

We use them in **text messages** and **social media** so much that they've become part of our every day language – the simplest way to communicate a feeling or response. **Emoticons** are everywhere. So we made them into dice. There are loads of games you could play with these. We've given you five for starters, but you'll come up with more, and we'll making instructions for new ones available for download from www.youthscape.co.uk/dice



GAME 1 **I AM AN EMOTICON**

Number of players: 2+

Dice used: 1 at a time

Instructions

Pick one of the dice. Hide the rest so the others can't see which one you chose. Roll your chosen die but keep it hidden. Say a word, phrase or sentence which describes it and see if the others can guess which one you rolled.

GAME 2 **ALL THE FEELS**

Number of players: 1+

Dice used: 1 at a time

Instructions

Roll the dice one at a time. For each one, complete the sentence: "The last time I felt like this I..." or "When I feel like this I..."

GAME 3 **CHANGING FACES**

Number of players: 1+

Dice used: 2 emoticon face dice

Instructions

Roll two of the dice with the emotion faces on them. Describe how the first one feels and what you would say or do to change your emotion to the other one. e.g. "I'm fearful but I'd talk rationally about what I'm scared of until I felt happy and relaxed."

GAME 4 **DICE STORIES**

Number of players: 1

Dice used: all of them

Instructions

Roll the dice one at a time. Build a story using each of the dice to direct what happens next. You could pick the next die at random, or choose which one to add next.

GAME 5 **DICE CONSEQUENCES**

Number of players: 2+

Dice used: all of them

Instructions

Roll one of the dice and start a story. After a few sentences, the next player rolls a dice and continues the story. How long can you keep the story going?



What are Youthscape Dice?

Six little dice with six emoticons on each one.

Emoticons are well and truly ingrained into the language of millennials. In fact, the GIF platform, Tenor*, published a survey last year that found that **36%** of this generation feel they communicate better with these little images than with words. **68%** of the young people surveyed said they could express their emotions better using emoticons and GIFs than anything else.

These dice are a resource for emotional literacy and wellbeing, as well as a way to help young people learn how to express their own stories and experiences. We've come up with a few games and activities you can play with them but the possibilities are endless.

*<http://time.com/4834112/millennials-gifs-emojis/>

Emoticon guide

The great thing about emoticons is that they offer a way of expressing things without words. The trouble is, do they mean the same thing to all of us or does your friend read your grinning smile as a panicked face? Here are all the emoticons

we've used on these dice, with a quick explanation of their common meanings. It's worth chatting through them with your group before you play, to draw out some of the meanings and uses they have for these little pictures.

 Smiling, happy, joy	 Quiet, secret, trust	 Handshake, agree, partner, decision, together, peace
 Cheeky, sarcastic, fun	 Thoughtful, considering, unsure	 Point, hands up, this way, that one
 Love, an "I love that!" response to something that has just been shared	 Sick, gross, ill	 Clapping, applause, well done, agree
 Grinning, very happy	 Shocked, surprised, hushed, amazed	 Prayer or high 5
 Winking, understanding, sharing a joke, sarcasm	 Blank, confused, unsure,	 Respect, wave, celebration
 Joy, laughing	 Confused, uncertain	 Fist, fist bump, respect, punch
 Crying, sad, upset	 Fire, hot, good, support, agreement	 Shrug, don't know, indifferent
 Sad, thoughtful, disappointed	 Stars, good, positive	 Bow, respect, reverence
 Suspicious, annoyed, not amused	 Speech, thought, opinion	 Facepalm, disappointment, resigned, disbelief
 Fear, shock, horror	 Heart, love	 Walk, journey, movement, direction
 Angry	 Eyes, see, notice, what is that?	 No, warning, bad
 Poo, bad, negative, everything's going a bit wrong	 Boom! Yes, agree, good	 Selfie

Some ways to use the Youthscape Dice...

Using the dice in mentoring

Take a set of dice into a 1:1 mentoring session and use them to start discussion. They're really useful for young people who struggle to express their emotions, or for starting to talk about emotions at arms length before moving into more personal conversation.

Using the dice in small groups

The dice are great for getting small groups talking, whether that's just as an ice breaker before moving on to other things, or to stimulate discussion about emotions. From discussing what each symbol means to individuals in the group to the joint telling of a story, they'll get any group expressing emotions.

Emotional literacy

Emotional literacy is the ability to know, understand and express your own emotions and to have empathy for others'. This develops throughout life but particularly in the early years and teenage stages. Using these dice will help young people develop the vocabulary to be able to properly communicate their feelings and emotions. Hearing others do the same will help them experience how others express similar feelings, building empathy and understanding.

Faith development

Some of the games on the reverse of this sheet are also useful for helping young people with faith development, in terms of expressing their faith and telling their story. **Game 4** is particularly good for this, with the option for you as youth worker to include the additional challenge of "tell us your faith story" when you introduce the game. Getting used to telling their faith story (or testimony) is good evangelism practice for young people.

1. Claude Steiner, <http://emotional-literacy-training.com/wp-content/uploads/2015/09/Steiner-Emotional-Literacy.pdf>

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