

Show Your Feelings-Role Play Games

Emotional communication is an essential part of emotional intelligence, and is also highly valued in any type of relationship. These dice can be used for simple emotional communication games to help people talk about their feelings. They can be used by just two people but games are usually more fun and most effective in teaching communication skills with groups of four to eight players.

Assembly Instructions

- Print out each page on heavier stock paper, 60 to 100 pounds. Heavier stock paper can be found at most office supply stores. Most printers are easily able to print on 60 to 100 pound stock.
- Cut out each die as indicated.
- Fold along the lines and assemble using either paste or double-sided tape. Double-sided tape is usually easier and less messy.

There are three different designs. Choose the die that best suits your needs.

Design A: Basic Feelings Die

This die consist of six different “basic” feelings. It is designed for use with children as young as five years old, but can be used with any age.

- The youngest player rolls the die and talks about a situation where he/she had the feeling that comes up on the die. Play continues clockwise.
- Players who talk for at least 30 seconds get one point.
- Players have the option of whether or not they want to answer questions about the situation they have described. They get an additional point if they choose to answer questions about their feelings from other players.
- Play lasts for 30 minutes. A prize or privilege can be given to the player who has the most points.
- Allow time for follow-up discussions.

Design B: Subtler Feelings Die

This die consists of six different more subtle feelings. For ages 10 and up.

- The youngest player rolls the die and talks about a situation where he/she had the feeling that comes up on the die. Play continues clockwise.
- Players who talk for at least 30 seconds get one point
- Players have the option of whether or not they want to answer questions about the situation they have described. They get an additional point if they choose to answer questions about their feelings. Players who ask appropriate questions about the player who is talking, also get a point.
- Play lasts for 30 minutes. A prize or privilege can be given to the player who has the most points.
- Allow time for follow-up discussion.

Dice C: Positive Feelings Die

This die consists of six different questions to elicit positive feelings. It is recommended for groups of people who might have anger control or depression issues. It's also a great "ice-breaker" and a great way to begin class. Ages 5 and up.

- The youngest player rolls the die and talks about a situation where he/she had the feeling that comes up on the die. Play continues clockwise.
- Players who talk for at least 30 seconds get one point.
- Play lasts for 30 minutes.
- Allow time for follow-up discussion.

Feel free to make up your own rules and use the Feelings Dice as you see fit. Remember—have fun!

Feelings Dice
Design A



Feelings Dice
Design B



Feelings Dice
Design C

