SEL · FEELINGS AND EMOTIONS · GRADES K–3

Roll and Tell a Feeling

Roll a die and tell a partner about a time you felt happy, sad, mad, scared, silly or proud. A game for circle time or small groups.



Name: _____ **Date:** _____

How to play: take turns rolling a die. Find your number and tell your partner about a time you felt that way. Listen when it is your partner's turn!

Roll, find your number and tell.



Tell about a time you felt happy.



Tell about a time you felt sad.



Tell about a time you felt mad.



Tell about a time you felt scared.



Tell about a time you felt silly.



Tell about a time you felt proud.

The feeling I rolled the most: _____

Something I learned about my partner: _____

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