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:

- 3 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 tween take turns rolling the dice. They can choose if they want to roll 1, 2 or 3 dice. When someone rolls the dice, they should find the emotion corresponding with the number shown on the dice. Ask the person to share a time when they felt that particular emotion while using technology. If the same number comes up more than once the person 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-INSIGNIFICANT	2-REMORSEFUL	3-LOVED
4-APPRECIATED	5-SCARED	6-OPEN
7-DEFENSIVE	8-EMBARRASSED	9-UPLIFTED
10-ANXIOUS	11-COURAGEOUS	12-VIOLATED
13-ADORED	14-GRATEFUL	15-OPTIMISTIC
16-REVENGEFUL	17-IGNORED	18-ANGRY

be SMART ONLINE!