

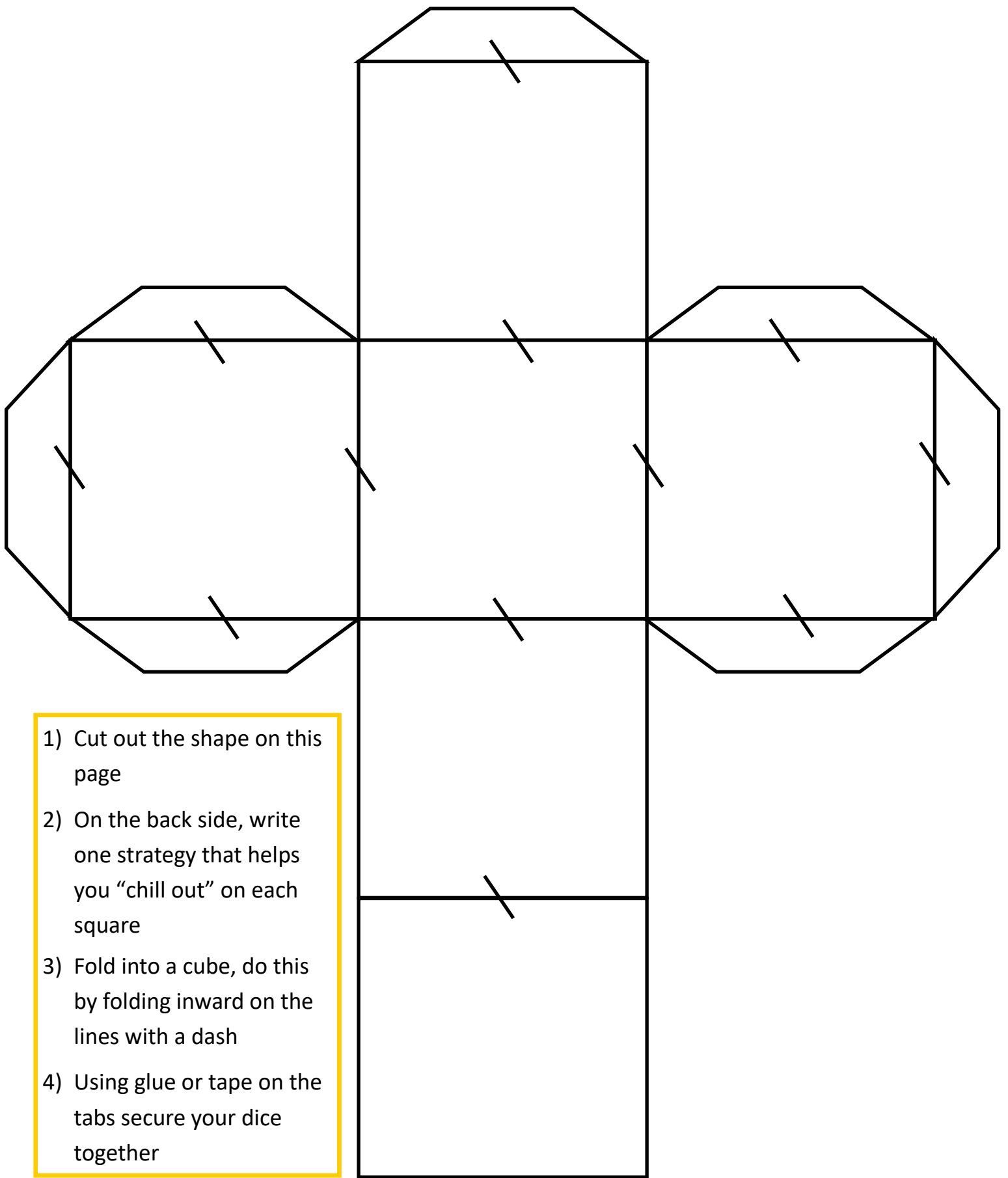


CREATE YOUR OWN “CHILL OUT” DICE

Given all that is going on in the world, on top of coping with grief, many of us are under much more stress than we are used to. When experiencing high levels of stress it is common for big emotions to come out, sometimes when we're least expecting it. While all emotions are okay and important to express, sometimes we need to find ways to “chill out” before we're able to talk about what is bothering us. However, in the moment it can be hard to identify what could help us calm down.

Create these “chill out” dice as a way to identify the things that are helpful to you when you are having a big emotion. Then, when a big emotion comes up, give the dice a roll and follow the suggestions on the dice. Consider making two “chill out” dice so you can have two ideas of things to try when you use them.

Suggestions for activities for the cube include: Listen/dance to your favorite song, squeeze a ball or stuffed toy, take a bath, scream into your pillow, read a book, suck on an ice-cube, bounce a ball, take deep breaths, smell a favorite scent, talk to a friend, have a drink of water, tell a joke.



- 1) Cut out the shape on this page
- 2) On the back side, write one strategy that helps you “chill out” on each square
- 3) Fold into a cube, do this by folding inward on the lines with a dash
- 4) Using glue or tape on the tabs secure your dice together