

Feelings Dice

For older children and teens, this dice game is intended to discuss past emotions in a healthy way while also recognizing how certain interactions or situations made them feel in the moment.

How to Play:

1. Grab two dice, and on a piece of paper, make two columns.
2. In the first column, list 6 feelings. In the second column, list 6 significant people in the child's life. Have the child choose the feelings and the people (offer suggestions as necessary).
3. Rolling one die at a time, the first die will indicate which feeling they are using and the second die will indicate the person they should think about.
4. Once you have the number for each column, have the child describe a time when they felt that emotion with that person. For example, the child rolls a 4 and a 3. They would then describe a time they felt angry with their sibling.
5. You can ask questions that would help them learn more about that emotion, like how that emotion made them feel, did they notice a change in their body, how did they resolve feelings.
6. If the same combination gets rolled twice, roll again. Continue to play by creating new lists and starting over. It can also be helpful if you play along with them and explain your own feelings.

Example:

If the child rolls a 4 and a 3. They would then describe a time they felt angry with their sibling.

