

Friendship Feelings Dice

Respectful Relationships

To help students practise identifying emotions and learn ways to support friends with care and kindness.



Learning Intentions

Students look to recognise and name a range of emotions.

This helps students build emotional vocabulary and self-awareness.

Students learn to describe how feelings affect how people act.

This encourages reflection on how emotions influence behaviour in relationships.

Students learn to be able to think of kind and helpful ways to support friends.

This builds empathy and caring responses in friendship situations.



Success Criteria

Emotion recognition:

Students can name different feelings and connect them to real-life moments.

Understanding emotions in action:

Students can describe how emotions make them act or feel and how others might feel the same.

Compassionate thinking:

Students can suggest kind ways to help a friend who is feeling a strong emotion.



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Objective:

To help students practise identifying emotions and learn ways to support friends with care and kindness.

Players:

Whole class, small groups (3-4 max), or pairs.

Materials:

One six-sided dice per group/pair or use one for class demonstration

List of feelings for each number (see below)

Paper and pencils for drawing or writing extension

Setup:

Assign a feeling to each number on the dice:

- Happy
- Worried
- Embarrassed
- Excited
- Left out
- Angry

Display the list where students can see or create a feelings chart together.

Activity:**Roll the dice:**

Students take turns rolling the dice.

Share and reflect:

After rolling, the student:

- Shares a time they felt that feeling
- Say what helped them feel better
- Their partner or other group members then share something they could do to help someone who experiences the feeling that was shared.



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Repeat:

- The game continues with each person in the group taking a turn to roll the dice and share the feeling and reflection prompt. Once all members have had a turn, move onto the extension task below.

Extension:

Students draw or write about a time they helped a friend who felt the emotion they personally rolled and shared about. Encourage students to include the emotion, the situation, and how they showed kindness or support to help the situation. If you are feeling super creative, have students create a short comic strip of the above.

Reflection Prompt:

- How do you know how someone is feeling?
- Why is it important to notice how our friends are feeling?
- What's one kind thing you can do today for a friend?

Winning the Game:

There are no winners or points; the goal is to learn about feelings, share, and show empathy.

Additional Notes:

This game is designed to help young students understand their own feelings and the feelings of others. It fosters emotional awareness, empathy, and positive social behaviour through guided conversation and storytelling.

