

DICE GAME "MY FEELINGS"



Objective of the game:

- Participants practice talking about their feelings and how they feel in specific situations.
- Participants learn to name/identify their emotions based on physical and situational clues.

What do you need to play the game:

- One or two playing dice.
- Potentially you may need some small objects that you can put on the game board to cover the spot that has been already used.
- If you plan to print the board for a one-time use, you can use a marker/pen to cross out the spot that has been already used.

Instruction:

Print and, if necessary, laminate the board which you can find on the next page. At least 2 players can take part in the game (+ an educator who will moderate and control the game). We recommend that there are no more than 4 players participating in the game, as it may create chaos and due to the large number of players, it will not allow everyone to speak freely. If you have more than 4 participants, simply print a second board and prepare a second set of dice.


Each player rolls the dice. If you have one die, they must roll twice to have two roll results. After reading both results, we start reading the task/question. If, for example, the player had number "2" in the first roll and "4" in the second roll, then his task is to answer the question:

"Name one thing you can say when you feel (no. "2" in the [Result of the first die roll] table) excited (no. "4" in the [Result of the second die roll] table)".

After answering this question, we place an object (e.g. a button, a small coin, etc.) in the field where 2 and 4 cross, so as not to repeat the task in subsequent moves. If this dice roll pattern is repeated, the player rolls again until another dice roll combination is obtained that has not yet been used.

If a participant has problems with the answer, the role of the educator/moderator is to help provide the answer. If the educator deems it appropriate, the competitor may provide more than one answer to the drawn question.

RESULT OF THE **SECOND** DIE ROLL
 RESULT OF THE **FIRST** DIE ROLL




BORED



WORRIED



SAD



EXCITED



ANGRY



EMBARASSED



TELL ABOUT THE TIME YOU FELT...




NAME ONE THING YOU CAN SAY WHEN YOU FEEL...



NAME ONE THING YOU CAN DO WHEN YOU FEEL...



NAME ONE THING THAT MAY MAKE YOU FEEL...



SHOW HOW YOU LOOK WHEN YOU FEEL...



BUSOLA



NAME ONE WAY YOU CAN TELL HOW SOMEONE ELSE FEELS...



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