



## Instructions

Print out the 2 PDFs that come with the game, cut along the line and glue the two pieces together as indicated.

The rules of the game are pretty simple:

Place all playing pieces at the START segment. The first player throws the dice and moves the number of spaces indicated. He or she must then follow the instructions given or respond to the question posed. Remember that rephrasing questions may help younger kids talk about their emotions. You can also help by talking about YOUR own emotions if your child has difficulty responding to the questions (I remember the last time I was sad was... one thing that makes me angry/mad/anxious...).

Although older kids can read the questions, younger kids will need help (or even rephrasing to help them talk about their emotions).

Questions have been deliberately left open to encourage conversation about emotions.

Once a player has answered a particular question, he/she does not have to respond to the question if he/she lands in the same case again.

The first person to land on or pass the FINISH segment wins

## THE EMOTIONS COVERED IN THE GAME

Anger, anxiety/nervousness, fear, timidity, sad/sorrow, disappointment, happiness/joy, jealousy

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Move forward  
7 spaces →



SAD

Move forward  
8 spaces ↑



Move backward  
2 spaces ↓



Move forward  
7 spaces ↓



DISAPPOINTED

The one thing  
I Like  
least is ... ↑



SLEEPY

Move backward  
1 space ↓

Move backward  
5 spaces →



TIRED

Move backward  
4 spaces →



SCARED

Move backward  
5 spaces ↓



SHY

Move forward  
7 spaces ↑

One thing  
that makes  
me  
Nervous  
is ... ↑

I was  
disappointed  
when ... ↑



HAPPY

Move forward  
8 spaces ↑



TIRED

Move backward  
9 spaces ↑

3 things  
that make  
me  
Angry  
are ... ↑

The last time  
I was  
Scared ... ↑

What  
I Like  
most  
is ... ↓

The last time ↑  
I was  
Sad ...

The last  
time  
I was  
Jealous ...

STICK THIS PART

STICK THIS PART



The last time  
I was  
Angry...

Move  
forward  
5  
spaces



JEALOUS  
Move backward  
5 spaces



Move  
backward  
15 spaces

I felt  
Confused  
when...

I'm  
Scared  
of...

SCARED  
Move  
backward  
7  
spaces



The  
Shyest  
person  
I know...

CONFUSED  
Move  
backward  
6 spaces

Move backward  
10 spaces  
JEALOUS



Move backward  
4 spaces

SHY



Move backward  
8 spaces

The best  
day  
of my  
life...



Go back  
to start

When I'm  
Hungry I...

Move backward  
7  
spaces



ANGRY