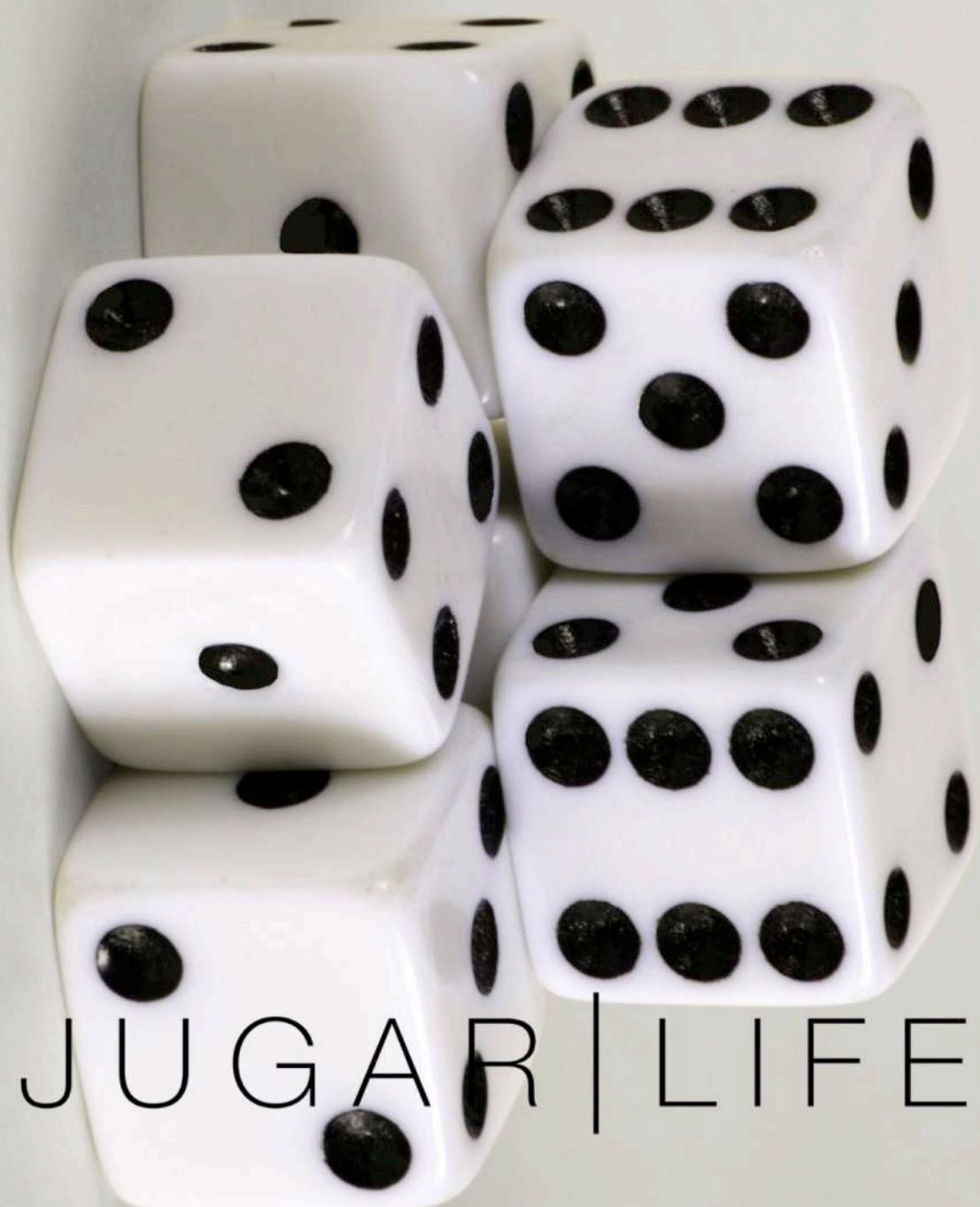


# DICE SEVENS

## Positive Reflection



# DICE SEVENS POSITIVE REFLECTION

## INSTRUCTIONS

**Number of Players:**

2 or more

**Game Materials:**

Six six-sided dice per group, scoring sheet, reflection journal.

**Objective:**

To score the lowest possible by removing dice pairs that add up to seven and minimising the remaining dice each round while engaging in positive reflection. You have a maximum of three rolls of all the dice. Whatever is left after the three rolls, you add them up, and that is your score.

**Setup:**

Each group receives six six-sided dice. Players sit in a circle or around a table. Each player also has a reflection journal.

**Gameplay Rounds:**

The game consists of seven rounds.

**Rolls per Round:**

Each player rolls their dice up to three times per round.

- After each roll, the player can remove any pairs of dice that add up to seven.
- Players may re-roll the remaining dice up to two more times.
- After three rolls, or if the player chooses to stop earlier, the total of the remaining dice is the player's score for that round.

# DICE SEVENS POSITIVE REFLECTION

## INSTRUCTIONS

### **Reflection:**

After scoring each round, players engage in a positive reflection based on their score:

**Round 1:** "Who is someone you are grateful for?"

Players list as many people as the score from this round.

**Round 2:** "Name a place you have been that makes you happy."

Players list as many places as the score from this round.

**Round 3:** "What is a hobby that brings you joy?"

Players list as many hobbies as their score for the round.

**Round 4:** "Recall a memory that makes you smile."

Players share as many memories as their score for the round.

**Round 5:** "What is an achievement you are proud of?"

Players mention as many achievements as their score for the round.

**Round 6:** "What lesson have you learned that you are thankful for?"

Players recount as many lessons as their score for the round.

**Round 7:** "Who has significantly impacted your life, and why?"

Players reflect on as many impactful individuals as their score for the round.

Each reflection round encourages players to share and reflect, enhancing the game experience with positive, personal connections and gratitude.

### **Recording Scores and Reflections:**

Scores and answers to reflection questions are recorded each round to promote personal growth and gratitude.

### **Ending the Game:**

After seven rounds, the player with the lowest cumulative score is declared the winner. Reflect on the gratitude and positive experiences shared during the game.

### **Strategy:**

Optimise each roll to remove as many sevens as possible while deciding when to stop re-rolling to avoid high scores with remaining dice. Engage deeply with the reflection questions, using them to enhance the gameplay experience.

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## INSTRUCTIONS

### Bonus Game - Positive Affirmations:

**Round 1:** "What is a skill that you excel at?"

Players list as many skills as their score for this round.

**Round 2:** "What is a personal trait you love about yourself?"

Players list as many traits as their score from this round.

**Round 3:** "What do you consider your biggest strength?"

Players name as many strengths as their score for the round.

**Round 4:** "Share a talent that you are proud of."

Players share as many talents as their score for the round.

**Round 5:** "What positive impact do you believe you have on others?"

Players discuss as many impacts as their score for the round.

**Round 6:** "What makes you a good friend or partner?"

Players list as many qualities as their score for the round.

**Round 7:** "What are you most proud of about your personal growth?"

Players reflect on as many aspects of their growth as their score for the round.

Each round encourages players to affirm and appreciate their positive qualities, fostering self-love and confidence throughout the game.