Ninja Emotion Cafe

2-4 | 10-20 min | 8+



Overthinking Monsters are invading your mind again, ready to take control of your emotions with wrong thoughts. Are there any methods or tips to deal with these Overthinking Monsters? Join the game to find out!

Ninja Emotion Cafe Overthinking Monster board game includes six different types of games, suitable for 2-4 players. Each game can be used separately and makes for a great addition to gatherings with friends and group activities. We recommend using it with the Ninja Emotion Restaurant: Walei Creative Lesson Plan to learn while having fun, decode the secrets behind emotions, resolve emotional troubles, and get to know yourself better.

Contents:

Overthinking Monster card: 28 pieces



Illustrated card of the Overthinking Monsters: 8 pieces



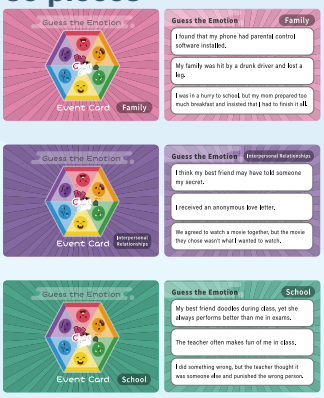
Overthinking Monster Evolution card: 7 pieces



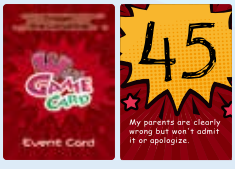
Weapon Facilitating card: 35 pieces



Emotional Event card (family, interpersonal relationships,school): 39 pieces



Landmine Event card: 45 pieces



Pet Phrase card: 21 pieces



Emotional Scale: 1 piece



Emotion Dice: 8 pieces



Score coins: 80 pieces



Emotion Vocabulary card: 53 pieces

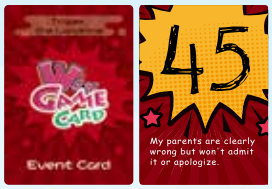


Trigger the Landmine

Group size: 4 people **Time: 20 min.**

15 event cards for a group, and allows a maximum of 3 groups to play simultaneously.

Game Components

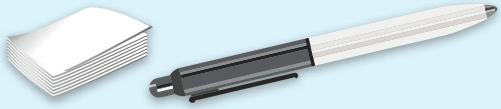


45 pieces of the Landmine Event Cards, score coins

Items needed:

few pieces of paper and a pen(2 pieces of paper and a pen for each player)





Game Objective

In the game, a landmine event card is revealed and played in a manner similar to the card game, Slaps. Players need to quickly place their hands on the event card, and the fastest person scores points. When the game ends, the player with the highest total score wins.

Game Preparation



1. **Selecting events:**
   You can randomly draw or openly discuss and select 15 landmine event cards.
2. **Reading Landmine Event Cards:**
   Place the 15 landmine event cards face up, scattered in the center of the playing area.
3. **Writing Notes:**
   Write the numbers on those 3 selected cards on 3 separate pieces of paper. These 3 pieces of paper represent your "landmines."
   Make sure the numbers you write are not visible to others. Once done, place these notes face down on the table.
4. **Shuffling Landmine Event Cards:**
   After players have completed writing their notes, flip the 15 landmine event cards face down, shuffle them, and stack them in the center to create an event deck.
5. **Distributing Score Coins:**
   Each player takes 5 score coins as their initial score of 5 points.



The tallest player becomes the starting player.

Game in Progress

Each round proceeds according to the following steps:

Triggering the Landmine(Flipping Cards):

- Everyone should place both hands flat on the table(or touch the ground if sitting on the floor). The card flipper begins to flip cards. After flipping a card, they start a countdown by shouting out 3, 2, 1. The countdown should not be sped up or intentionally prolonged.

- Identifying the Number: Upon seeing the number displayed on the flipping card, all players must IMMEDIATELY assess whether the number on the revealed landmine event card matches the number on their own "landmine." Players should express the judgment within three seconds.



After flipping the card, start a three-second countdown, and everyone needs to express themselves within three seconds.

Three-second Detonation:

- **For those with matching numbers- Tap:** Within three seconds, extend one hand and press it on the revealed card(if multiple players, stack hands on the card).
  - All those who pressed the card must hand over their slips to confirm if it matches.
  - The first person to press the card earns 1 point and is responsible for reading the event on the card.
  - Players who pressed the card take turns sharing why they chose that "landmine."
- **For those with different numbers- Raise your hands:** Within three seconds, raise both hands and say, SAFE!
  - After everyone has expressed, lower your hands.
  - If no one has the same number as the card on the table, and everyone raises their hands, saying SAFE, then additional actions related to the "unexploded bomb" will occur.



If the numbers are the same, you should tap the card, and if the numbers are different, raise both hands and say "SAFE."

Unexploded Bomb(Extra Action):

After everyone has raised their hands and counted down three seconds with SAFE, each person gets the chance to "grab" immediately. Extend your hand and press the card. The first person to press the card earns 1 point.

Penalties:

- If, within three seconds, you press a card that is not your own "landmine," you lose 1 point.
- When the three-second countdown is over, if you express incorrectly or fail to express whether it's your own "landmine," you lose 1 point. (No pressing the card and no saying "SAFE", or expressing that it's your own "landmine" after saying "SAFE.")
- At the end of the game, after all the landmine event cards have been revealed, if there are still unrevealed notes, you lose 1 point.

The player to the left of the card flipper becomes the card flipper for the next round, and this continues clockwise in turns.

The End of the Game and Scoring

When everyone is handing in their notes, the game ends. The person with the most points is the winner!

Guess the Emotion

Group size: 4 people **Time: 30 min.**

Game Components

Emotional Scale, 39 Event cards(divided into three types), emotion dice, score coins









Game Objective

Through the emotion event cards in the game, you can guess others' emotions and express your own emotions. Each time you correctly guess someone else's emotions, you earn one point. After two rounds, the scores are calculated.

Game Preparation

1. Pass out one emotion dice to each student.
2. Lay out the emotional scale in the middle of the table.
3. Separately shuffle the cards labeled "Family," "School," and "Interpersonal Relationships." Afterwards, place the cards face down to form three piles.
4. Draw an event card: During each turn, one player will draw one event card from any of the three piles. Each event card lists three scenarios. If the player does not like any of the listed scenarios, they may draw another card from any of the piles. Each person can take up to two event cards.
5. Place the score coins to the side.
6. The youngest person becomes the starting player.



Draw one event card from any of the three piles.

Game in Progress

Each round consists of an **"Guessing the Emotion" and an "Experience Sharing".**

1. **Guessing the Emotion**
   - The person to be guessed selects an event from the event cards and reads it aloud to everyone.



Select an event from the event cards and read it aloud to everyone.

- The person to be guessed takes the emotion dice and imagines the emotions they would have in response to the event. They choose the corresponding face of the emotion dice(each color corresponds to different emotions) and place the emotion dice face up in front of them, covering it with their hands, preventing the other students from seeing.
- The other players try to guess the emotions that the player being guessed would experience in response to the event. They place their emotion dice with the corresponding face facing up in front of themselves.
- After the other players have placed their emotion dice, the person being guessed reveals theirs.



After the other players have placed their emotion dice, the person being guessed reveals theirs.

- The other players compare their emotion dice to the player being guessed. If they have the same color facing up as the player being guessed, they earn one score coin.

2. **Experience Sharing**
   - After calculating everyone's score, all players take back their dice. Give the players some time to think about the chosen scenarios.
   - Players place their dice on the emotional scale based on what emotion they would feel and to what extent.



Players place their dice on the emotional scale.

   - If they do not identify with any of the emotions listed on the emotional scale, they may place their dice in between two choices based on intensity.
   - Start from the person being guessed, briefly sharing their thoughts behind their emotion. Move to the next player in a clockwise manner and then share their thoughts by saying " I feel (emotion), because..."

After everyone has finished sharing, retrieve the emotion dice, and the next person clockwise becomes the one being guessed, moving on to the next round.

The End of the Game and Scoring

- The game will end once everyone has had a turn.
- If there is time remaining, one more round can be held if needed. Everyone can be the person being guessed twice.
- The player with the most score coins is the winner!

Finding the Overthinking Monsters

Group size: 3-4 people

Time: 15 min.

Game Components



x4

Each set has 7 monsters and you need 4 sets.

Overthinking Monster cards: 28 pieces(7 types of monsters in total, 4 cards for each type of monsters)

Illustrated cards of the Overthinking Monsters: 7 pieces(no use in this game), score coins





Game Objective

It's a memory card flipping game where you can score by flipping over three of the same overthinking monster cards. The person who finds the most overthinking monster wins. Each time you find an overthinking monster, you flip over an illustrated card to discover the name of the overthinking monster.

Game Preparation

1. Shuffle the 28 overthinking monster cards and arrange them face down in the center of the table in a 4x7 grid.
2. Place the illustrated cards of overthinking monsters face up(the side without the overthinking monster names) in a column to the side.





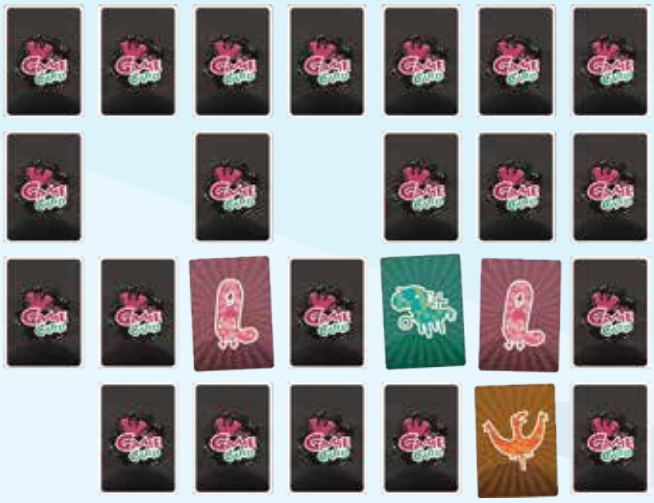
3. Place the score coins aside for later use.
4. The person with the longest hair becomes the starting player, and play proceeds clockwise.

Game in Progress

Take turns to flip the overthinking monster cards:

When it's your turn, start flipping cards one by one until one of the following two conditions is met, then stop flipping and pass the turn to the next player:

1. When you flip over three types of monsters, cover the revealed cards and pass the turn to the next player.



If you flip over 3 different overthinking monsters, you must stop and switch to the next player.

2. As soon as you flip over three cards of the same type of monster, you can pick these three overthinking monster cards, place them next to the corresponding illustrated card, flip the illustrated card over, and take one score coin. If there are any remaining face-up cards, cover them and pass the turn to the next player.





If you flip over 3 cards of the same overthinking monster, pick them out and place them next to the corresponding illustrated card, then flip the card over.

The End of the Game and Scoring

1. When all the illustrated cards have been flipped over, the game ends. Set aside any remaining cards on the table and begin scoring. The person with the most coins is the winner.
2. Everyone reads the monster information on the illustrated cards of overthinking monsters together to learn about the characteristics of the overthinking monsters.

Four-person Cooperative Mode

If there happen to be four players, you can also use the Cooperative and Competitive Mode.

- Divide the four players into two teams, A and B, and play in a competitive manner.
- The order for taking turns to flip over the overthinking monster cards is: A Team 1 → B Team 1 → A Team 2 → B Team 2, with all four players taking turns.
- In the end, the scoring is done by teams, and two players from the same team can work together to memorize and discuss which card to flip.

Catching the Overthinking Monsters

Group size: 3-4 people

Time: 10 min.

Game Components



x4

Each set of overthinking monster consists of 7 cards, and you need 4 sets.



Pet Phrase cards: 21 pieces(three colors: green, blue, and orange), Overthinking Monster cards: 28 pieces(7 types of monsters, 4 cards for each), Illustrated Cards of Overthinking Monsters: 8 pieces, score coins





Game Objective

Each overthinking monster has its own pet phrase. Using pet phrase cards, the game involves guessing which overthinking monster's pet phrase it is. This helps familiarize everyone with the overthinking monsters and further understand the characteristics of each type of overthinking monsters.

Game Preparation

1. Each person randomly takes 2 illustrated cards of overthinking monsters, with the remaining ones placed in the center of the table.
2. Each player holds 7 overthinking monster cards, one of each kind.
3. Select Pet Phrase card: Using the 7 cards with a green background, and after mixing the remaining two colors, randomly pick any 5 of them, totaling 12 pet phrase cards to use.(If time allows, you can increase the number of cards as desired.) If you are playing in two groups, each group selects from orange cards and blue cards, adding 3 green cards, for a total of 10 pet phrase cards per group.
4. After shuffling the pet phrase cards, place them face down in the center as the card deck.
5. Have score coins placed to the side.
6. The person with the shortest hair becomes the starting player.



Each person has 2 illustrated cards of overthinking monsters, featuring 7 different kinds of monsters. The pet phrase cards are placed in the center.

Warmup (must be done the first time playing this game)

1. **Get to know the overthinking monsters:**
   Take turns reading the illustrated card of overthinking monsters they have and read the text summary on the side with the name of the overthinking monster one by one. The remaining cards on the table will be read by the starting player.
2. **Understand their pet phrases:**
   Turn the card to the side without the names of the overthinking monsters, and take turns reading the pet phrases of the overthinking monster you have. The remaining card on the table will be read by the player with the loudest voice. After all the cards have been read, take a minute to quickly review the pet phrases, then flip all the cards to the side without pet phrases.

Game in Progress

1. **Flip Pet Phrase Cards:**

   Take turns being the card flipper,flip the top card from the pet phrase card deck, and read aloud the pet phrase on the card.

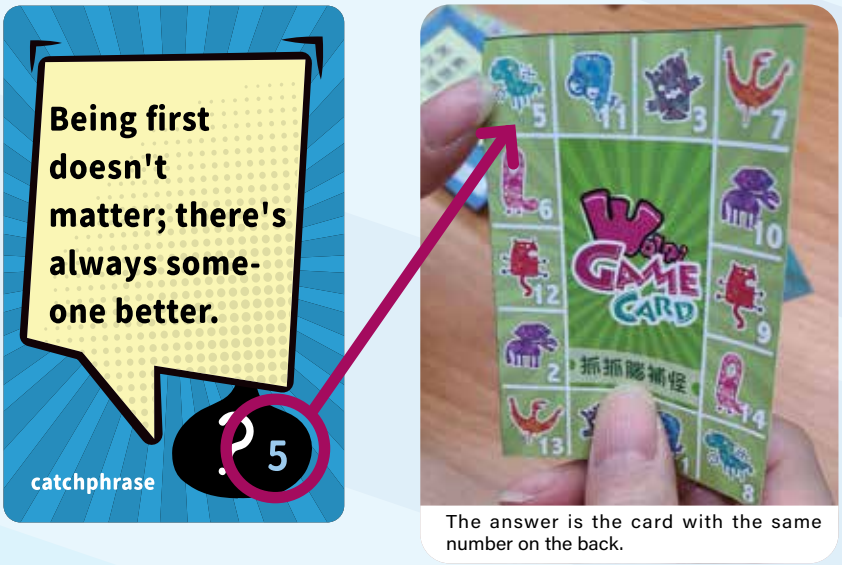


Play an overthinking monster card and guess the owner of the pet phrase.

2. **Play Overthinking Monster Cards:**
   - After hearing the pet phrase description, everyone needs to guess which overthinking monster corresponds to the description and play one overthinking monster card face down in front of them.
   - The card flipper for each round should remember who played the first overthinking monster card.

3. **Score with Score Coins:**

   After everyone has played their cards, the card flipper flips the pet phrase cards back to their reverse side and, using the number provided on the front side, identifies the correct overthinking monster associated with the pet phrase.



The answer is the card with the same number on the back.

   - Everyone reveals the cards they played, and those who played a card that matches the answer receive 1 point.
   - The person who played the card the fastest and correctly received an additional point.
   - If the answer matches the overthinking monster card the player has, they receive an extra point.



For the lucky player with the illustrated card, this card allows them to count the two illustrated cards on their right as their own overthinking monsters, adding to their chances of earning points.

4. **Retrieve Overthinking Monster cards:**

   After everyone has collected their played overthinking monster cards, the next person clockwise becomes the card flipper for the next round.

The End of the Game and Scoring

- The game continues until all the pet phrase cards have used up.
- Calculate the coins, and the person with the highest number of coins is the winner.

Overthinking Monster Evolution

Group size: 3-4 people

Time: 20 min.

Game Components

Overthinking Monster cards: 14 pieces(including 7 kinds of monsters, and 2 pieces for each), Weapon Facilitating Evolution Card: 35 pieces(7 kinds of weapons, and 5 pieces for each) Overthinking Monster Evolution cards: 7 pieces, score coins



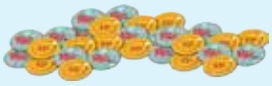
x2

Each set of monsters consists of 7 cards and you need 2 sets.



x5

Each set of weapons consists of 7 cards and you need 5 sets.





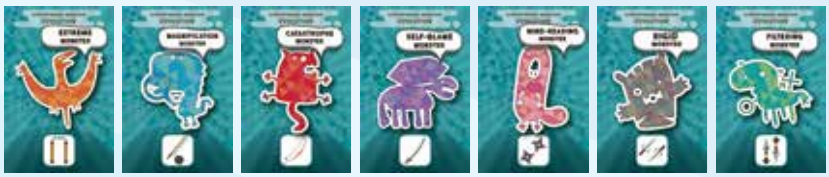
Game Objective

Everyone has three specific overthinking monsters they want to evolve. You must use suitable weapon facilitating cards to evolve your target overthinking monsters until the game ends. The winner is determined by who has evolved the most of their own target overthinking monsters.

Game Preparation

1. Arrange the Overthinking Monster Evolution Cards: Place the 7 evolution cards with the evolution tips face down in a random row in the center, determining which end is the head and which is the tail.

The head → The tail



2. Distribute Weapon Facilitating Cards: Shuffle the 35 weapon facilitating cards in 5 sets and distribute 5 cards to each player at their disposal. Place the remaining cards face up to form a draw pile.
3. Draw Your Own Target Monsters: Shuffle the 14 overthinking monster cards, then place them face up and let each player draw 3 cards. These 3 overthinking monster cards are their own target monsters. Keep them in front of you without showing them to others and you can refer to them at any time. If anyone draws the same kind of cards they already had, put them back and redraw until you have 3 different overthinking monster cards. You won't need the remaining cards.
4. The tallest person becomes the starting player and the game proceeds clockwise.

Game in Progress

The game has eight rounds, with each two rounds forming one segment. In each segment, one overthinking monster will evolve. The objective of the game is to work hard to successfully evolve all three of the overthinking monsters on the cards you've drawn(Evolution success means that the evolution card on the table is flipped over.) If, at the end, there are evolution cards on the table that have not evolved successfully and they match any of the overthinking monster cards you have, you will lose points.

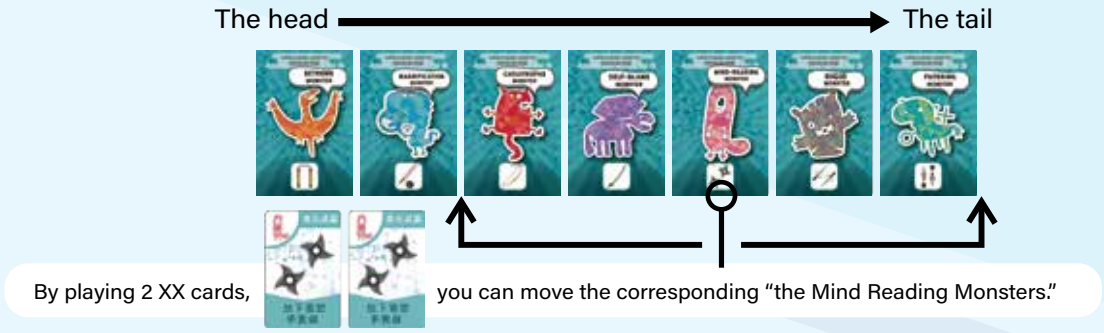
1. **When it's your turn in the game, you have two actions:**

- **Move Evolution Cards:**

  (1) Play one or more weapon facilitating cards of the same type and announce, "I want to move XX monster(Evolution Card) using XX weapon facilitating card,"using the correct weapon facilitating card to move the corresponding overthinking monster.

  (2) You can decide to move the overthinking monster towards the head or tail of the row, and the number of spaces it moves is determined by the number of weapon facilitating cards played.(You can only move in the same direction.)

  (3) After moving, discard the played weapon facilitating cards to the discard pile and draw an equal number of cards from the top of the deck to replenish your hands to 5 cards.

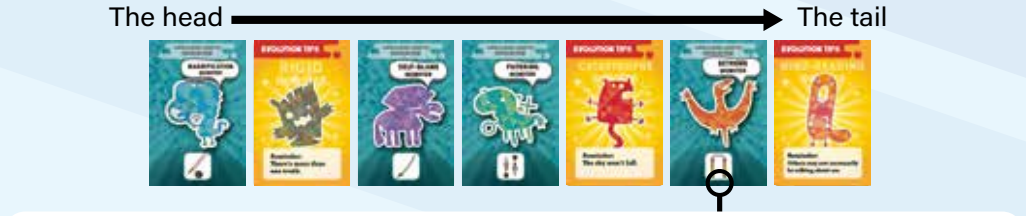


- **Discard Cards: You can discard cards when you want to exchange them.**

  Discard any number of weapon facilitating cards and draw cards from the top of the deck to replenish your hand to 5 cards. If the deck runs out of cards, you can shuffle the discard pile to form a new deck.

2. **At the end of every two rounds in the game(2nd, 4th, 6th, 8th rounds):**

   (1) The closest card to the tail that hasn't evolved is flipped over for evolution.



   (2) All players in the same group read aloud the evolution tip on this card.

   (3) "Evolved" cards can continue to be rearranged.

   (4) The player to the left of the starting player from the previous round becomes the starting player for the next round.(Example: If player A started, after two rounds, player B to the left of A starts the third round.)

The End of the Game and Scoring

1. When the eight rounds are completed, the game ends, and only 4 evolution cards can successfully evolve and be flipped over.
2. Calculate how many of your target overthinking monsters have not evolved (are not flipped over), and the closer they are to the head of the row, the more points deducted. Deductions from head to tail are: 3 points, 2 points, and 1 point.



3. After calculating, the person with the fewest deductions is the winner. If it's still tied, victory is shared.
4. Finally, flip over all 3 of the unevolved overthinking monster evolution cards and read the evolution tips on these 3 cards together.

Emotion Vocabulary Card

(Rules for Easy Level)



It's recommended to use with Ninja Emotion Restaurant: Walei Creative Lesson Plan.
For advanced game rules, please refer to page 120 of the lesson plan.

Game 1: What emotion is this?

Divide players into teams, and each team randomly selects five cards with pictures facing up. Refer to Emotion Vocabulary List in the Appendix 8.1 of the *Creative Lesson Plan*. Players should guess the correct emotion vocabulary corresponding to the pictures on the back of the cards. You can play 2-3 rounds based on the number of players, and the team with the highest score wins.(During the process, if there are disputes about certain cards, players can voice their objections, and the referee will decide if the objections are reasonable.)

Note: For younger players, you can create small Chinese emotion word cards to make it easier for players to arrange them, using a matching approach for answers.

Game 2: variation of " What emotion is this?"

Group relevant and easily confused emotion vocabulary cards together, with the pictures facing up. For example: happiness, joy, contentment, moved, delight, excitement. Players should guess the corresponding emotion words and then discuss the differences between these emotions. They can explore how the perception of the person who drew the picture might differ from that of other group members.

Game 3: Emotion Intensity Ranking

Select related emotion vocabulary cards and place them face up with text showing. Players should rank them according to emotion intensity and then flip them to check the pictures. Compare the feelings of the person who drew the picture with those of others. Each person should share their opinions(related to their experiences with emotions). You can also brainstorm other emotion adjectives that may not be on the cards but represent stronger emotions and give small rewards. (Refer to the Appendix 8-2 Emotion Intensity Chart of the *Creative Lesson Plan*).

Examples

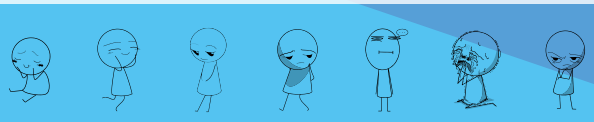
- "Happy" includes blessed, happy, satisfied, comfortable and relieved.
- "Angry" includes jealous, raged, angry, disgusted, and upset.
- "Sad" includes grieved, regretful, depressed, and disappointed.
- "Fearful" includes worried, anxious, perturbed, afraid, and terrified.

Game 4: Guess the Emotion Combination

Read the following questions and guess which two emotions would combine to form a specific complex emotion. Alternatively, reverse the guessing process to determine which two emotions correspond to a given complex emotion. Players should provide real-life examples to explain their answers.

Additional Information: Primary emotions, which emerge around 2-6 months of age, include anger, fear, sadness, and joy and are considered innate. After 1 year old, more complex emotions such as shyness, jealousy, and guilt gradually emerge and are related to the development of learned behavior and self-concept:

"Shocked"(surprise)+ "Sadness"(rejection)="Ashamed/ Embarrassment"
"Sadness"+"Disgust"="Regret"
"Disgust"+"Anger"="Despair"(closer to depression in the Emotion Vocabulary card)
"Frustration"+"Powerlessness"="Helplessness"



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Introduction