## Little Rollers

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sadness, stress or anger.

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Little Rollers are unique activity dice that are designed for use in lower primary school classroom to help young children recognise and build healthy habits in order to regulate their emotions. They are made out of a variety of sensory materials and are safe to use in a classroom environment. Each dice is colour coded and includes activities that specifically correspond with an emotion or feeling, such as

When a child feels an overwhelming emotion they can approach their teacher who will prompt them to use the dice. The child will roll the dice and complete the activity that it lands on. There are accompanying posters that help

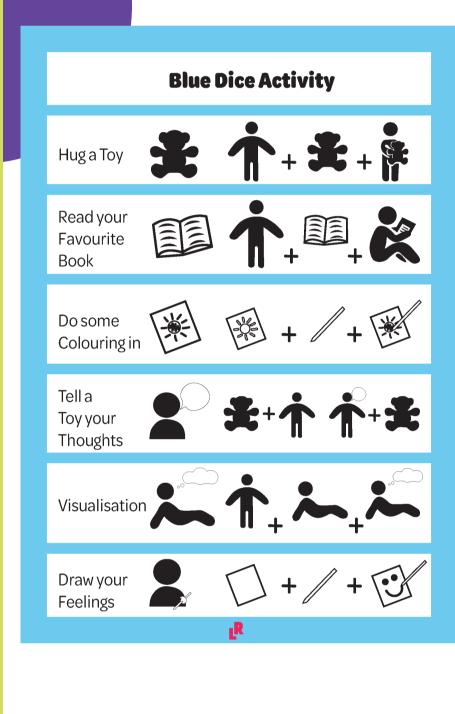
remind the child how to do the activity.

After the child has finished the activity they will complete a reflection sheet. This allows the teacher, child and their parents to see which activities are the most beneficial. It also means that parents can start using these activities with their children outside of the classroom.

There is also a teacher's handbook that accompanies the dice which helps guide the teacher through the use of the dice and how to teach the activities.













## **About Little Rollers**

Little Rollers are dice that are made specifically for classroom use. They are designed to help children recognise their emotions and to help them build healthy habits. Each dice has an icon printed on each side. When the dice is rolled it will land on one of the action icons. The icons are explained in further detail in this handbook and are easy to teach to your class. There are also posters that go with this handbook that can be hung in the classroom as a

reminder to the children what each task is. When a child feels stressed, sad, angry or any other emotion they can use the Little Rollers dice to help them do an activity that will allow them to regulate their emotions in a healthy way. This also helps children build healthy habits around

emotional regulation and lets them to explore a range of habits that they find We understand that this happens during class time, so each activity is a healthy habit builder that can be undertaken in less than 5 minutes. It is just a little break from learning, way to regulate emotions and re-focus to learning again.



