

Roll a positive question

Print the grid either A4 or A3 if you can.

All you need are 2 dice to play this game.

Roll the first dice to get the horizontal row and roll the second dice for the vertical column.

Find the question and then ask it.

This is suitable for ALL, even adults. Play it in the evening after you have had dinner.



First roll



Second roll

ROLL A POSITIVE QUESTION						
	1	2	3	4	5	6
1	A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
2	Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3	Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4	A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5	Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6	A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on

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