

FUN FRIDAY



EMOTION DICE



**Support children's emotional
development using this fun activity!**

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GETTING STARTED

Use virtual dice to choose the number of emotion options and roll multiple dice at the same time.



Print your own dice!
Make dice with words, faces, or faces and words.

ACTIVITIES

Children can do many things
when rolling the dice...

Name the emotion

Make a face that
shows the emotion

Say what may cause
someone to feel the emotion

Say how their body feels
when they feel the emotion

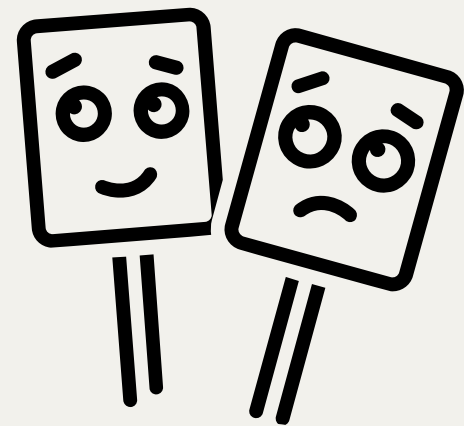
Tell a story about when they
felt the emotion



MIXING IT UP

Rolling multiple dice at the same time...

Tell children to count how many faces are showing a certain emotion



Name an emotion and have children indicate which face is showing that emotion. Children can raise their hand or go to different sides of the room representing certain emotions.

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SHARE WITH US

Let us know how you
used this activity!



What are your tips and
tricks for helping children
talk about their emotions?

What other activities do you
use to support children's
emotional development?



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