

# Mood'out Gameplay and Rules

Mood-a-ut, Mood-out, or Mod-a-ot (Awareness in Hebrew) is a game we made for you, your family, and friends to enjoy together and pronounce however you want. It was generously sponsored by an anonymous donor. We want to know what you think about it. Please share any comments, thoughts, or questions - [info@kavlnoar.org](mailto:info@kavlnoar.org) and be sure to share your experience by tagging us @kavlnoar on social media.

## The Game:

The game is played by 2-5 players sitting around the deck, taking turns drawing cards.

The problem is that some of the cards are emotional stress cards. If you pick one of these up you risk getting stuck in your stress. If you get stuck in your emotional stress you lose the game and sit on the side while your friends and family continue playing. That's not a fun thing to do. Do your best to avoid getting stuck with an emotional stress card.

If you find yourself with an emotional stress card you have two options

- 1.If you have an "address the issue" card, you can play that card and remain in the game. If you've addressed the issue, you place the emotional stress card back into the deck without the other players looking.
- 2.Someone else offers to help you out by playing an "address the issue" card. The player who plays an address the issue card for another player is a supporter of emotional health. If you support emotional health twice, you win the game. Helping others has its benefits.

(But be careful, using your address the issue cards for others leaves you defenseless against a stress card you might pick up)

If neither of those options are taken up, the player with the emotional stress card loses and the card is not put back into the deck (their other cards are placed in the discard pile). The game ends when there is either only one player left, or when a player has supported other players twice.

Basically - If you pick up a stress card, you're in trouble. If you or someone else plays an "address the issue" card, you go on to play another round and the stress card is placed back into the deck by the player who played the "address the issue" card. If no "address the issue" card is played, you lose. The game ends when one player is left or has helped others twice.

The rest of the cards are there to lessen your chances of getting stuck with an emotional stress card. These include:

- Emotional intelligence/insight cards ( 5) - Self-awareness and emotional wellbeing (referred to as emotional hygiene, by no one except for us) give you that edge for success. Good job taking care of yourself! Play this card to look three cards ahead in the deck to know what's coming next and if you need to play another card to avoid it.
- Turnin' it up (4) - This card allows you to skip your turn and force the next player to take 2 turns. If that player also plays a Turnin' it up card, the next player takes 4 turns and so on and so forth. Someone's gotta sit with it at some point, right? Turning it up might not be great for relationships, but hey, at least the next player has to go twice.
- Crisis (4) - Crises shake things up. Shuffle it! Shuffle the deck before taking a card.
- Asking for help (4) - Need help? No problem! Play this card and force a player to help you out by giving you one of their cards of their choosing. Sometimes, you have to be assertive to get what you want.

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- Alone time - (4) - Skip your turn without drawing a card. Everyone needs some alone time. You deserve it.
- Not Happening (5) - It doesn't change anything in real life (sorry). But in the game, playing this card negates the card played immediately before it. As if it never existed. You can play one of these cards on top of another "Not Happening" card to negate the negation and reinstate the previous card too. And so on and so forth. This card can be played by any player at any point in the game (even during another player's turn) When playing this card, it's mandatory to imagine a room full of people yelling "not happening" with their eyes closed.
  - Some points regarding "Not Happening" cards:
    - These cards cannot be played against "emotional stress" cards or "address the issue" cards
    - In order to negate the previous card, the "Not Happening" card needs to be played before the other player takes the action associated with the previous card. It needs to be played immediately.
- Quotes (20 cards in total - 5 pairs of 4) - Collect a pair and you can play it to steal one card from another player. Play three and you can request a card from the player. If the player doesn't have that card you get nothing.
- Some of the quotes are serious, some are fun. Make sure to enjoy them.

## Gameplay:

- 1 - To start, remove all the Emotional Stress cards (4) from the deck and set them aside.
- 2 - Remove all of the Address The Issue cards (6) from the deck and deal 1 to each player.
- 3 Insert the extra Address The Issue cards back in the deck.
- 4 Shuffle the remaining deck and deal 7 cards face down to each player
- 5 - Insert the Emotional Stress cards back into the deck
- 5 Shuffle the deck, and put it face down in the middle of the table.
- 6 Pick a player to go first. (Some sample criteria: youngest, oldest, middle-est, etc.)

## Your Turn

1. On your turn, you can either choose to

- a. Pass - in which case you play no cards and then pick up a card from the deck
- b. Play - play as many cards you'd like and then pick up a card from the deck (unless one of the cards you've played says that you don't have to do that)

i. Follow the instructions on the card in order to understand what it does. After you follow the instructions on the card, you can play another card. You can play as many cards as you want.

ii. Played cards are placed face-up in a pile next to the downward-facing deck. If the downward-facing deck is finished, shuffle the discard pile and make a new downward-facing deck with those cards. Continue to play.

Whatever you do, you end your turn by picking up a card from the deck. UNLESS you've played a card which states that you don't have to pick up a card from the deck (eg "Turnin' it up" or "Taking some alone time")

1. Some cards have quotes on them. Collect these cards in order to pair them together. You can play a pair to take another card from a player (without looking at their cards). If you play three of a kind, you can ask a player for a specific card. If they have it you get the card, if not, you get nothing.