

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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Thank you to the American Legion Child  
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