now reversed must share an instance from their day they wish they could change or reverse.

Alternate Adaptation: Either the player who played the Reverse card or the next player in the sequence can share their moment for reflection.

Relationship Skills:

Trigger: A Skip card is played.

Action: The player who plays the Skip card makes eye contact with the skipped player and offers a heartfelt apology, acknowledging the strategic necessity but expressing regret.

Self-Awareness:

Trigger: A Wild +4 card is laid down.

Action: Before changing the color, the player enforcing the draw must pay a genuine compliment to the affected player, highlighting something specific they appreciate about them.

Self-Management:

Trigger: A Wild card is played.

Action: Play proceeds as normal, or as a strategic twist, all players pass their hand to the left. The decision is made by the player of the Wild card, offering a unique chance to manage the game's dynamics and test organizational strategies.

Chapter 6
Social Philanthropy

Educating the youth about the importance of social philanthropy nurtures a deep-rooted sense of duty, compassion, and global awareness from a tender age. This education extends beyond simple acts of charity, offering a comprehensive understanding of social justice and equality, and highlighting the significant impact individuals can have on cultivating a more just society. By embedding the principles of social philanthropy in the development of young individuals, they are armed with the ethical guidance and abilities essential for making positive changes in the world. This shift in perspective turns them from mere spectators into proactive agents in shaping a world that is fair, empathetic, and sustainable for everyone.

Incorporating social philanthropy into a gaming club setting carves out an innovative path to raise a generation that is adept with technology while being acutely aware of their societal responsibilities and actively engaged in philanthropic endeavors. What follows are the key benefits and impacts of weaving social philanthropy into the fabric of young individuals' lives and education.

"The mind is not a vessel that needs filling, but wood that needs igniting."

Plutarch

Chapter 7
Lesson Plans

This collection of sample lesson plans offers educators a diverse and engaging array of teaching strategies and activities designed to inspire and motivate students across different subjects and grade levels. Each lesson plan is meticulously crafted to meet the learning objectives outlined in educational standards while also considering the varied needs and learning styles of students. Whether you are a seasoned teacher looking for fresh ideas or a new educator seeking guidance, these sample lesson plans serve as a valuable resource to enhance your teaching practice

The lesson plans included in this collection cover a wide range of topics, including language arts, social studies, and other areas of the humanities, providing a comprehensive toolkit for educators. They include step-by-step instructions, suggested materials, and assessments to help measure student understanding and progress. Additionally, the lesson plans are adaptable and flexible, allowing teachers to tailor the content to suit their classroom dynamics and students' individual needs. By using these sample lesson plans, educators can create a stimulating learning environment that fosters curiosity, creativity, and critical thinking among their students.

"Learning is finding out that you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers, and teachers."

Richard Bach

Gaming Lesson Plan
UNO Tournament

Objective:
To engage members of a gaming club in an UNO tournament that promotes the practice and development of Social Emotional Learning skills such as communication, cooperation, empathy, and emotional management.

Materials Needed:
- Multiple UNO card decks
- Tables and chairs

Duration:
Approximately 2 hours

Lesson Procedure:

Introduction (10 minutes)
- Welcome the participants and explain the objectives of the UNO tournament.
- Briefly discuss the importance of SEL skills and how they can be applied in both gaming and real-life scenarios.

Rules Review (5 minutes)
- Go over the rules of UNO, ensuring all participants understand how to play.
- Emphasize any specific rules for the tournament (e.g., number of rounds, scoring system).
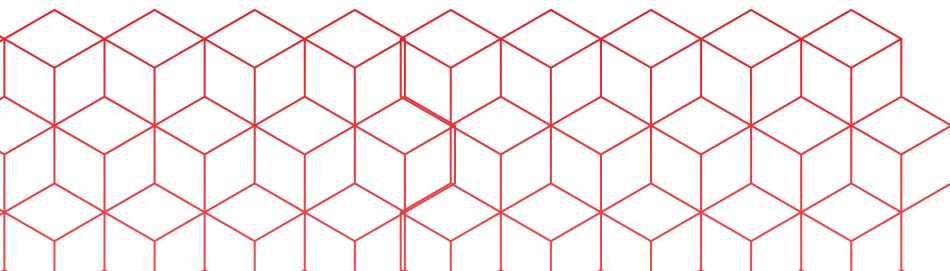
Tournament Play (30 minutes)

- Divide the participants into groups of four to start the UNO tournament with the modified ruleset. With 16 players, this will create four separate games, each with four players.
- After each game, players will count the cards remaining in their hands to determine second, third, and fourth places. The fewer cards a player holds, the higher their ranking.
- Each group's winner will advance to play against winners from the other groups. Similarly, those who finished second, third, and fourth will compete against others in the same rank from different groups.
- Ask players to reorganize accordingly and initiate a second round of play, continuing with the modified ruleset.

SEL Lesson Plan 1
The Art and Significance of Shaking Hands

Objective:

Students will understand the importance of shaking hands as a form of greeting and mutual respect before and after gaming with another person. They will learn the proper technique for shaking hands and practice this skill to enhance their social interactions.

Materials Needed:

- Hand sanitizer

Duration: Approx. 30 minutes

Standards:

SEL Competency: Relationship Skills

Common Core ELA: Speaking & Listening

Introduction (5 minutes):

- Begin with a brief discussion on different ways people greet each other around the world. Highlight shaking hands as a common gesture of greeting, agreement, and respect.
- Explain the objectives of the lesson: to learn the proper way to shake hands and understand its significance in social interactions like at work or with your friends.

Direct Instruction (10 minutes):

- Demonstration: Demonstrate with a fellow teacher or student the right and wrong ways to shake hands (e.g., not too firm or too weak, eye contact, appropriate duration).
- Discussion: Talk about why shaking hands is important (builds trust, shows respect, first impressions) and when it's appropriate to offer a handshake (greetings, agreements, congratulations).

Guided Practice (15 minutes):

Shaking hands is a universal gesture used across many cultures to greet others, show respect, finalize agreements, or express gratitude. Here's how to execute a proper handshake:

Points of Emphasis

1. Approach and Eye Contact:

 - Start by making eye contact with the person you intend to shake hands with. This establishes a connection and shows confidence.

 2. Positioning:

 - Stand at an appropriate distance where you can comfortably extend your arm. Generally, an arm's length is suitable.

3. Hand Position:

   - Extend your right hand with the thumb up and fingers straight out, open and ready to grasp the other person's hand. Your hand should be open, with the palm facing sideways towards the person.

4. The Grip:

   - Insert your hand into the other person's hand until the web (the area between your thumb and forefinger) meets theirs. Close your fingers around the side of their hand, ensuring a firm but not overly tight grip. Avoid a limp handshake as it can appear disinterested; conversely, too firm a grip can seem aggressive.
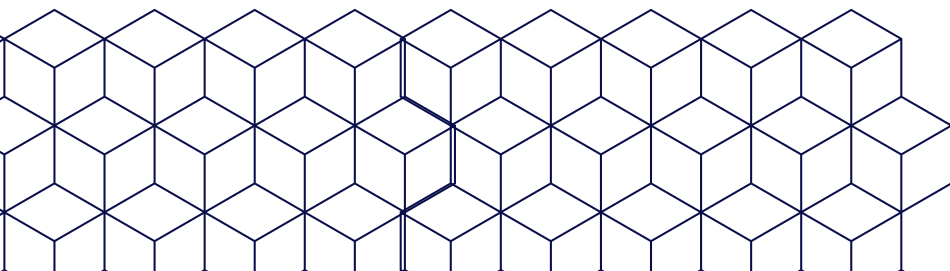
5. Shake:

 - Gently but firmly move your hand up and down in a controlled motion. Typically, two to three shakes are sufficient. The motion comes from your elbow or forearm, not your shoulder.

6. Eye Contact and Verbal Greeting:

 - Maintain eye contact throughout the handshake. Often, a handshake is accompanied by a verbal greeting, such as "Nice to meet you," "Hello," or any other appropriate salutation for the setting.

7. Release:

 - After two or three shakes, release the grip. Your entire handshake should last about 3 to 4 seconds.

8. Facial Expression:

 - Keep a pleasant expression or smile on your face to convey friendliness and openness.

Additional Tips:

- Hand Hygiene: Ensure your hands are clean before shaking hands. It's also polite to use hand sanitizer in view of the other person in settings where cleanliness is particularly important.
- Wet Hands: If your hans are sweaty or wet, try to subtly dry them on your clothes before shaking hands.
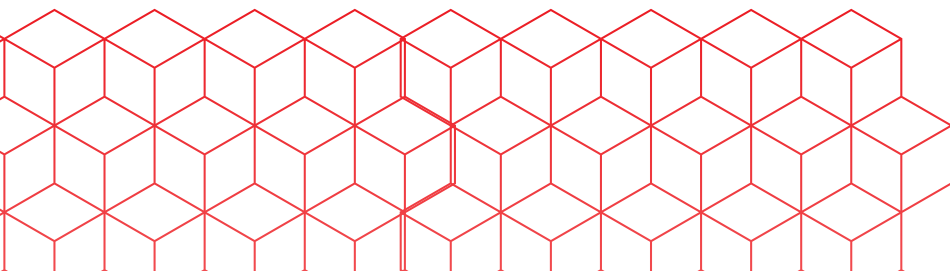
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For information about purchasing 1UpEDU Student Development Systems or have questions, don't hesitate to reach out and say hello! We're excited to support you in transforming your students' lives, ensuring no one eats lunch alone.

Contact information can be found below and we look forward to the conversation. Talk to you soon.

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