



Feeling Cubes Game

Purpose: To engage mentee in play and to promote emotional literacy and empathy.

Supplies: Paper cube template (copy to card stock for best results), scissors, tape, list of feeling words, markers

Pre-Play:

After constructing cubes, together with your mentee, choose words from the list below, writing one word per side.

Proud	Happy	Sad
Pressured	Left out	Guilty
Nervous	Excited	Generous
Embarrassed	Angry	Thoughtful
Lonely	Loved	Scared
Satisfied	Shy	Worried
Frustrated	Boisterous	Confused
Mischievous	Excited	Fearful

How to play:

The first player rolls the cubes, reading the two words that land face up. The player who rolled the dice chooses one of the two words and describes a time when he/she had that feeling. Take turns rolling the dice and sharing feelings.

Conversation prompts: Tell me more about that? What happened next? How was that for you?