

# Little Soul Adventures

## Resilience Roll & Reflect Game

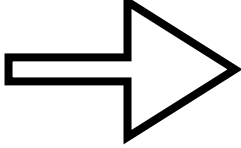
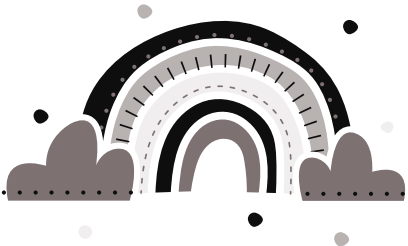


Introducing "Little Soul Adventures: Resilience Roll & Reflect Game" - an exciting game that combines fun with learning about resilience! Roll the dice, answer questions, and embark on a journey to strengthen your resilience skills. Here's how it works:

1. Roll the Dice: Take turns rolling the dice. Move your game piece the number of spaces indicated.
2. Answer Resilience Questions: When you land on a space with a number, pick a question card with the corresponding number. Answer the question out loud or with your friends.
3. Explore Your Resilience: Questions are designed to spark thoughtful conversations about challenges, positive thinking, and bouncing back from setbacks. Share your experiences and ideas with others.
4. Picture Spot: If you land on a spot with a picture, you get a breather! Take a moment to relax and observe the picture without answering a question.
5. Collect Points: Keep track of your points as you move along the game board. Each thoughtful answer earns you a point, showing your growing understanding of resilience.

"Little Soul Adventures: Resilience Roll & Reflect Game" is not just a game; it's a journey of self-discovery and growth. Play with friends, family, or classmates to enhance your ability to face challenges with a positive mindset. Let the dice guide you toward a stronger, more resilient you!

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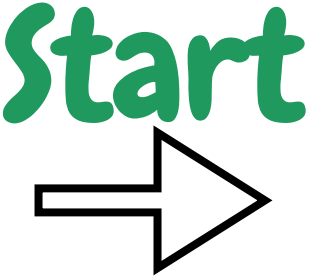



## Resilience Roll & Reflect Game

<p>1</p> <h1>Start</h1> 	<p>2</p> <p>Share a story about a time when teamwork helped you overcome a difficult situation.</p>	<p>3</p> 	<p>4</p> <p>How do you show gratitude and focus on the positive aspects of your life, even when things are tough?</p>
<p>5</p> <p>Name three positive qualities about yourself that can help you overcome difficulties.</p>	<p>6</p> <p>When have you had to adapt to a change. How did you handle it and find a solution?</p>	<p>7</p> <p>What is a challenge you have faced recently, and how did you overcome it?</p>	<p>8</p> 
<p>9</p> <p>When have you felt proud of your accomplishments. How did your hard work pay off?</p>	<p>10</p> 	<p>11</p> <p>Share a time when you felt frustrated. How did you handle that frustration?</p>	<p>12</p> <p>When did you need to be patient and wait for something. How did you manage your patience?</p>

<p>13</p> <p>Think of a setback you experienced. How did you bounce back and keep moving forward?</p>	<p>14</p> 	<p>15</p> <p>When did you try something new and struggled, but eventually succeeded.</p>	<p>16</p> <p>What goal have you set for yourself. What steps will you take to overcome challenges and reach your goal?</p>
<p>17</p> 	<p>18</p> <p>When have you felt anxious. What strategies did you use to calm your mind?</p>	<p>19</p> <p>How do you stay motivated and focused when things get tough?</p>	<p>20</p> 
<p>21</p> <p>Who inspires you with their resilience. What qualities do they have that you admire?</p>	<p>22</p> 	<p>23</p> <p>When have you made a mistake. How did you take responsibility and learn from it?</p>	<p>24</p> <h1>Finish</h1>

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9 When have you felt proud of your accomplishments. How did your hard work pay off?	10 	11 Share a time when you felt frustrated. How did you handle that frustration?	12 When did you need to be patient and wait for something. How did you manage your patience?

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