



ROLL WITH IT

THE DICE THAT HELP YOU COPE

How to Play

Objective

Practice coping with **BIG EMOTIONS** in a fun and simple way.

Getting Started

Roll With It can be used as a standalone **teaching tool** or used to play a **simple game** that helps kids practice effective coping skills. Each dice teaches skills for dealing with one of four emotions. For example, the **red dice** teaches kids what to do when angry and the **blue dice** teaches kids what to do when sad. Each dice contains six different coping skills. For a full description of the coping skills on each dice, flip to the back of this guide. Even more information is available online: www.thinkpsych.com/rollwithit

Option 1: Teaching Tool

- 1) When your child is calm, introduce them to the four emotions represented by the dice. Explain that they can use the dice to feel better when they are feeling **angry, bored, sad** or **scared**.
- 2) Ask your child to roll the dice and practice each coping skill at least once. Practicing while calm allows them to learn and master the skills shown. Ask them what their favorite coping skills are!
- 3) When your child is experiencing a difficult emotion (e.g., **anger**), ask them to roll the appropriate color dice (**red**) and to do the coping skill shown. If your child refuses, roll the dice again to pick another skill or help them do the coping skill (e.g., bring them a glass of water).

Option 2: Play to Learn (2+ Players)

- 1) Put all four dice on a table or in a bowl. Pick a player to go first and randomly select a dice with their eyes closed.
- 2) Play the game that goes with the color of the dice chosen:
 - A. Red Hot Potato (Angry)** – Toss the dice between players in any order. The first person to drop it ends the game and has to do the coping skill it lands on. Try to get the longest chain of successful passes!
 - B. Green Group Fun (Bored)** – The player who chose the green dice rolls it. All players do the fun activity it lands on.
 - C. Blue Copy Freeze (Sad)** – The player who chose the blue dice picks a **challenging** pose that other players copy and hold as long as they can. The player that holds the pose the longest is the winner and rolls the dice to pick a coping skill. Everyone does the skill it lands on.
 - D. Yellow Won't Believe What Happened (Scared)** – The player who chose the yellow dice acts out a time that something scary or embarrassing happened to them. Other players have to guess what happened. The player who correctly guesses first is the winner and gets to roll the yellow dice and do the coping skill.
For **Face the Fear**, the player acts out how they would be brave in the situation or what they would do differently.
- 3) After the first game, players take turns randomly picking from the remaining dice. The dice are not replaced until a full round of all four colors has been played.
- 4) Once you have played all four dice, start a new round. We suggest playing no more than **3 rounds** at a time, **10-15 minutes in total**.

Frequently Asked Questions

1) What if I don't have a puzzle, funny video, or another game to play?

You can improvise! Pick something similar that the child (or group, if playing a game) would enjoy.

2) What if my child won't do the coping skill?

Ask them to roll the dice again or help them do the skill (if possible). In the future, encourage them to practice the skills more when they are calm to build mastery.

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RESOURCES



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ANGRY



Talk About It: Get some help or just vent to someone you trust.



Squeeze a Pillow: Squeeze tight and then try to release muscle tension.



Drink Cold Water: Cold can decrease the body's "fight or flight" response.



Dragon Breath: Breathe in "cool" calm air, exhale "hot" angry feelings.



Walk: Movement releases endorphins and can help you shift perspective.



Cool Angry Thoughts: Substitute angry thoughts with calm thoughts like "Maybe I can do it later."

SCARED



Face the Fear: Easier said than done, but just do it and don't look back!



Muscle Relaxation: Try tensing and relaxing your muscles one by one.



Positive Self Talk: Tell yourself that things will be OK and you can handle it!



Visualization: Imagine a place where you feel calm and at peace.



Exercise: Move your body with jumping jacks, push ups, or trunk twists.



Breathe & Count to 10: Take a short breath in and breathe out while you count to 10.

SAD



Mindful Movement: Do a gentle yoga pose or a silly dance.



Journal: Can help process difficult emotions and get some perspective.



Hug: Find a trusted person or stuffed animal and give them a big hug.



Talk to a Friend: Get emotional support and make some plans!



Play a Game: This works even better if you have a friend to play with!



Laugh Out Loud: Read a joke book, think of a funny story, or watch a laugh-out-loud show.

BORED



Get Sporty: Shoot some hoops, take a hike, dance in the rain, you name it!



Music: Listen to a favorite song or a podcast.



Build: Create with blocks, popsicle sticks, or anything else you find.



Read a Book: Pick up an old favorite or start a new adventure.



Puzzles: Can you challenge yourself with a harder puzzle than usual?



Arts & Crafts: Color, draw, or use clay. Make funny masks or decorate a rock.