



Fifty

Description

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Help group students learn about labeling and sharing their emotions while playing a challenging dice game.

Supplies

- One pair of dice per group
- Printed copy of [Emotional Alphabet](#)
- Printed copy of [SEL Activity Fifty – Alphabet Sheet](#) attached for older adaptation (optional)

How to Play

1. **Prep Work:** Print the attached emotional alphabet.
2. Have your group sit in a circle with the printed emotional alphabet in the middle of the circle.
3. Explain that each student will take a turn rolling the two dice in the middle of the circle on top of the emotional alphabet print out.
4. Let them know that the goal of this activity is to be the first student to get to 50 points.
5. If a student does not roll doubles, they do not earn any points. They must look at where their dice landed and choose one of the emotion words that a die landed on and tell a time they either felt or would maybe feel that emotion.
6. Explain that students can earn points as follows:
 - Double 1s, 2s, 4s, 5s = 5 points
 - Double 6s = 25 points
7. If they roll double 3s, their score up to that point is erased and they must start over with their points.
8. The first student to reach 50 points wins!

Activity Prompts for Reflection

- Was it hard for you to think of a time you felt or would maybe feel one of the emotions?
- What emotion did you feel when you rolled doubles?
- Who can name a unique emotion they felt during this activity and describe what it felt like?
- Raise your hand, if you felt victorious at any point during this activity. What do you typically do when you feel this way?

Other Ways to Play

- Help students by keeping track of their score for them on a clipboard where everyone can see it. Challenge them to continue to work on addition during the scorekeeping.
- Print the attached alphabet on paper. Have students roll their dice on top of the alphabet paper. If students do not roll doubles, they must think of two emotion words that start with the letter where one of their die landed.
- Challenge them every round by having them say one sentence with an emotion word that one of their die landed on.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads and Links

[Emotional Alphabet Printable](#)

[SEL Activity Fifty – Alphabet Sheet](#)

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 15-20 minutes

Themes

1. Emotions