



#FontanaTogether

D-Ice Breakers Game



At times it's easier to get angry than to work through whatever is getting you upset.

Materials:

- Dice & D-Icebreakers
- Handout



Instructions:

1. Now for this activity we will be needing a dice. This activity could be done with your whole family or even your friends. Try to sit in a circle where you are able to see everyone's face.
2. This activity helps us better understand how to manage those things that get us upset. It also helps manage anger and problem solving techniques.
3. Use the Number Code Sheet below to answer questions based on the number you roll

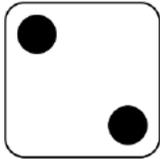
Reflection:

Please share what you think of that is meaningful.

D-ICEBREAKERS



If you could go anywhere in the world, where would you go?



If you were stranded on a desert island, what three things would you want to take with you?



If you could eat only one food for the rest of your life, what would it be?



If you won a million dollars, what is the first thing you would buy?



If you could spend the day with one fictional character, who would it be?



If you found a magic lantern and a genie gave you three wishes, what would you wish?