

Parent – Child Activity

Activity 1: Emotions Dice

Activity 1: Emotions Dice

Objective:

To facilitate children in identifying and communicating emotions and facial expressions. This activity will help them recognize their own experience of feelings, and identify and act in response to the feelings of others.

Activity 1: Emotions Dice

Discussion Points for Parents:

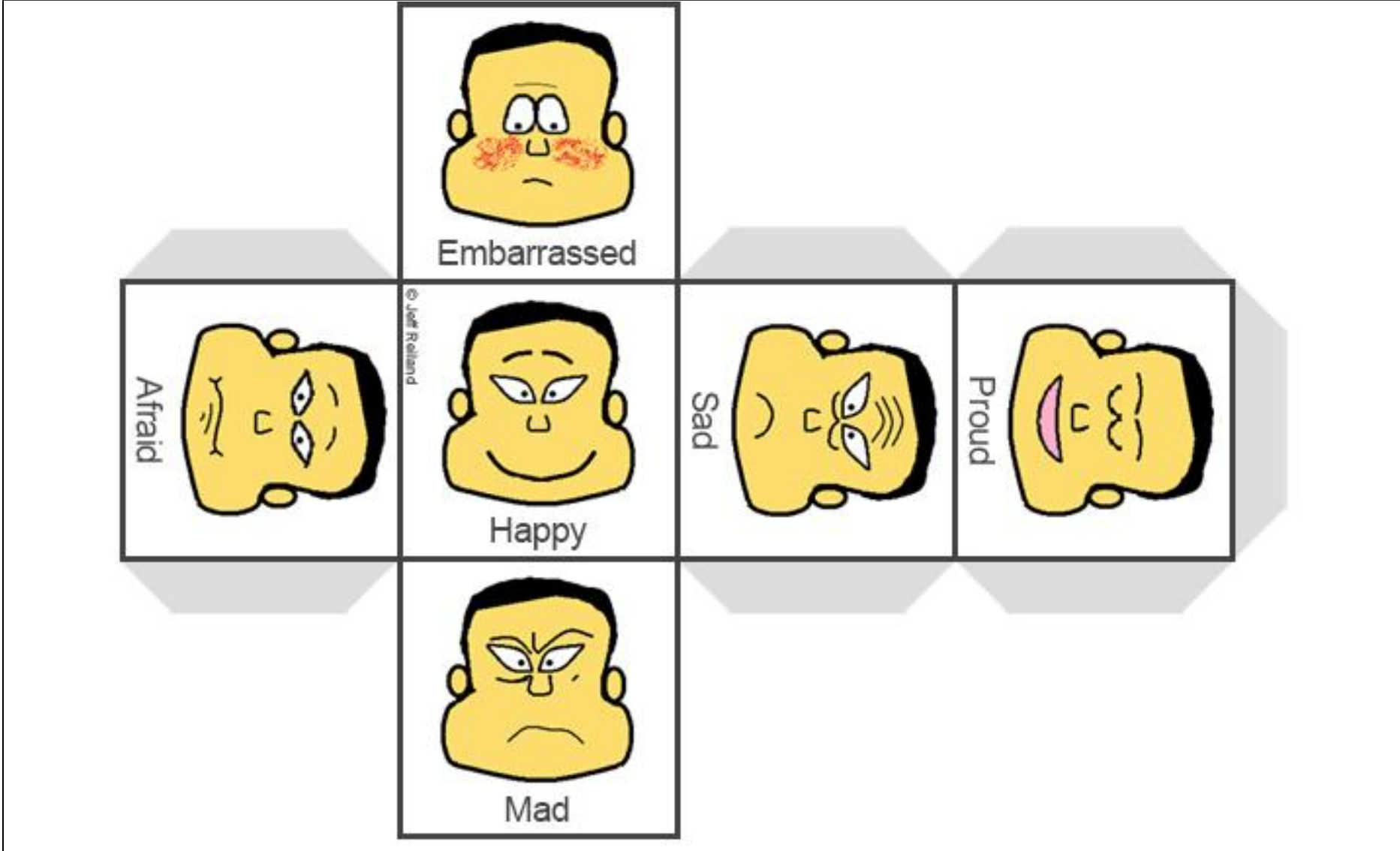
- The purpose of this activity is to help increase children's experience and comfort level talking about feelings and emotions.
- This activity can facilitate children to recognize that most people have similar reactions to their feelings and to the feelings of others.
- This activity can help children gain knowledge of and put into practice skills for empathy and problem solving when they experience feelings that are challenging to handle.

Activity 1: Emotions Dice

Instructions:

- 1) Firstly, cut along the lines of the dice. Keep the shaded tabs.
- 2) Fold over and glue the shaded tabs along the lines.
- 3) Now start with the activity by rolling the dice. Read or describe the feeling/emotion word that is on the dice.
- 4) For each round, you can ask your child the following:
 - Use your face to express what this feeling looks like on you.
 - What are some clues your body give you to have this feeling?
 - What might have happened to you that might cause you to feel this way?
 - What might have happened to others that might cause them to feel this way?
 - Share about a time that you had this feeling/emotions and what caused it.
 - Share about a time that you saw someone else have this feeling and what may have caused it.
 - Find the feeling on the dice that you would have if (eg. A friend gave you a birthday present, A friend transfer school/class, Your brother broke your toy, You did really well on your swimming test)

Activity 1: Emotions Dice (Boy)



Activity 1: Emotions Dice (Girl)

