



CALM DICE

Sometimes we have big emotions. What can we do to calm our bodies when this happens?

PREPARATION

- A** Download and print copies of the “Calm Dice” worksheet for each student in your class.
- B** Grab a few sets of scissors and glue
- C** Provide students with markers or crayons



ACTIVITY

- 1** Start the activity by reflecting with your class.
 - What does it feel like when you have big emotions?
 - What do you do when you have big emotions?
 - What has been challenging?
 - What would you like to work on more?
 - What do you do when you have big emotions?
- 2** Discuss why it's important to find ways to remain calm.
 - Why do you think it's important to try and remain calm?
- 3** Let's look at a few ways we can remain calm and think of one way on our own!
 - Think about something that you do that helps you to remain calm/calm your body when you have a big emotion.
- 4** Practicing Calmness.
 - When we feel upset, we can roll the dice to give us a way that we can remain calm.



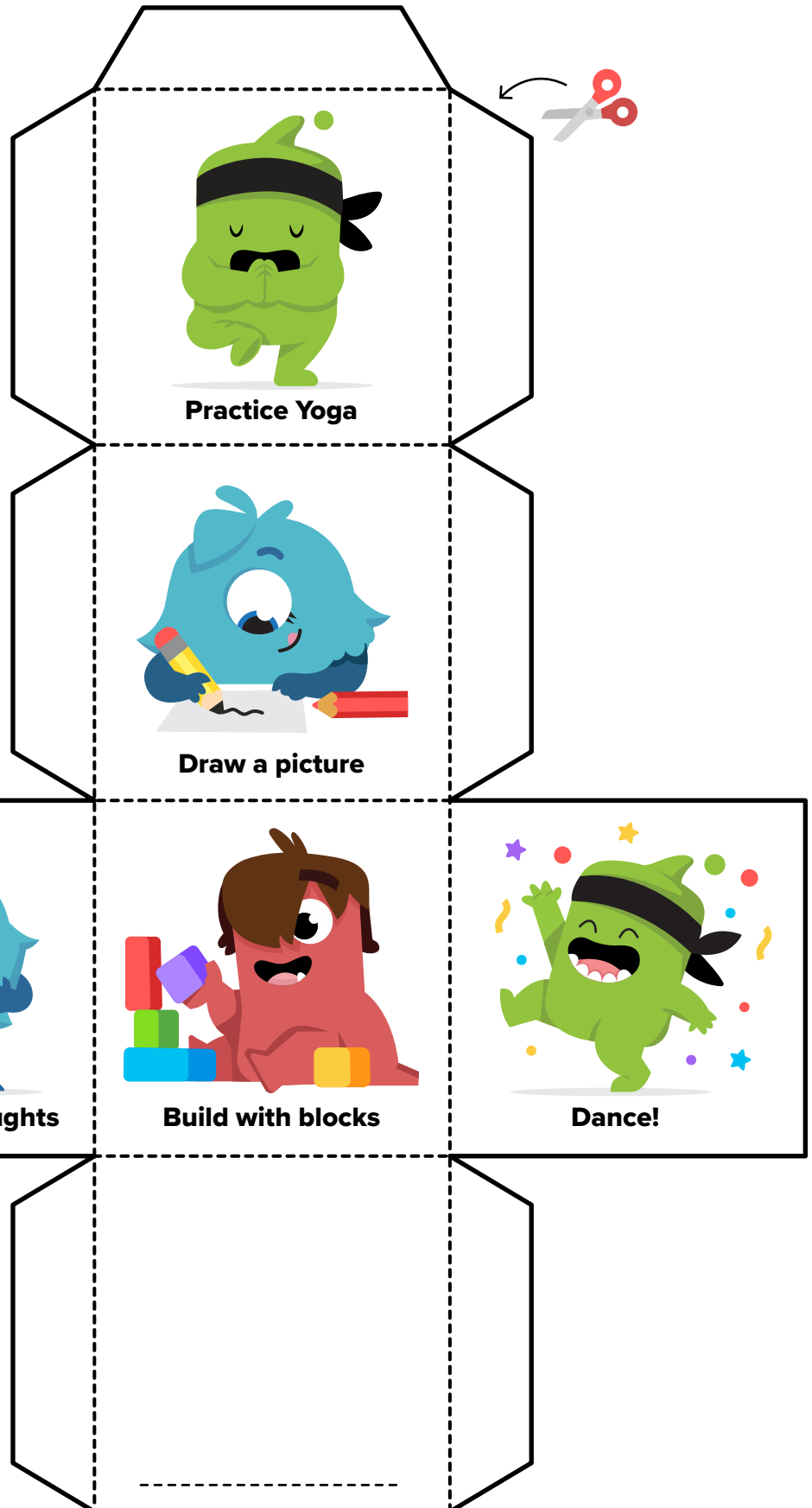
CALM DICE

DIRECTIONS

Color in the different ways to calm your body and mind.

Then, come up with one way you like to calm yourself.

Once done, cut out the dice and glue it together!



Name: _____

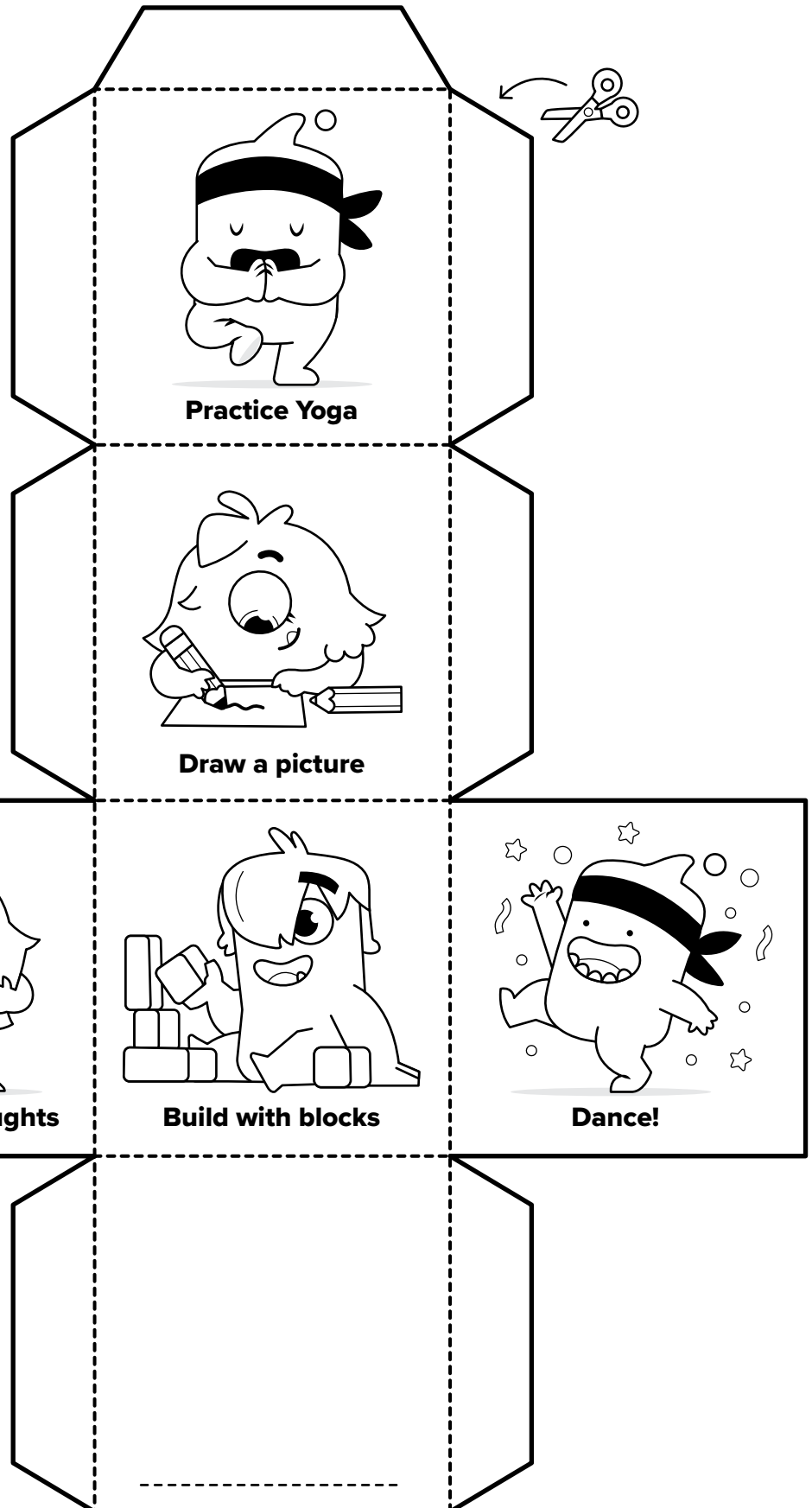
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