

Behavioural Activation Dice



Welcome to the game of Behavioural Activation Dice!



In this adventure, we'll tackle the **highs** and **lows** of emotions head-on.

Most times, we let our **moods** rule our behaviours. It goes on as a cycle when we don't do what we want due to or moods and then we feel worse.

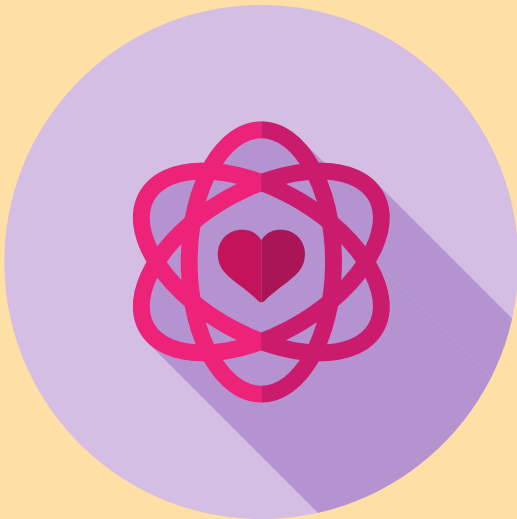
Here, we'll wield our **values** and **strengths** to set small goals and take charge, in order to replace negative with positive behaviours to feel better!

Join the quest to conquer negativity and unlock your full potential!

How Do We Play?

**A grid of values will be
shown to you.**

**Choose one of the values that
is most important to you.**



....Roll the dice!



When we choose our actions based on what we value the most, it would help us form simple goals.

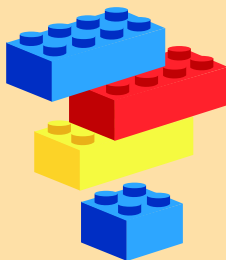
The dice will land on **one of these actions, after rolling the dice.**



Journal



Express



Build On

Based on the value you choose, the dice will be rolled. Whichever action the dice lands on, the particular task/ action has to be done on the spot.



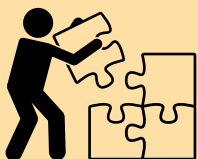
**If the value you chose was
family,**



**Express what your family
means to you.**



**Journal about a happy
memory with your family.**



**Act out about a thing you
would do for your family.**



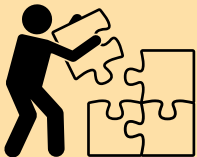
**If the value you chose was
friends,**



Express how your friends
make you feel.



Journal about one quality
that's important in a
friendship.



Act out to describe
your friend.



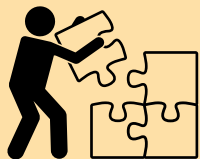
**If the value you chose was
discipline,**



Express an obstacle to
being disciplined.



Journal an area you'd like to
be more disciplined in.



Set a reminder for an area
you'd like to be more
disciplined in.



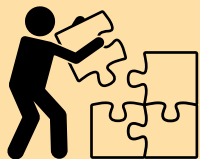
**If the value you chose was
creativity,**



Express one area in which
you are creative.



Journal about your source
of creativity.



Look at nature around
you/Listen to music



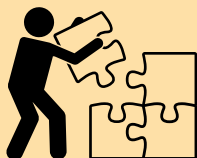
**If the value you chose was
compassion,**



Express a symbol to depict
compassion.



Journal about a
compassionate experience.



Do an act of kindness



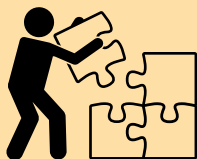
If the value you chose was Well-Being,



Express anything that
contributes to your well being.



Journal about how you define
well being.



Do an act which is in sync
with your wellbeing.