

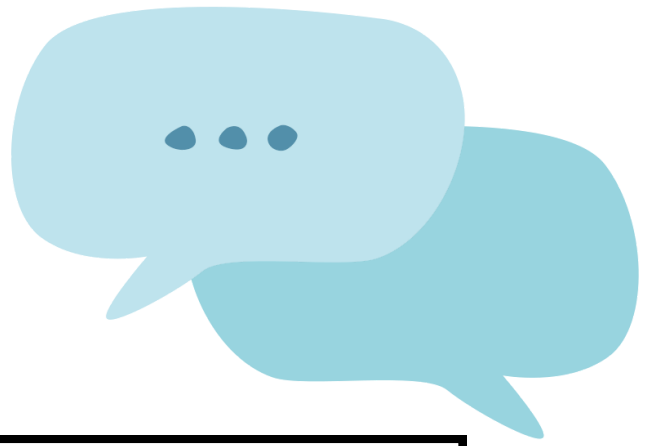
Two to Five MINUTE

Social-Emotional Games

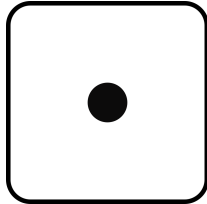
**Let's roll and
regulate!**



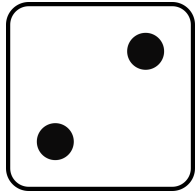
Roll and Talk:



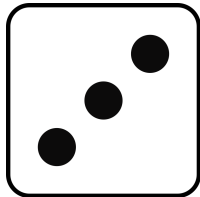
Roll the die and ask your partner the question to the matching number. If you are playing alone, answer the question yourself :).



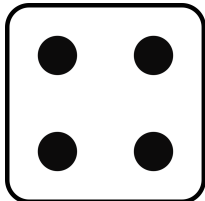
If you could have one superpower, what would it be?



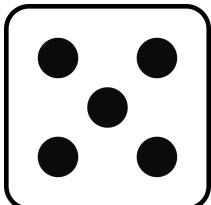
Who is your favourite person?
Tell me about them.



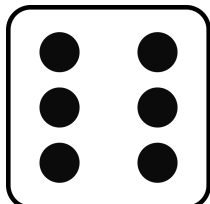
What do you like to do for fun?



If you could have any animal as a pet, what would it be and what would you name it?



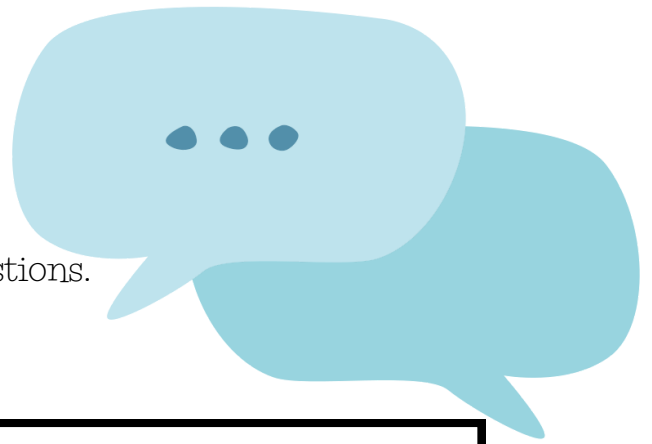
If you had to eat one food for the rest of your life, what would it be?



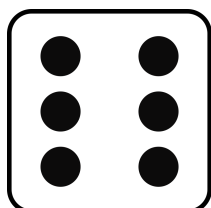
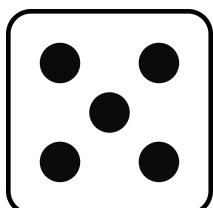
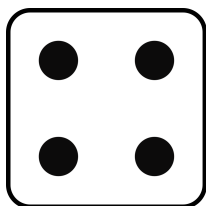
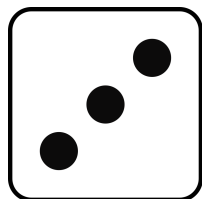
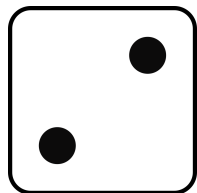
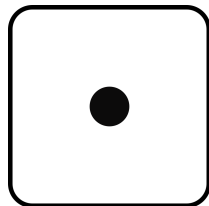
If you won one million dollars, what would you spend it on?



Roll and Talk:

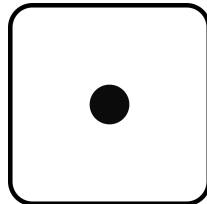


Create your own game! Think of 6 interesting questions.
Write them in the rectangles. Roll the die and talk.



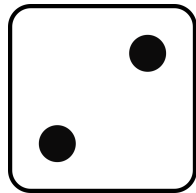
Roll and Breathe:

Roll the die and breathe to the matching number.



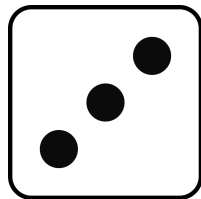
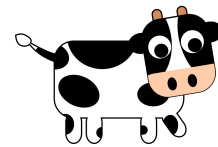
"Take 5" Breathing:

Trace your hand as you take 5 deep breaths in and out.



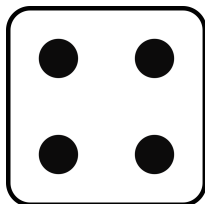
Animal Breathing:

Choose any animal, breathe in and out like that animal.



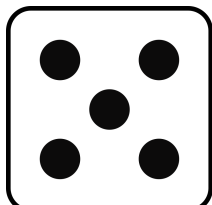
Square breathing.

Trace a square and breathe in on one side, and out on the next.



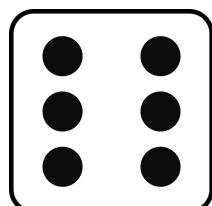
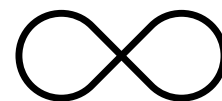
Belly Breathing:

Put one hand on your belly, one hand on your heart.



Infinity Breathing:

Trace the infinity as you breathe in and out.



Pizza Breathing:

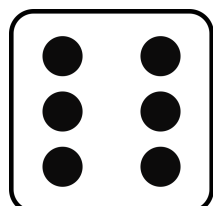
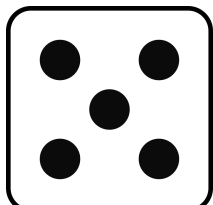
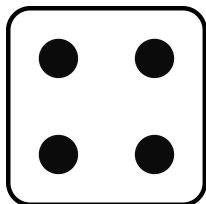
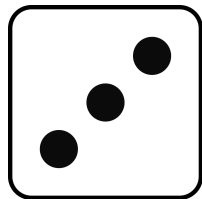
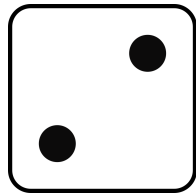
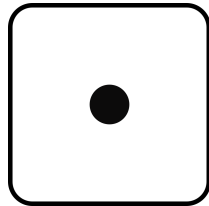
Imagine your favourite pizza, breathe it in and blow on it slowly.



Roll and Breathe:

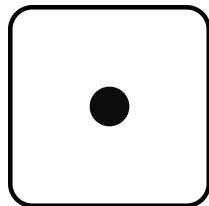
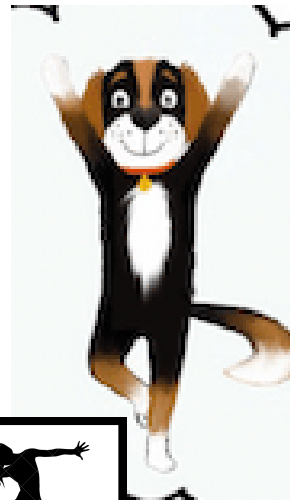


Create your own game! Think of 6 different ways to breathe mindfully. Draw or write them in the rectangle. Roll the die and breathe!

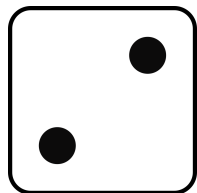


Roll and Move:

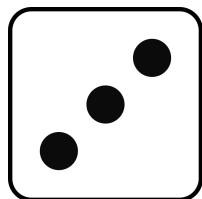
Roll the die and move your body to the matching number.



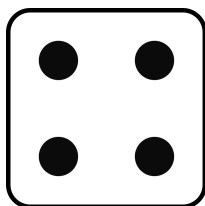
Dance for 10 seconds



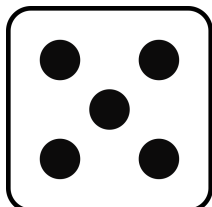
Do 10 jumping jacks



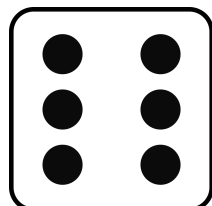
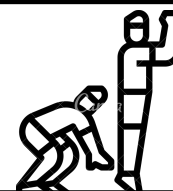
Do 8 wall pushups



Jump up as high as you can 5 times.



Do 5 burpees

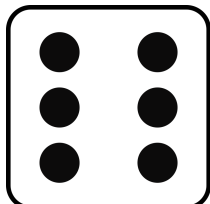
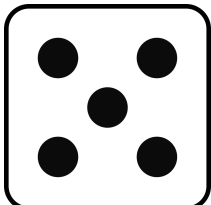
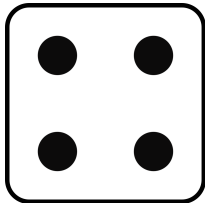
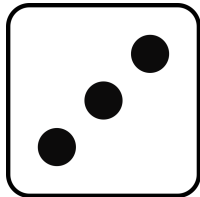
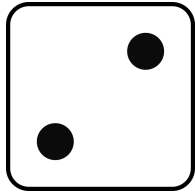
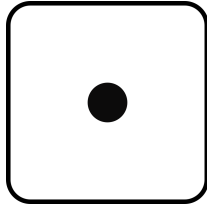
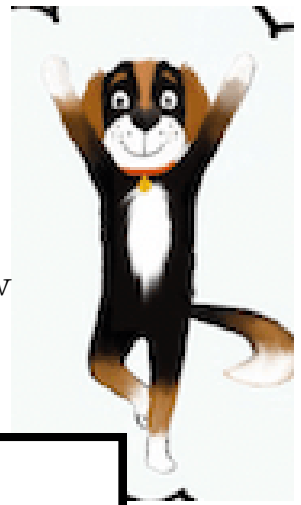


Do 6 squats



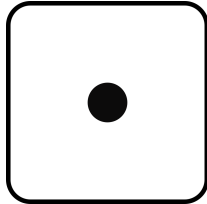
Roll and Move!

Create your own game! Chose 6 ways to move your body and write/draw them in the rectangles. Roll the die and move your body!

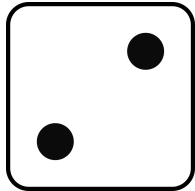


Roll and Regulate:

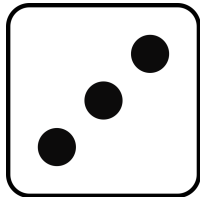
Roll the die and follow the strategy for the matching number.



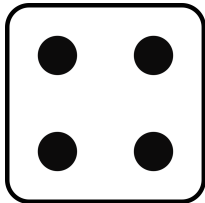
Breathe



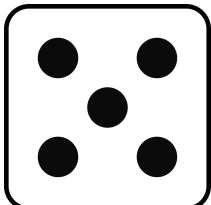
Create something



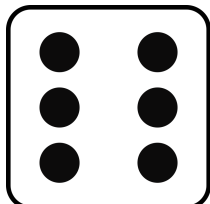
Move your body



Take a sip of water



Think of something funny

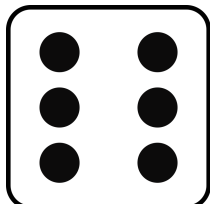
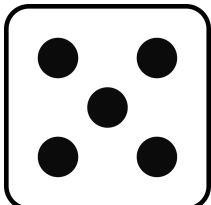
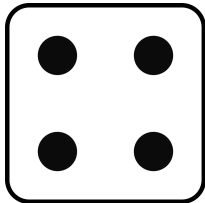
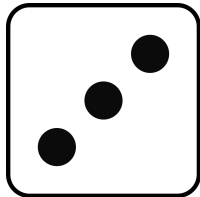
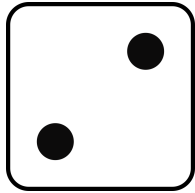
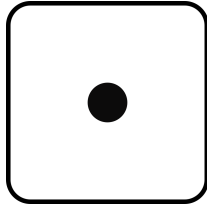


Think of your
favourite person



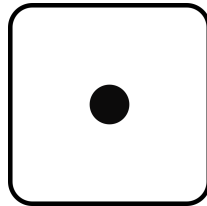
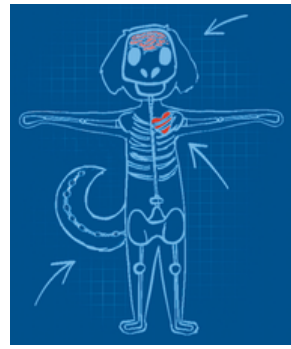
Roll and Regulate:

Create your own game! Choose 6 strategies and write them in the rectangles. Roll the die and follow the strategy for the matching number.

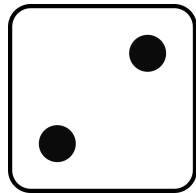


Roll and Scan:

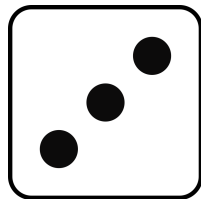
Roll the die and do a scan with the matching body part.



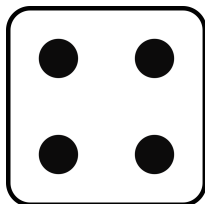
Heart: put your hand on your heart.
Is it beating fast, medium or slow?



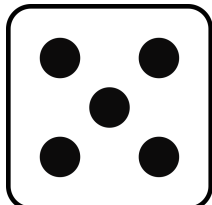
Muscles: notice your muscles,
do they feel tense or relaxed?



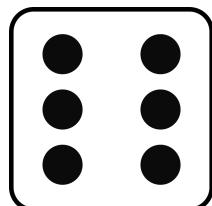
Toes: wiggles your toes,
do they feel tight, or loose like jelly?



Brain: notice your brain. Is it clear,
swirly, stormy or ____?



Fingers: notice your fingers, give
them a wiggle. How do they feel?

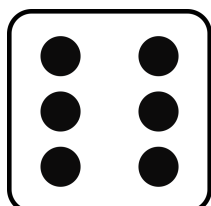
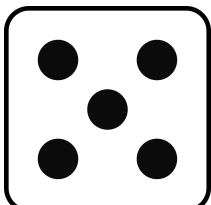
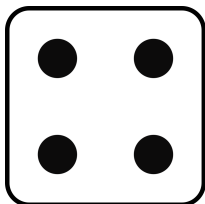
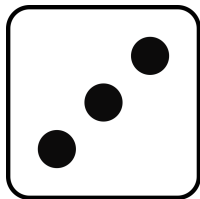
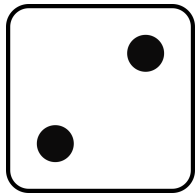
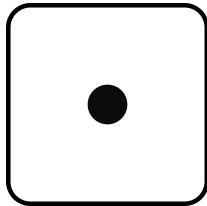
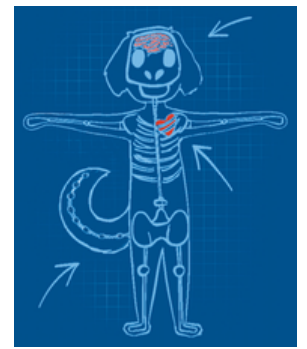


Breathing: notice your breathing.
Is it fast, medium or slow?



Roll and Scan:

Create your own game! Choose 6 different body parts. Write or draw them in each rectangle. Roll the die and do a scan with the matching body part.



Roll and _____

