

FOR AGES 7+

THERAPY CUBES

A personal story-telling game



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INSTRUCTIONS FOR FACILITATORS

Therapy Cubes is a non-directive game for children and adolescents to assist with identifying emotions, triggers of emotions, and identifying problems or issues in the following areas:

- Social Skills
- Emotional Regulation
- Home Life
- School Environment
- Social Circles
- Relationship Conflict
- Peer Pressure
- Conflict Resolution
- Family Dynamics
- Boundary issues
- Academics

Therapy Cubes, an interactive game of storytelling, allows children and adolescents to tell their own personal stories aided by the role of the dice. Depending on the images they roll, they will be able to share their experiences and thoughts about a variety of issues, locations, emotions, at specific ages.

Through this fun game of storytelling, adults facilitating the game will be able to assist participants in identifying unresolved issues as well as current problems or struggles by helping them to:

- Problem Solve
- Learn Coping Skills
- Learn how to regulate emotions
- Create a new story

Therapy Cubes can be used multiple times in all types of therapy, including Narrative Therapy, Art Therapy and Play Therapy.



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INSTRUCTIONS

Materials

- 1 – Emotion Die (d6)
- 1 – Location Die (d6)
- 1 – Issue Die (d12)
- 1 – Timeline Die (d20)

Objective

Use the *Emotion*, *Location*, *Issue* and *Timeline* die to tell a factual or fictional story.

Rules of Play

Roll the timeline die. Then roll the remaining three dice, one at a time. Use the emotion, location, issue and timeline to create your personal, factual or fictional story using the results from the dice that you have thrown.

For the timeline die: re-roll the die until the resulting number matches your age or younger.

If you feel you cannot tell a story based on the four dice, re-roll one of the dice. You can only do this once per turn, unless the results are identical when you re-roll the die.

If you still find it difficult to tell a story based on the four dice, remove one of the dice or replace it with an emotion, location or issue of your choosing.

For Younger Ages (7 and under)

Roll the emotion dice. Tell a story using that emotion.

The Dice

Emotion Die

- Happy
- Angry
- Sad
- Frustrated
- Scared
- Excited

Location Die

- School
- Home
- Bedroom
- Bathroom
- Park
- Car

Issue Die

- Alcohol & Drugs
- Relationships
- Bullying
- Self-Esteem
- Grief & Loss
- Moving
- Punishment
- Social Media