

DICE CONNECTION

Starter



JUGAR | LIFE

CREATIVE DICE CONNECTION STARTER

INSTRUCTIONS

Before starting this activity, you will need to ensure that each participant has a printed copy of the attached PDF, a pen, and one six-sided dice.

We have designed this activity to build connections and relationships as a new group. Each player will roll their dice four times to select a random number for each of the four categories on the PDF. When they roll a number for each category, they will need to highlight the question allocated to the number they rolled. At the end of the four rolls, each player will have four questions highlighted that they need to answer about themselves. We encourage a reasonable amount of time for this so that each participant can take their time and come up with some really thoughtful answers.

Once all participants have had enough time to do this, you set them a challenge. Again, they need to get creative and either use the questions and the answers to create a drawing, story, song, poem, or something else they can express themselves with. Once again, this is where they roll their dice. Whatever number it lands on is what they have to create (you can always allocate different creative challenges yourself and not worry about using the dice depending on the group you are working with).

After this, each participant can share their creative masterpiece with a small group. The aim of the activity is for each person to take some time to reflect on personal questions about themselves that they might be proud of or to reflect on the positives and incredible things they have in their life. Then they get to use their creative juices and design something that they are proud of to share with the group so that everyone gets to know each other on a deeper level. Using the dice at the start makes it fun and breaks down the focus of the questions. Then using the die at the end again to select what masterpiece they need to create makes it fun, safe and allows vulnerability.

This is a brilliant activity that can be used with just about anyone. We love collecting all the finished masterpieces at the end and using them for a display so that participants are constantly reminded of all the fantastic things they have in their life.

FOUR QUESTIONS

DICE ONE

1. What do you think are the biggest challenges for you so far?
2. Who do you trust the most? Why?
3. What makes you feel uncomfortable?
4. How can you help yourself to relief the anxiety, stress, sadness?
5. In your opinion, what is the best movie you've ever seen. Why?
6. What makes you feel proud?

DICE TWO

1. What are you grateful for?
2. What is your happiest moment of life?
3. Who are the people that you love the most? What are their characteristics?
4. What makes you happy?
5. What is something you feel nervous about right now?
6. What activities do you love the most?

DICE THREE

1. When do you feel a relief?
2. What would be the title of your life now? Why?
3. What is your scariest moment (real life or fantasy moment..)
4. How do you think others see you? Why?
5. What can you learn from your parents, friends?
6. Who are your heroes?

DICE FOUR

1. Who can help you feel a relief?
2. If you could add, change or cancel the rule at home. What would it be?
3. When do you feel the happiest?
4. What is the first symptom you notice when you feel anxious/stressed/sad?
5. Write the words you want to hear every day.
6. How do you feel when you get a compliment?

FOUR ANSWERS

DICE ONE

DICE TWO

DICE THREE

DICE FOUR

CREATIVE MASTERPIECE

DICE ROLL

1. Create a picture
2. Create a poem
3. Create a story
4. Create a song or wrap
5. Create four little pictures of each questions
6. Lucky choice of the five options

