

# Dice Connection Starter

PLAY

Dice Connection Starter is a reflective and creative activity designed to build connections and relationships within a group. Participants use dice rolls to select personal reflection questions from a provided PDF and then express their answers creatively. The activity emphasises vulnerability, creativity, and genuine sharing, creating a warm environment where everyone can learn about each other's unique stories.



## Family Objects

### Encourage Personal Reflection and Self-Awareness:

Family members reflect on various aspects of their lives by answering thought-provoking questions, deepening self-awareness and gaining personal insights.

### Promote Creativity and Self-Expression:

Participants express their reflections creatively—whether through drawing, storytelling, poetry, or other imaginative forms—celebrating their unique perspectives.

### Build Deeper Connections Within the Group:

By sharing their creative responses, family members forge stronger bonds and develop a deeper understanding of one another, creating a supportive and connected community.



## Success Milestones

### Thoughtful Responses to Questions:

Each family member provides meaningful and considered answers to the questions selected via dice rolls, showing engagement with the reflective process.

### Creative Expression of Answers:

Participants use creative methods—such as drawing, storytelling, or composing a short poem or song—to express their reflections, demonstrating their willingness to share uniquely personal insights.

### Active Participation in Sharing:

Everyone actively shares their creative work with the group, contributing to a positive and encouraging atmosphere while learning about one another on a deeper level.



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## Objective:

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## Players:

- Suitable for any number of participants, making it ideal for family gatherings, classroom settings, or team-building events.

## 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:

### 1. Distribute Materials:

- Ensure every participant has a dice, a pen, and a copy of the PDF containing the reflection questions organised into four categories.

### 2. Introduction:

- Explain that the goal of the activity is to reflect on personal experiences and share creative responses that help everyone understand each other better, building deeper connections.

## Gameplay:

### 1. Question Selection:

- Each participant rolls their dice four times—once for each category on the PDF.
- The number rolled corresponds to a specific question within that category.
- Participants then highlight or note down the selected questions.

### 2. Answering Questions:

- Give everyone some time to thoughtfully answer the four questions about themselves. Encourage honesty and introspection.

### 3. Creative Expression:

- After answering, each participant rolls the dice again to determine the form of their creative expression.
- For example, a roll might indicate drawing, another might assign a short story, a song, or a poem.
- Alternatively, the facilitator can assign a specific creative task based on the group's preference.



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## 4. Sharing:

- Participants then share their creative work in small groups or with the whole family.
- This sharing session allows everyone to learn about each other's experiences, strengths, and perspectives, fostering deeper interpersonal connections.

## Winning the Game:

- There is no competitive "win" in Dice Connection Starter—the focus is on personal reflection, creative self-expression, and building connections.
- The true success is in the insights shared and the bonds formed during the activity.

## Variations for Different Settings:

### • Educational Edition:

Tailor the reflection questions to incorporate academic themes or learning goals, helping students relate personal experiences to their studies.

### • Staff Edition:

Use professional development or team-building questions that encourage employees to reflect on their workplace experiences and share insights on collaboration and growth.

### • Youth Group Edition:

Choose age-appropriate and engaging questions that resonate with younger participants, making the activity both fun and meaningful.

## Additional Notes:

Dice Connection Starter – Family Edition is an excellent icebreaker and community-building tool. It encourages thoughtful reflection, creative self-expression, and meaningful sharing in a safe and supportive environment. Collecting and displaying the creative outputs can serve as a powerful reminder of the positive aspects of participants' lives and the strong connections they've formed. Enjoy the journey of discovery and connection as you share your stories and celebrate the unique experiences that make each of us special!



# 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