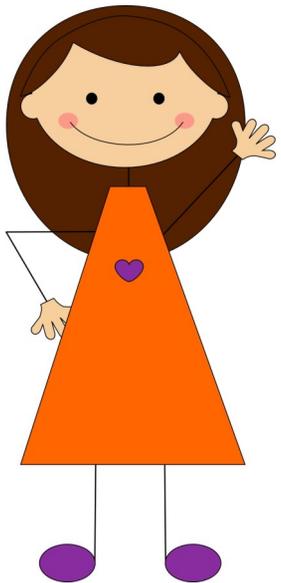
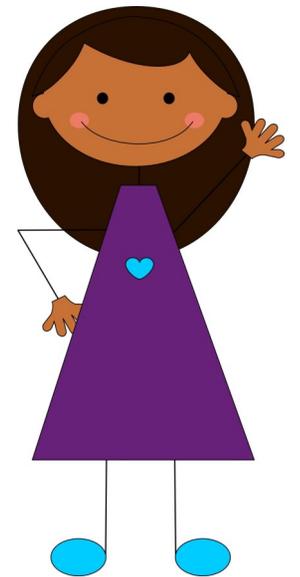




# Self-Esteem



## Dice Game!



Comes with "cut and fold" dice!  
Complete with question dice and  
follow-up discussion questions! Great for Individuals  
and groups!

By: Cheerful Counseling

# How to Play

1. Cut question dice and fold along the dotted lines  
( Preferably laminated printed on card stock!) Tape dice together.
2. If using it in a group, go in order and have the first person roll the dice,  
and answer the question that is facing upward. If individually, have the person  
roll the dice, answer and repeat.
3. Follow-up questions are great and can facilitate discussion with  
individuals and between group members!
4. Repeat steps 2 and 3. (If someone gets one they already answered, they  
can roll again)

What nice things  
would your friends  
say about you?

Name one good  
thing that has  
happened to you  
this week?

Name 1 compliment  
that you received  
that made you  
feel happy.

Who is your role  
model? How are  
you like your  
role model?

Talk about 2  
things that you  
are good at!

Talk about a good  
deed that you  
have done for  
someone.

## Possible Follow-Up Discussion Questions

### 1. Name one compliment that you received that made you feel happy!

- Can you explain the feeling the compliment gave you?
- If you give compliments to others, how do you think it will make them feel?

### 2. Discuss a good deed that you have done for someone.

- How did the good deed make you feel?
- How do you think it made the other person feel?
- How do you feel when others do a good deed for you?

### 3. Talk about 2 things that you are good at.

- What do you love the most about these things?
- Are you happy when you are doing these things? Do you feel proud of yourself? Would others be proud of you?

### 4. Name one good thing that has happened to you this week!

- How did that amazing thing feel?
- What can you do to have more awesome things happen each week?

### 5. What nice things would your friends say about you?

- What kind of person do your friends and family think you are? Do you agree with them?
- Why would they think those nice things? What have you done?

### 6. Who is your role model? How are you like your role model?

- What can we do to have more qualities like our role model?
- If you don't have a role model, think of someone you admire, and how those qualities make you feel.

