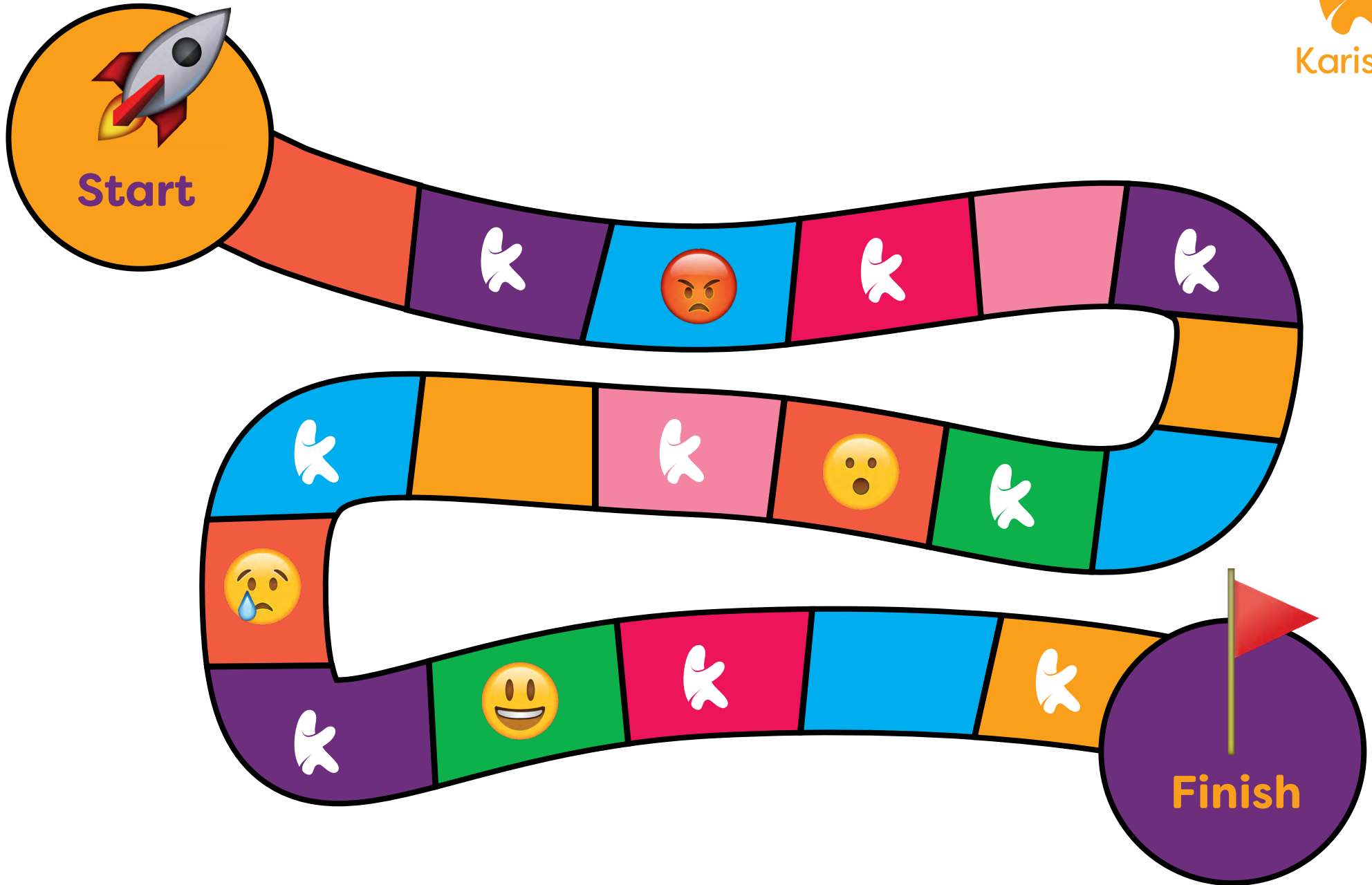


Emotions Board Game



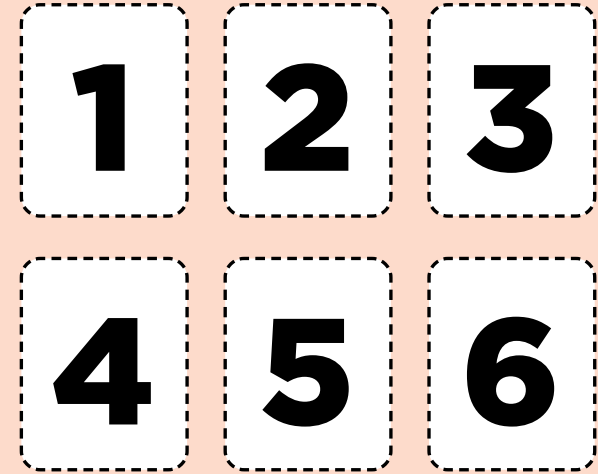
How to Play

Game Rules

- **Who goes first?** Everyone rolls a die. The person with the highest number goes first!
- **Moving along:** Roll the die and move that number of squares along the path from **START** to **FINISH**.
- **Sharing feelings:** If you land on a “K” square, choose a card and answer the question. If you land on an “emoji” square, talk about the emotion shown.
- **Celebrating effort:** Always say "Well done!" at the end of every player's turn or game completion.

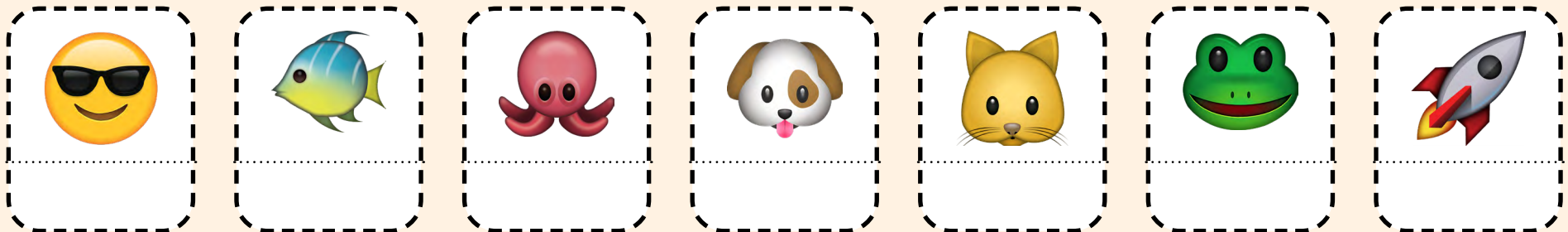
No die? No problem!

Cut out numbers 1-6, put them in a hat, and draw one each turn!



Game pieces

Cut along the dotted lines and fold along the bottom to make your piece stand up.



Question cards



What can you do when you feel mad?



What can you do when you feel sad?



What helps your body feel calm?



Who can help you when you feel upset?



What helps you feel better when you cry?



What can you do if something goes wrong?



What can you do if you feel really angry?



What can you say if you need a break?



What can you do if you feel frustrated?



What can you say if you need help?



What can you do if someone says no?



What can you do if you lose a game?