MOOD CREW Matching Moods Game

Matching Moods is a game that is meant to help children identify and discuss emotions.

Instructions

SET-UP

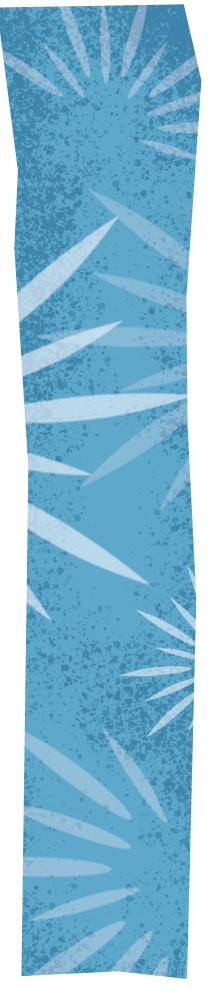
Print the downloadable DBSA Mood Crew cards from the DBSA website. Cut out cards.

GAME PLAY

- 1. Shuffle the cards so that they are in random order.
- 2. Lay cards out with Mood Crew character facing down.
- 3. One at a time, flip over the cards until someone finds a match.
- **4.** When someone does find a match, the facilitator (parent, caregiver, clinician, educator) should ask the child a question about that emotion.

Examples of questions you can ask during game play:

- Can you tell me what that emotion means?
- Can you think of a time that you felt that emotion?
- When you feel this emotion, what expression does your face make?
- Can you tell me a story about a character that feels that emotion?
- Can you remember a time when you observed someone else feeling that emotion? Why do you think they felt that way?
- 5. Once someone gets a match and answers one of the questions above (or a related question you create), they get to keep the match and the next player picks.
- 6. The game play ends when all the cards have been collected. The winner is the player with the highest number of matches.







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