

Feelings Roll

EXPLORING FEELINGS

DICE GAME



NOTES FOR THE COUNSELOR:

Use this with a regular die, add sides to an old tissue box, or fold your own die to use with this activity. Works whole group, small group, or in an individual session to dive a little deeper into feelings.

Feelings Roll

ALL THE QUESTIONS ABOUT
ALL THE FEELINGS



©The Responsive Counselor

• "I feel ____ when..."



• Show how someone's face and body would look with this feeling.



• When did you see someone on TV or in a movie have this feeling?



• What does someone need when they have this feeling?



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1 **HAPPY**

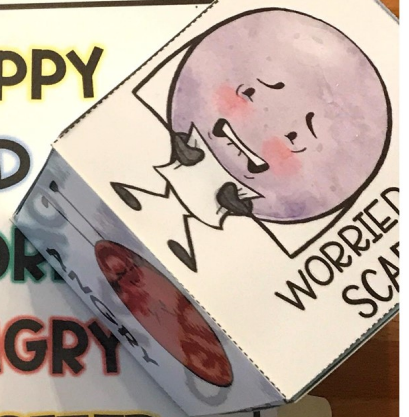
2 **SAD**

3 **WORRIED**

4 **ANGRY**

5 **EXCITED**

6 **PROUD**



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Feelings Roll

ALL THE QUESTIONS ABOUT
ALL THE FEELINGS



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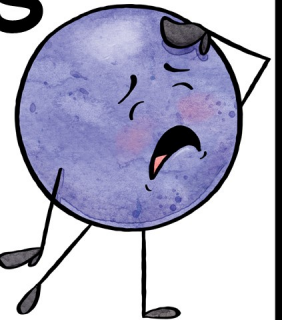
5 EXCITED

6 PROUD

- "I feel _____ when..."



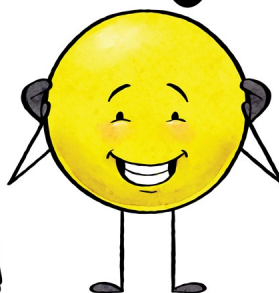
- Show how someone's face and body would look with this feeling.

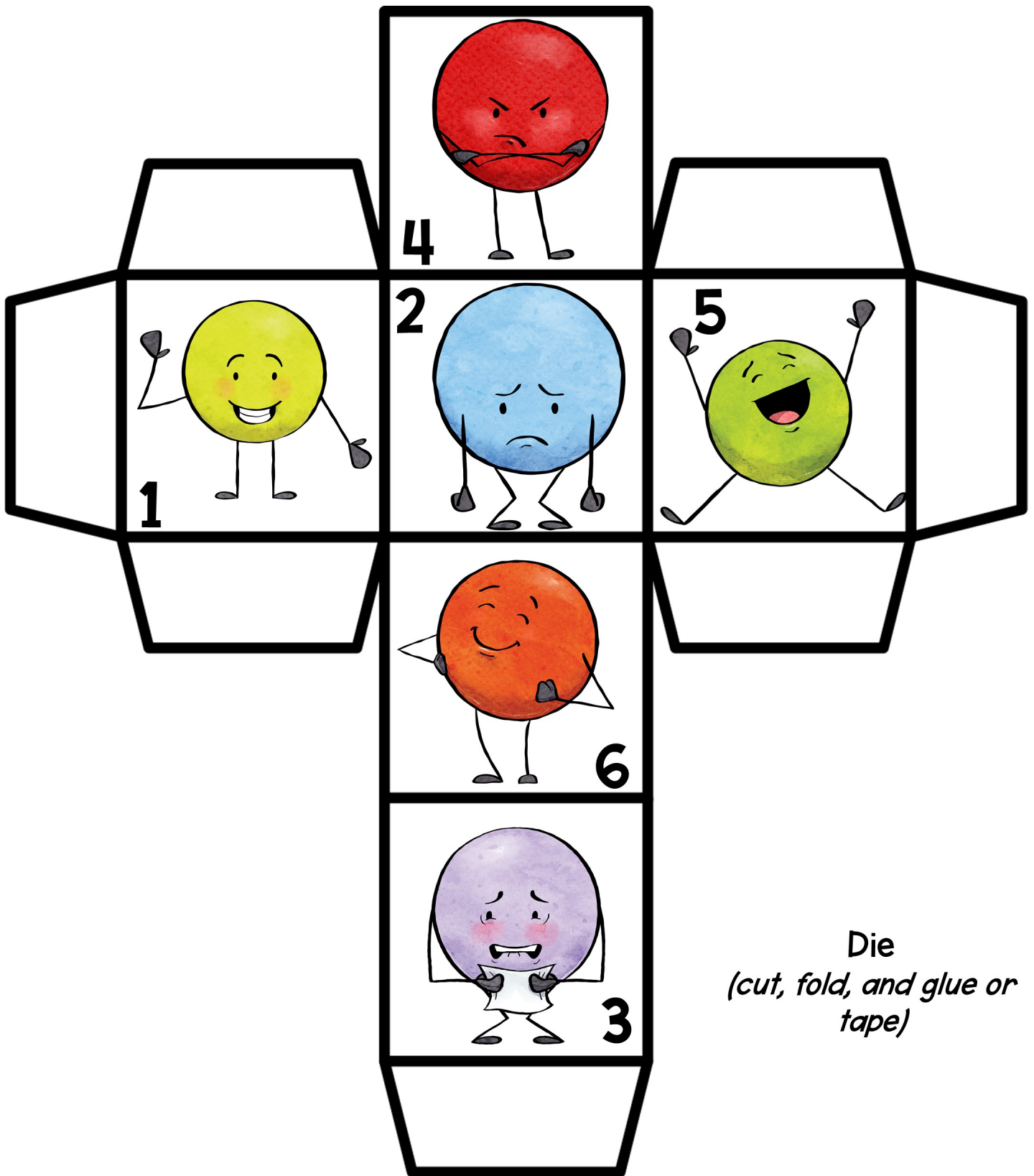


- When did you see someone on TV or in a movie have this feeling?



- What does someone need when they have this feeling?





Die
(cut, fold, and glue or
tape)

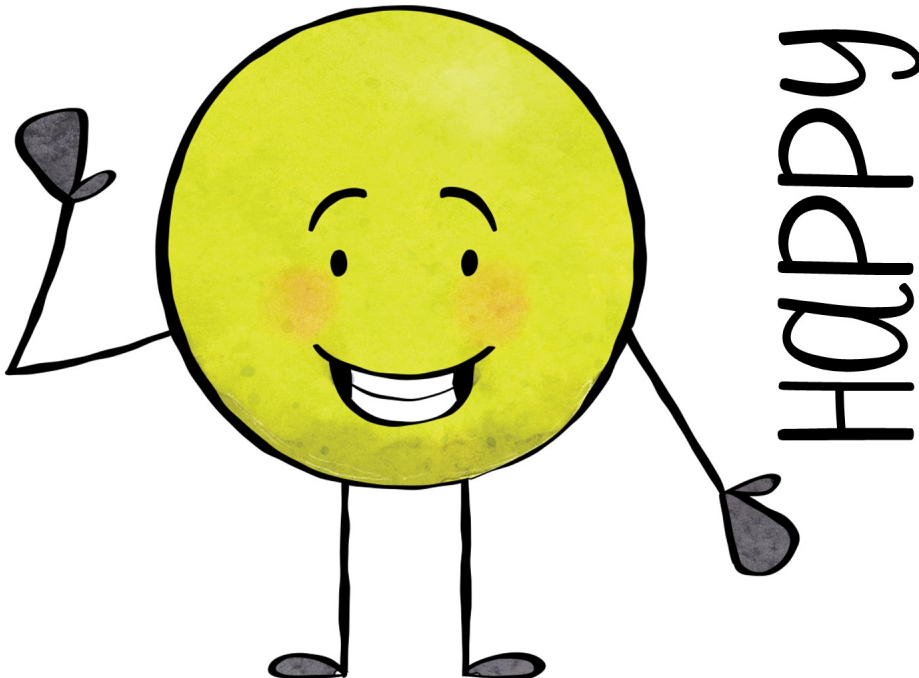
For a GIANT Die

(cut out each square and glue to the side of a cube tissue box)



EXCITED

SIDE

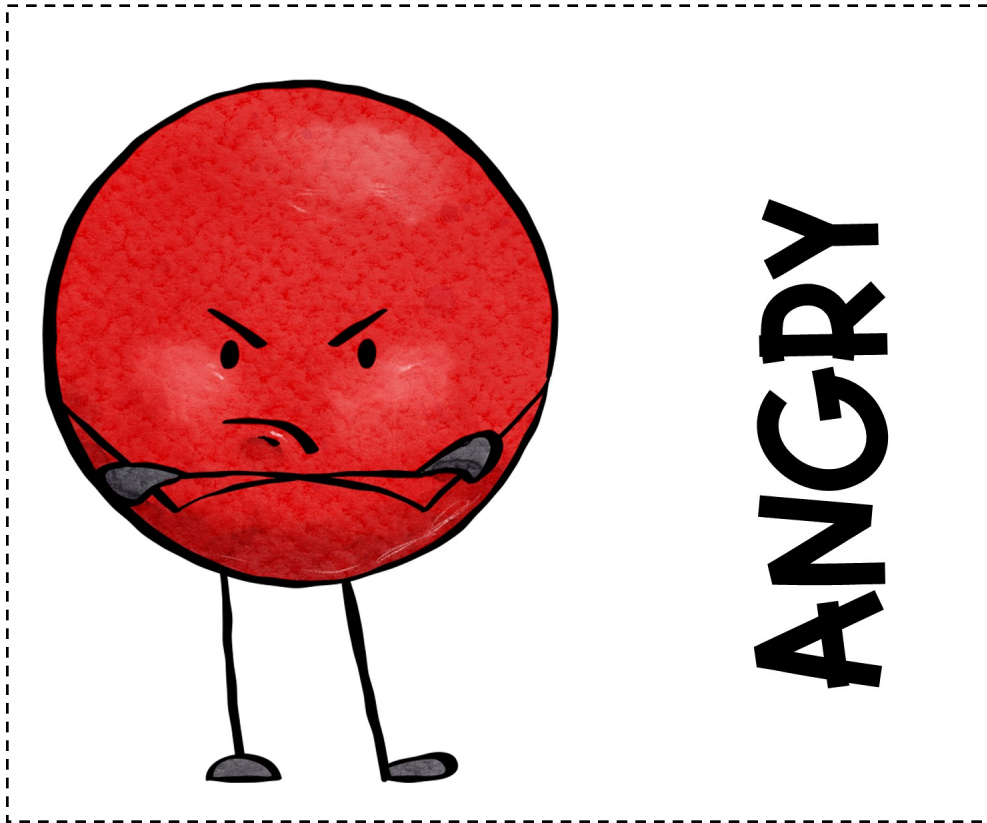


HAPPY

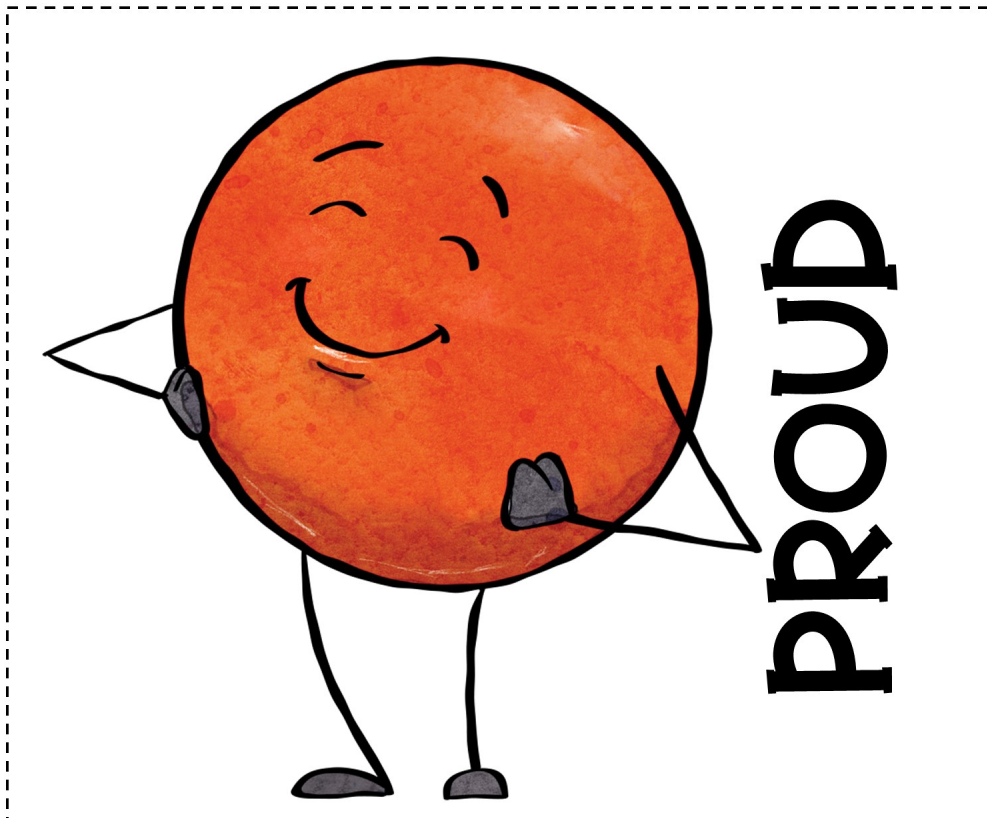
SIDE

For a GIANT Die

(cut out each square and glue to the side of a cube tissue box)



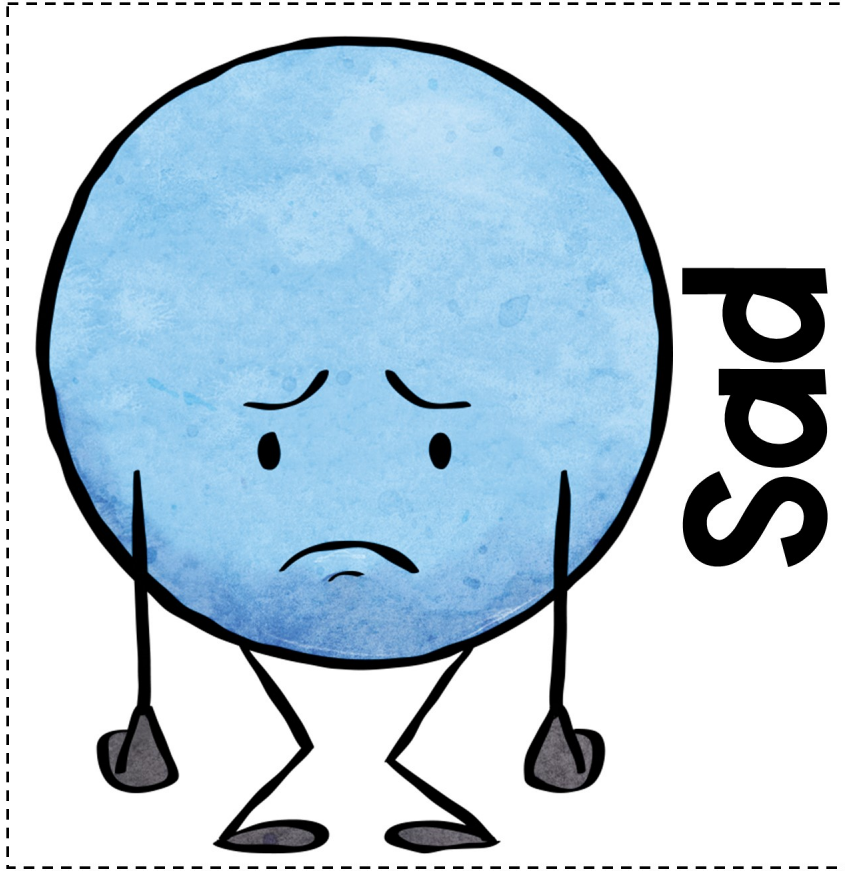
SIDE



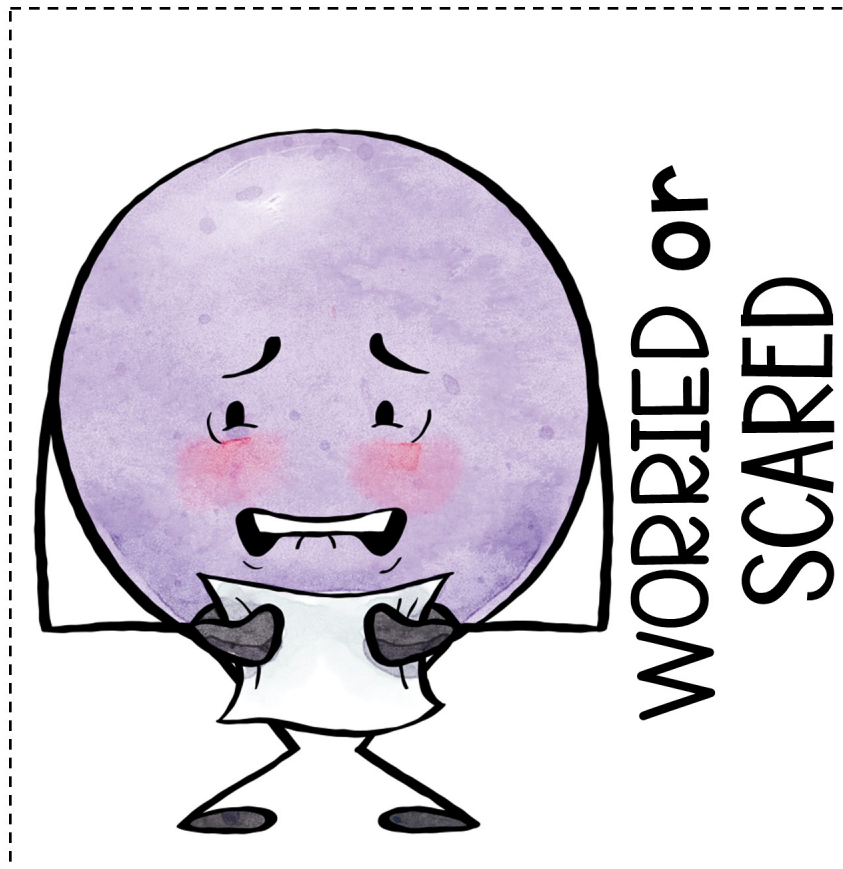
SIDE

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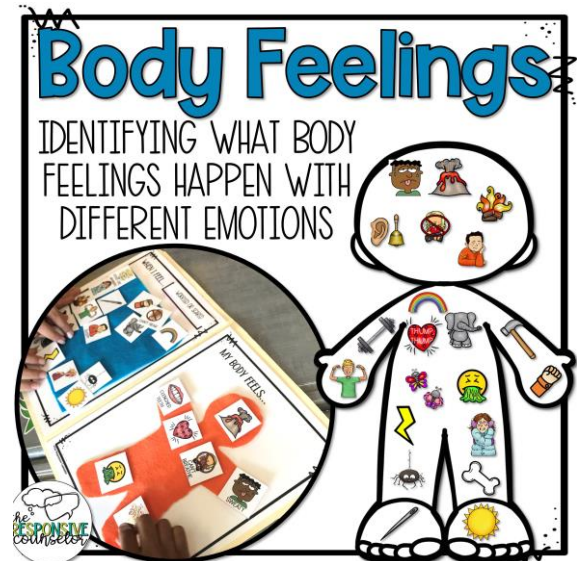
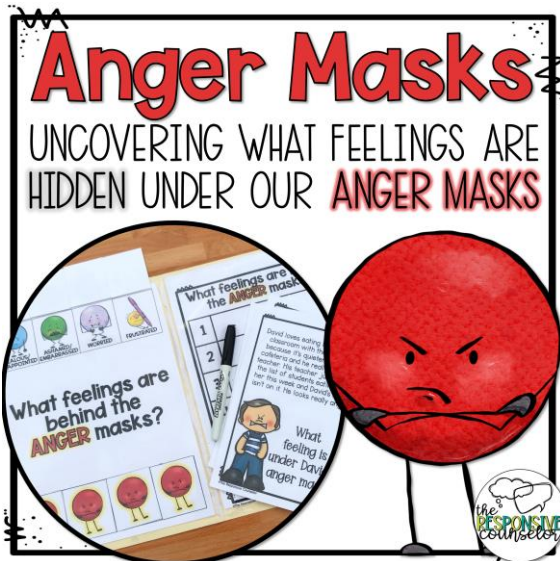
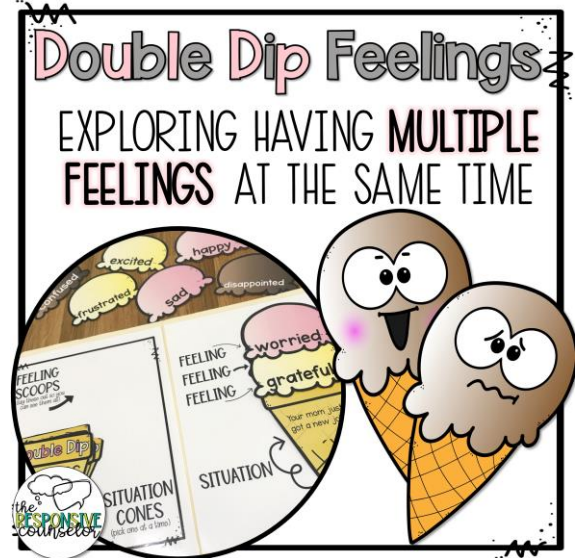


**TOP OR
BOTTOM**



**TOP OR
BOTTOM**

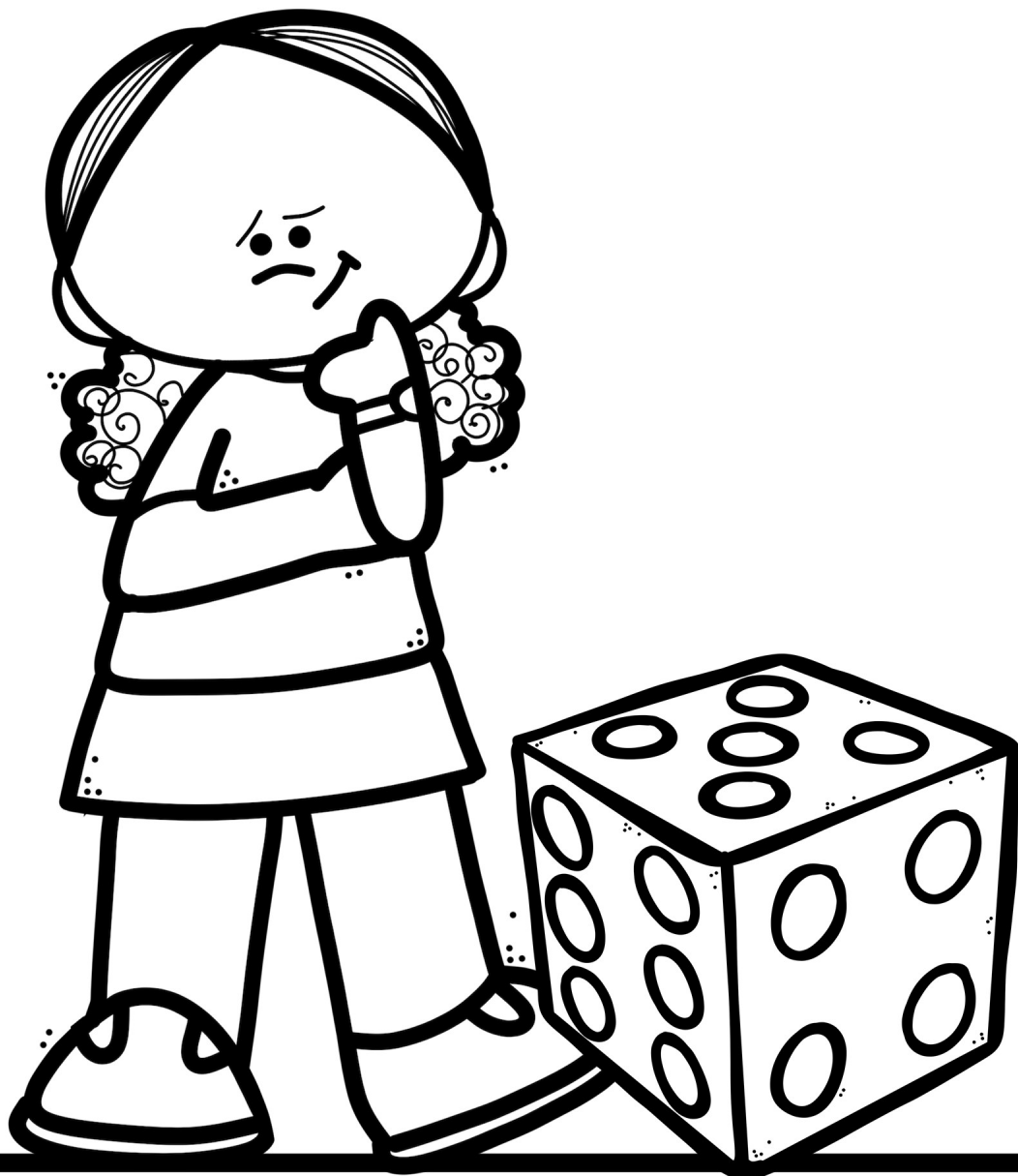
WANT MORE FEELINGS ACTIVITIES? CHECK OUT THESE!



BLACKLINE PAGES

Feelings Roll

ALL THE QUESTIONS ABOUT
ALL THE FEELINGS



1 HAPPY

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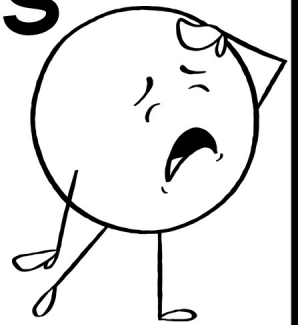
5 EXCITED

6 PROUD

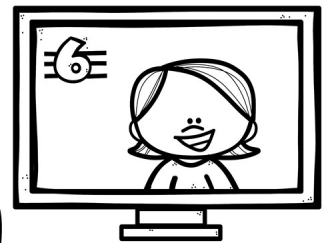
- "I feel _____ when..."



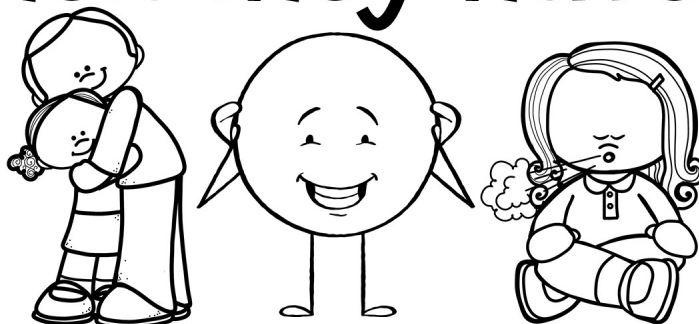
- Show how someone's face and body would look with this feeling.

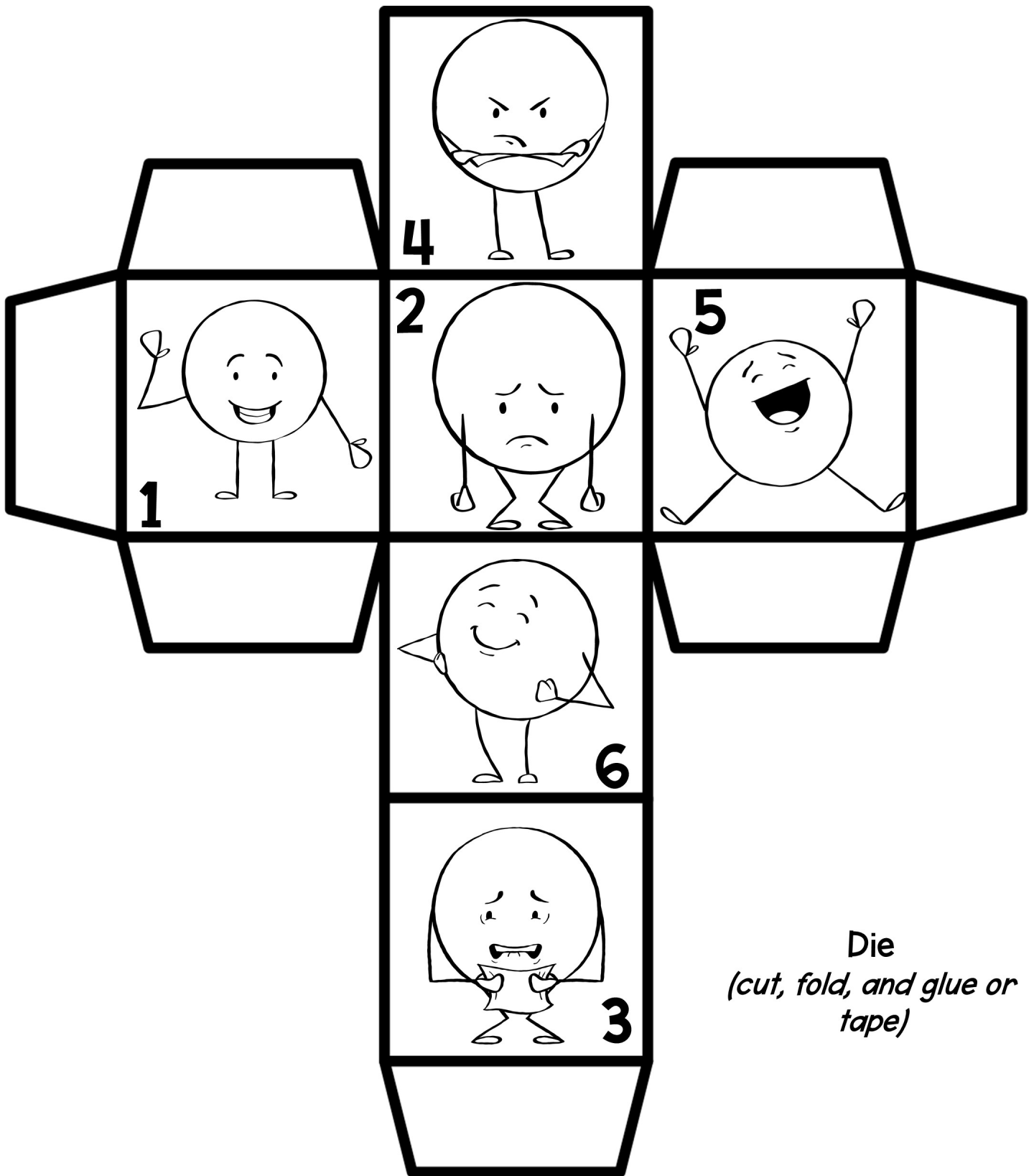


- When did you see someone on TV or in a movie have this feeling?



- What does someone need when they have this feeling?

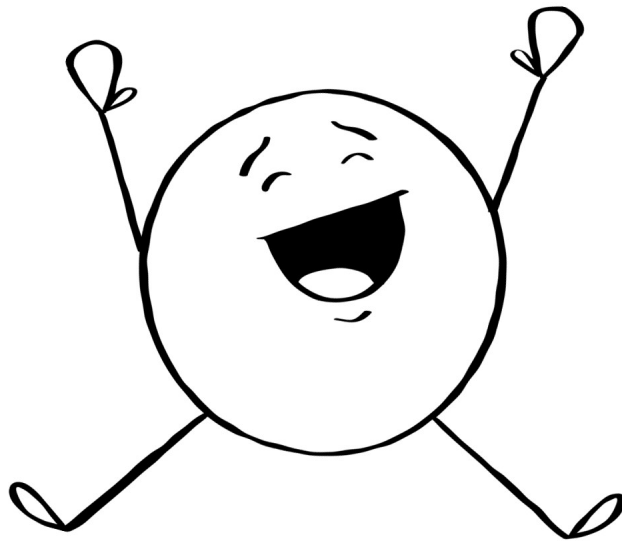




Die
(cut, fold, and glue or
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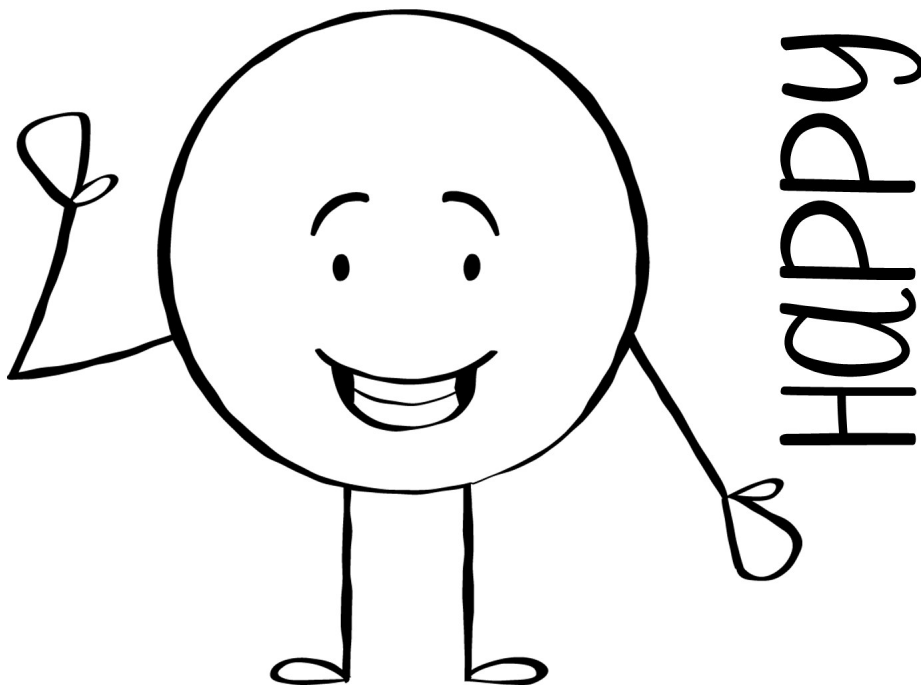
For a GIANT Die

(cut out each square and glue to the side of a cube tissue box)



EXCITED

SIDE

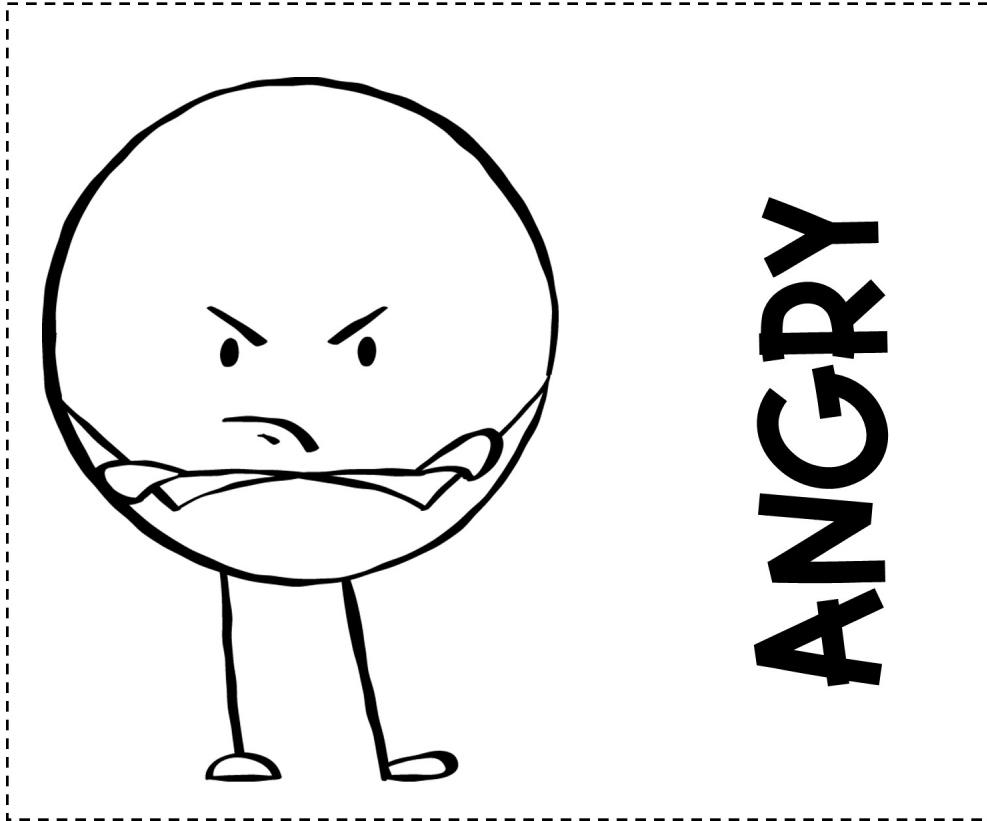


HAPPY

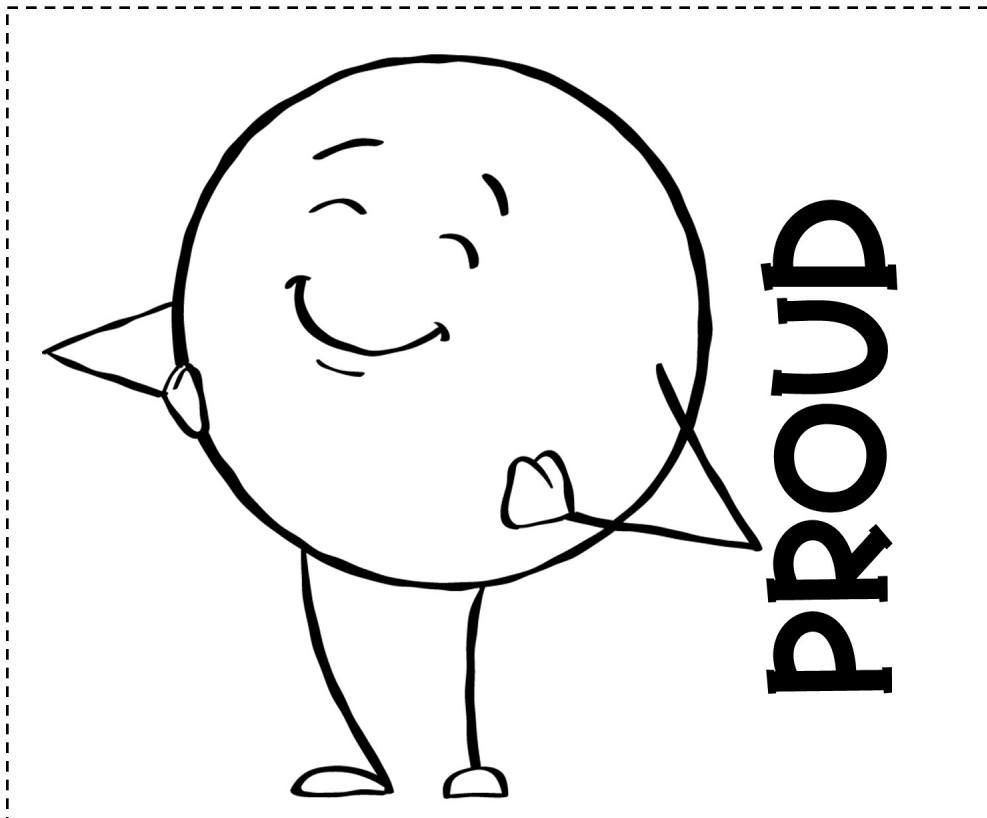
SIDE

For a GIANT Die

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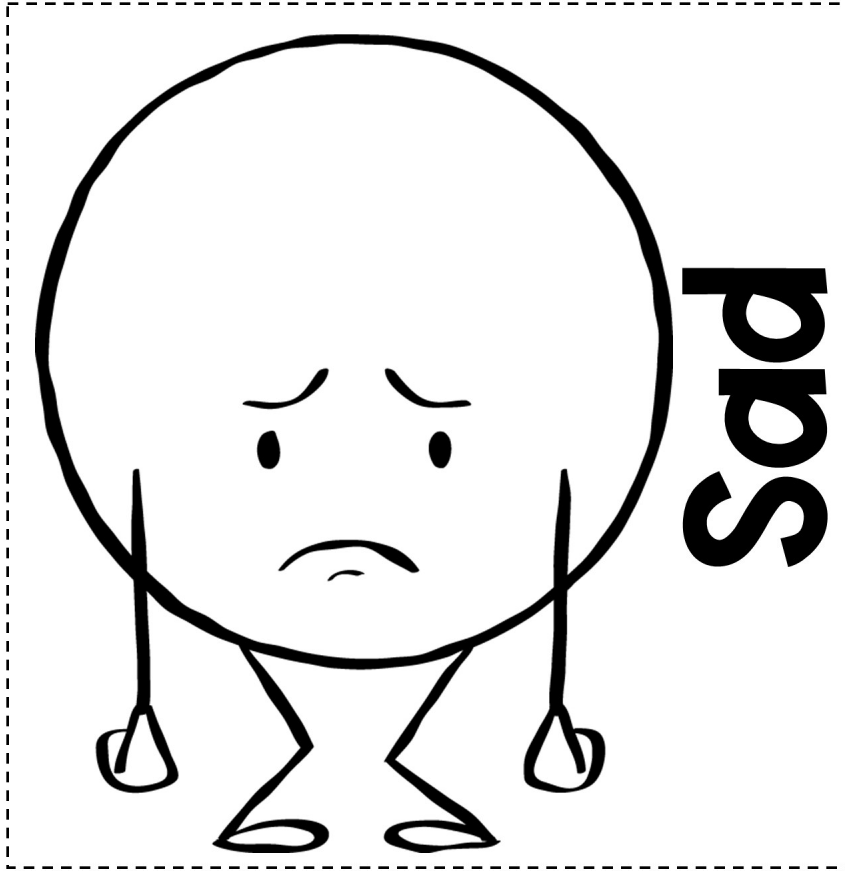
SIDE



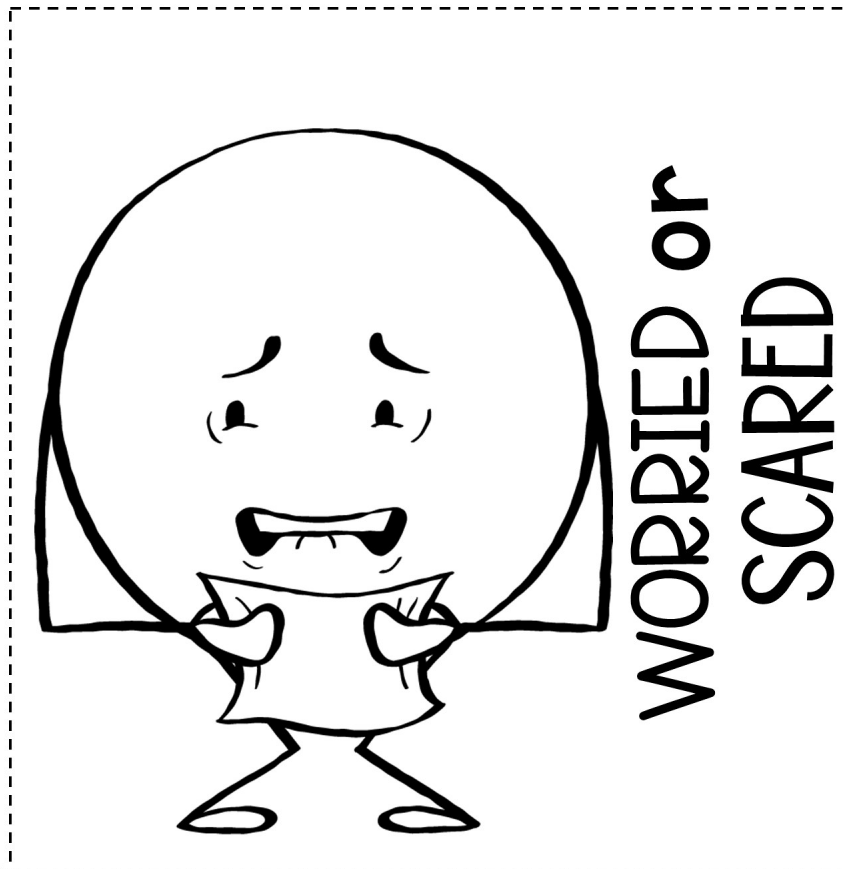
SIDE

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**TOP OR
BOTTOM**

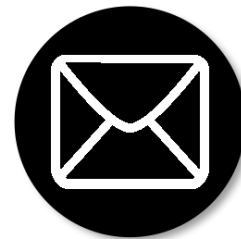
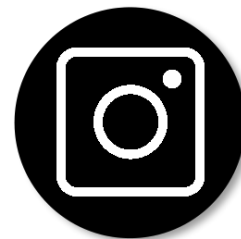
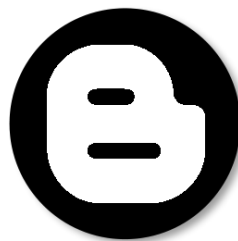


**TOP OR
BOTTOM**



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| Accuracy: ★★★★★ 4.0 | Creativity: ★★★★★ 4.0 | 9 ratings |
| Practicality: ★★★★★ 4.0 | Clarity: ★★★★★ 4.0 | |

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