

## How to assemble:

1 Cut along the dice & fold along the lines

2 Glue it together

## How to use

1 Roll the dice

2 Follow the instructions on the dice

**Name something that makes you feel this way**

**Describe the emotion**

**Describe how your body feels when you feel this emotion**

**Act it out! Show what the emotion looks like without talking**

**Name one thing that you can do when you feel this emotion**

**Name one thing you can say when you feel this emotion**

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**Angry**

**Worried**

**Excited**

**Sad**

**Surprised**

**Proud**

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**Scared**

**Bored**

**Calm**

**Tired**

**Brave**

**Happy**