

# Kindness Memory Match

PLAY

**Kindness Memory Match – Family Edition** is a reflective, collaborative activity that encourages participants to recall and share meaningful acts of kindness through a memory matching game. Players take turns flipping over two cards at a time, each displaying a kindness-related question. When a match is made, the player answers the question aloud, sharing a personal story or reflection. The goal is to match as many pairs as possible, fostering empathy, open communication, and a deeper appreciation for kindness in everyday life.



## Family Objects

### **Boosting Empathy and Self-Reflection:**

Family members reflect on personal acts of kindness—both given and received—and share meaningful stories. This process deepens their understanding of kindness and fosters empathy among everyone involved.

### **Encouraging Creative Expression and Active Listening:**

Participants express their experiences in a creative format (through answers, drawings, or storytelling) and actively listen to others' reflections, enhancing communication and broadening perspectives on kindness.

### **Strengthening Teamwork and Positive Interaction:**

By collaborating to match pairs of kindness-related questions and discussing their reflections, family members build supportive connections and create a warm, inclusive atmosphere.



## Success Milestones

### **Accurate and Thoughtful Card Matching:**

Players successfully match cards with identical kindness-related questions and share personal, reflective answers that illustrate their experiences with kindness.

### **Active Engagement and Reflective Sharing:**

Each participant engages fully by answering the questions aloud and contributing to a respectful dialogue, demonstrating both active listening and thoughtful reflection.

### **Positive Group Dynamics:**

Family members work together harmoniously, supporting one another during the matching process and celebrating each shared story, which reinforces a positive, collaborative environment.



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## Objective:

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## Players:

- Suitable for individuals or small groups.
- Ideal for family gatherings, classrooms, or any group setting where building positive relationships is the focus.

## Materials:

- A set of 20 cards (10 pairs) with kindness-related questions printed on them.
- (Optional) A timer if you wish to add a competitive element with a time limit (e.g., 10 minutes).

## Setup:

### 1. Prepare the Cards:

- Create 20 cards (10 matching pairs) featuring questions that prompt reflection on kindness. Examples include:
  - "What's the nicest thing someone has done for you?"
  - "Who in your life inspires you with their kindness?"
  - "What act of kindness do you do regularly?"
  - "When was the last time you helped someone in need?"
  - "What makes you feel happy when someone does it for you?"
  - "Can you recall a time when you received unexpected kindness?"
  - "How do you show kindness to your family or friends?"
  - "What small acts of kindness make a big difference in your life?"
  - "How can you practice kindness at school or work?"
  - "What's the best way to spread kindness in your community?"
- Shuffle the cards and lay them face down in a grid (a 5x4 grid works well).

### 2. Arrange the Play Area:

- Ensure all players have a comfortable area around the grid for taking turns and sharing their reflections.



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## 3. Introduction:

- Explain the rules of the game and emphasize that the focus is on reflecting on personal experiences of kindness and sharing those insights with the group.
- Encourage a respectful, supportive atmosphere where everyone feels safe to share.

## Gameplay:

### 1. Starting the Game:

- Players take turns flipping over two cards at a time.

### 2. Answering and Matching:

- When a card is flipped, the player must answer the kindness question aloud, sharing a relevant personal experience or reflection.
- If the two flipped cards match (i.e., they display the same kindness-related question), the player keeps the pair and scores a point.
- If the cards do not match, they are turned back over, and the turn passes to the next player.

### 3. Active Reflection:

- Encourage players to listen attentively to each other's reflections, which helps deepen understanding and build connections.

### 4. Time Challenge (Optional):

- For an added challenge, set a time limit (e.g., 10 minutes) for the game. The player or team with the most pairs at the end of the time wins.

## Winning the Game:

- The winner is the player or team who matches the most pairs of kindness-related questions by the end of the game.
- However, the primary focus is on reflection, shared experiences, and



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## Variations for Different Settings:

- **Group Play Version:**

Play in teams where members work together to locate matching pairs, discussing their answers as a group to enhance collaboration.

- **Educational Edition:**

Tailor the kindness questions to include themes relevant to school or learning, encouraging students to relate personal experiences to their academic lives.

- **Remote Version:**

Create a digital version of the game using online tools (like Google Slides or virtual card makers) so participants can flip cards and share their reflections in a virtual meeting.

- **Staff Edition:**

Use workplace-related kindness prompts to help colleagues reflect on positive interactions and team contributions, enhancing a supportive professional environment.

## Additional Notes:

Kindness Memory Match – Family Edition is an engaging and reflective icebreaker that transforms a classic memory game into a powerful tool for sharing personal experiences of kindness. By recalling and matching meaningful questions, participants deepen their empathy, improve communication skills, and build a strong, supportive community. Enjoy the process of sharing your kindness stories, listening to others, and celebrating the positive impact of small acts of kindness in your life!



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thing someone has  
done for you?**

**Who in your life  
inspires you with  
their kindness?**

**What act of  
kindness do you do  
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**When was the last  
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**What makes you  
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