

DICE GAME

Emotions

Objective:

The Emotion Dice Game is designed to help children understand and express their emotions in a playful and safe environment.

Materials Needed:

- 2 dice
- Printed emotions poster

Introduce the Game:

Explain that you will be playing a game to learn about different emotions. Emphasize the importance of expressing emotions and how it's okay to feel different things.

Roll the Dice:

Let each child take turns rolling the dice. They can choose if they want to roll 1 dice or 2. When a child rolls the dice, they should find the emotion corresponding with the number shown on the dice. Ask the child to share a time when they felt that emotion while using technology. If the same number comes up more than once the child may choose to either think of another instance when they experienced the same emotion or they can choose to roll the dice again.

Note to adults

Adapt the activities and discussions to the children's responses and individual needs. Emphasize the importance of empathy online and offline

DICE GAME

Emotions

1-MAD

2-SAD

3-HAPPY

4-GLAD

5-FEARFUL

6-OPEN

7-DISGUSTED

8-EMBARRASSED

9-LOVED

10-NERVOUS

11-COURAGEOUS

12-LONELY