

Mood Beamz

Game 4

Social/Emotional, Communicative & Cognitive

Objective: Parents like Mood Beamz because it helps them understand and connect to their kids’ emotional side. It also teaches their children to be more self-aware, a skill necessary for kids to understand the emotions and feelings of others—a key component in building social intelligence and relationships. Kids love it because there are no wrong answers! Learning to check in with their emotions is sometimes a new and rewarding experience. That exercise of self-reflection can lead kids to a sense of control over their feelings.

Minimum Players 2

How to Play

The object of the game is to match a song to a list of moods. Players will each receive a list of songs and moods. One player is designated to be the “caller” and plays the music from the list of songs in any order for other players to hear. Once a song is played, players must match it with a mood. Once a song and a mood are matched, players cannot change the match. At the end of the game, family members can explain matches to begin conversations about interpreting feelings inherent within music. *(See Mood Beamz toolkit on the next page.)*

Challenges

Challenge 1- Players must compare their answers. Players get points for moods and song matches that are not the same as the other players.

Challenge 2- Players only get a specified amount of time to match a mood with a song. For example, 3 seconds to match the mood.

Challenge 3- Double up! Play the game with twice as many moods as there are songs or twice as many songs as there are moods.

Play Value: Increase Self-Expression, Develops Self-Awareness, Soothes Emotions, Increases Communication, Supports Emotional Responses

Directions: Give everyone a piece of paper and writing utensil to begin play. The player that is the designated “caller” will get to select a song and mood card. The “caller” will hold the card so that all players can reference the mood list during play. The “caller” will play the song rhythms one at a time while players match the moods. As the songs are played, the players will select a mood that they feel best represents the song. There are 4 songs per game with 8 moods to choose. Select your own songs and create your own word banks to extend the fun!

Songs 1

My Goody Two Shoes, Razzmajazz,
Black Tornado, Fun Fun Fun

Songs 2

Old MacDonald, Rewind,
Splish Splash, Shout

Songs 3

Super Freak, Today is Gonna Be a Great Day,
Zip-a-Dee-Doo-Dah, You Belong With Me

Songs 4

Where I Want to Be, Hotel California,
Under the Sea, Jingle Bells

Songs 5

Songs 6

Print this page and the next back-to-back and cut along dotted lines to make the mood cards.

Print this page and the previous page back-to-back and cut along dotted lines to make the mood cards.

Mood Bank 2

Annoyed, Confused, Cheerful, Sad,
Anxious, Happy, Goofy, Relieved

Mood Bank 1

Silly, Weird, Energetic, Mischievous,
Calm, Devious, Playful, Rushed

Mood Bank 4

Disappointed, Amused, Jovial, Jealous,
Mad, Curious, Sleepy, Mellow

Mood Bank 3

Thankful, Relaxed, Angry, Bored, Peaceful,
Surprised, Sleepy, Excited

Mood Bank 6

Mood Bank 5