

1. Colour in the dice
2. Cut out the solid line
3. Fold the dotted lines
4. Stick the tabs down inside to make a cube.
5. Have your child roll the dice
6. Ask them to share a story about the prompt
7. Affirm your child according to each story

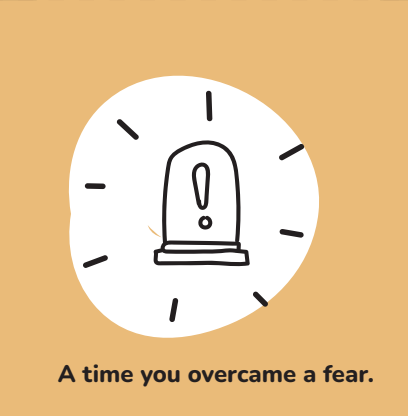
FOR: BUILDING CONFIDENCE &  
EMOTIONAL RESILIENCE




A time you did something nice for someone else.



A time you stood up for yourself.



A time you overcame a fear.



A time when you felt loved.



A time you felt proud of yourself.



A time when you felt strong.

# Affirmation Dice