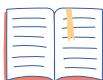


Dice Connection Starter



A reflective and creative activity designed to build connections and relationships within a group. Participants use dice rolls to select questions about themselves and express their answers creatively.



Learning Intentions

Encourage Personal Reflection and Self-Awareness:

Students will reflect on various aspects of their lives by answering questions about themselves, fostering greater self-awareness and personal insight.

Promote Creativity and Self-Expression:

Students will communicate their answers using creative forms of expression, such as drawing, storytelling, or poetry, encouraging unique and imaginative ways to share personal reflections.

Build Deeper Connections within the Group:

Students will share their creative responses with others, developing stronger connections and understanding within the group as they learn about one another on a deeper, more personal level.



Success Criteria

Thoughtful Responses to Questions:

Students provide thoughtful and meaningful answers to the questions selected through dice rolls, demonstrating engagement with the reflective process.

Creative Expression of Answers:

Students creatively express their answers through a medium such as drawing, storytelling, or poetry, showing a willingness to explore and share their personal reflections imaginatively.

Active Participation in Sharing:

Students actively share their creative work with the group, contributing to a positive and supportive environment while learning more about their peers and building connections.



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Objective:

A reflective and creative activity designed to build connections and relationships within a group. Participants use dice rolls to select questions about themselves and express their answers creatively.

Players:

Suitable for any number of participants, each needing a dice, pen, and the provided PDF.

Materials:

- A six-sided dice for each participant.
- A pen for each participant.
- A printed copy of the provided PDF with questions divided into four categories.

Setup:

Ensure each participant has a dice, pen, and a copy of the PDF with questions.

Gameplay:

- **Question Selection:** Each player rolls their dice four times, once for each category on the PDF. The number rolled corresponds to a specific question in that category.
- **Answering Questions:** Players highlight the question associated with each of their rolls. They then spend time thoughtfully answering these four questions about themselves.
- **Creative Expression:** After answering, players roll the dice again to determine the form of their creative expression (drawing, story, song, poem, etc.). Alternatively, the facilitator can assign specific creative tasks.
- **Sharing:** Participants share their creative work with a small group, allowing everyone to learn about each other on a deeper level.

Dice Connection Starter



Winning the Game:

The focus is not on winning but on personal reflection, creativity, and building deeper connections within the group.

Variations for Different Settings:

- **Educational Edition:** Tailor the questions to educational themes or learning goals.
- **Staff Edition:** Focus on professional development or team-building questions.
- **Youth Group Edition:** Use age-appropriate and engaging questions for younger participants.

Additional Notes:

- This activity encourages personal reflection, creativity, and vulnerability in a safe and fun environment.
- It's an excellent tool for ice-breaking, getting to know each other, and fostering a sense of community.
- Collecting the creative outputs for a display can be a powerful reminder of the positive aspects of participants' lives and the connections formed during the activity.

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

A large, empty rectangular box with a thick blue border, intended for the student to write their answer for Dice One.

DICE TWO

A large, empty rectangular box with a thick blue border, intended for the student to write their answer for Dice Two.

DICE THREE

A large, empty rectangular box with a thick blue border, intended for the student to write their answer for Dice Three.

DICE FOUR

A large, empty rectangular box with a thick blue border, intended for the student to write their answer for 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