



THERAPY CUBES

A personal story-telling game

INSTRUCTIONS

Materials

- 1 – Emotion Die (d6)
- 1 – Location Die (d6)
- 1 – Issue Die (d12)
- 1 – Timeline Die (d20)

Objective

Use the *Emotion*, *Location*, *Issue* and *Timeline* dice to tell a factual or fictional story.

Rules of Play

Roll the timeline die. Then roll the remaining three dice, one at a time. Use the emotion, location, issue and timeline to create your personal, factual or fictional story using the results from the dice that you have thrown.

For the timeline die: re-roll the die until the resulting number matches your age or younger.

If you feel you cannot tell a story based on the four dice, re-roll one of the dice. You can only do this once per turn, unless the results are identical when you re-roll the die.







If you still find it difficult to tell a story based on the four dice, remove one of the dice or replace it with an emotion, location or issue of your choosing.

For Younger Ages (7 and under)







Roll the emotion dice. Tell a story using that emotion.

The Dice









Emotion Die

-  Happy
-  Angry
-  Sad
-  Frustrated
-  Scared
-  Excited

Location Die

-  School
-  Home
-  Bedroom
-  Bathroom
-  Park
-  Car

Issue Die

-  Alcohol & Drugs
-  Relationships
-  Bullying
-  Self-Esteem
-  Grief & Loss
-  Moving
-  Punishment
-  Social Media



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INSTRUCTIONS FOR TEACHERS AND CLINICIANS

Therapy Cubes is a non-direct game for children and adolescents to assist with identifying emotions, triggers of emotions as well as identifying problems or issues in the following areas:

- Social Skills
- Emotional Regulation
- Home Life
- School Environment
- Social Circles
- Relationship Conflict
- Peer Pressure
- Conflict Resolution
- Family Dynamics
- Boundary issues
- Academics

Therapy Cubes, an interactive game of storytelling, allows children and adolescents to tell their own personal stories simply by the role of the dice. Depending on the images they roll, they will be able to share their experience within a variety of issues, locations, emotions, and at specific ages.

Through this fun game of storytelling, Clinicians will be able to assist clients in identifying unresolved issues as well as current problems or struggles by helping them to:

- Problem Solve
- Learn Coping Skills
- Learn how to regulate emotions
- Create a new story

Therapy Cubes can be used in further therapy sessions through the use of Narrative Therapy, Art Therapy and story-telling.