



Gimme Your Hearts

Description

Supplies

- Candy hearts
- Dice
- Print out of [Gimme Your Hearts game sheet](#)

Description

Students practice controlling themselves during this dice game of chance.

How to Play

1. Students sit in a circle of 8-12 students.
2. Each group has one die and a game sheet.
3. Give each student 4 candy hearts and put the remaining candy hearts in the center of each circle.
4. One at a time, students roll the die and do the action that corresponds with the number they rolled.
5. Remind students that life is full of surprises, but to remain in control when surprises occur.
6. This continues until time is up. Students who remain in control can eat their candy hearts during the reflection questions.

Activity Prompts for Reflection

- Did anyone feel stressed during this game? How did you respond?
- What emotions did you feel during this game?
- What happens to your body when something doesn't go your way?
- What helped you remain calm during this activity?

Other Ways to Play

- Give groups 2 dice and double the numbers on the sheet.
- Instead of candy hearts, use any other treat you might have that students like.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15 minutes

Themes

1. Food