



Scan to watch how
to play

Memory Match: Emotions & Counter Emotions

A playful way to build memory, emotional awareness
and emotional regulation / reinforcement skills early



X 60 DISCS



X 30 CARDS



X 1 POUCH

What's
inside

RECOMMENDED AGE: 3+ YEARS

For children below 5, we recommend playing alongside a parent / grown-up, who can help name emotions, act them out, and talk through how each animal might be feeling.

Game
Basics

SUGGESTED # OF PLAYERS: 2 - 4

Note: Emotional learning isn't just about matching - it's about talking, feeling, and connecting. Grown-up support makes it even more meaningful.



This game explores emotions, moods, and feelings broadly - including some that are physical, like Tired or Hungry. Use these as a springboard to help your child notice and name what's happening in their body and mind.

! **Warning:** Small parts. Not suitable for children under 3 years due to choking hazard



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GAMEPLAY 1: CLASSIC MEMORY MATCH

(Difficulty Level: 2 out of 5)

Goal: The player with the most disc pairs (or points) wins!

Setup: Place the discs face down in a grid (10x6 grid)

Turns: Each player flips 2 discs per turn:

- If the two discs show the same emotion (e.g., Angry Ant + Angry Ant), they keep the pair, score 1 point and get another turn.
- If the discs don't match (e.g. Angry Ant + Loving Llama), they flip them back over and let the next player try

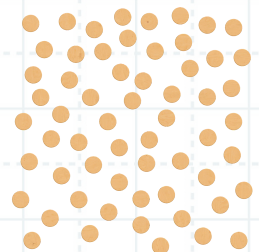
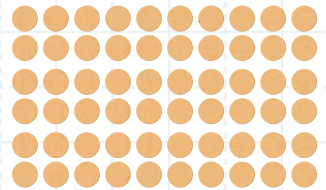
Endgame: Players Keep going until all the discs are matched

VARIATION 1: SPAGHETTI

(Difficulty Level: 3 out of 5)

Same rules as above, but lay the discs randomly on the floor, instead of in a grid -> Harder to remember where each disc is -> so more fun!

How to
Play



GAMEPLAY 2: COUNTER-EMOTION MEMORY MATCH

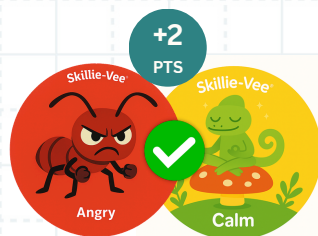
(Difficulty Level: 4 out of 5)

How to
Play

Instead of matching identical pairs, players now match each emotion with its counter emotion (e.g., Angry Ant + Calm Chameleon). This version builds emotional reasoning and sharpens working memory.

Example:

- Player 1 flips Angry Ant + Calm Chameleon - a match! They keep the pair, scores 2 points.
- Now only one Angry Ant and one Calm Chameleon remain. Player 2 must remember where those are for their turn!
- If you match an identical pair (e.g. Angry Ant + Angry Ant), you still score 1 point - but the bigger reward comes from finding the counter-emotion match!



Note:

- Each correct opposite pair = 2 points
- Emotions (like Loving Llama) that have no opposite - match these with their duplicate to score = 1 point
- Emotion-Counter Emotion pairs are listed on Page 5 of this sheet.

Setup & Endgame:

- Same setup and end game as Gameplay 1
- Lay all discs face down in a grid and continue until all pairs are matched.

GAMEPLAY 3: MATCH, ACT & PEEK

(Difficulty Level: 4 out of 5)

How to
Play

This version brings the emotion cards into play, adding a fun reward that boosts memory and engagement. Note: This version follows the same matching rules as Gameplay 1 - i.e. identical pairs of emotions only.

Goal: The player with the most disc pairs (or points) wins!

Setup: Place the discs face down in a grid (10×6 grid). And, the cards in a draw pile next to the grid.



Turns: Player 1 flips over two discs

- If the discs don't match: Flip them back. Turn ends.
- If the discs match: They Say "Match!" and Keep the discs.
 - They then find the emotion card from the draw pile corresponding to the emotion on the disc they just matched
 - They read out the emotion on the front, and then act out the regulation strategy on the back. They Keep the card in their pile
 - If they act out the emotion, they get to peek at any two face-down discs (one at a time, quietly) - while the other player closes their eyes. They flip the discs back face-down. Turn ends
- The next Player continues, until all discs are matched.



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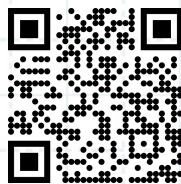
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EMOTION ↔ COUNTER EMOTION PAIRS

Some feelings have natural opposites. Matching them helps
Kids explore emotional balance. Here's a guide to help:

EMOTION	ANIMAL
Happy	Hamster
Angry	Ant
Brave	Bear
Bored	Badger
Confident	Crane
Proud	Panda
Relaxed	Rabbit
Tired	Tiger
Hopeful	Hippo
Overwhelmed	Octopus
Generous	Gorilla

COUNTER EMOTION	ANIMAL
Sad	Sloth
Calm	Chameleon
Scared	Squirrel
Curious	Cat
Shy	Sheep
Jealous	Jaguar
Anxious	Alligator
Energetic	Eagle
Disappointed	Donkey
Focused	Fox
Selfish	Snail



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EMOTION CARDS/DISCS WITHOUT SPECIFIC COUNTER EMOTIONS

Below are the discs where there isn't an explicit counter-emotion or mood. Encourage your Kid to name counter-emotions as per their understanding (remember: there is no right answer!)

EMOTION	ANIMAL
Excited	Elephant
Grumpy	Goat
Hungry	Hedgehog
Hurt	Horse
Surprised	Seal
Silly	Seahorse
Loving	Llama
Thankful	Tortoise

