

Little Rollers

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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 sadness, stress or anger.

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.



Green Dice Activity

- Listen to Music**: + +
- Do some Colouring in**: + +
- Yoga Poses**: → →
- Deep Breaths**: + + +
- Sensory Activity**: + + + +
- Take a Break**: (1 2 3) + (8 9 10) + (19 20)

Blue Dice Activity

- Hug a Toy**: +
- Read your Favourite Book**: +
- Do some Colouring in**: + +
- Tell a Toy your Thoughts**: +
- Visualisation**: +
- Draw your Feelings**: + +

Red Dice Activity

- Listen to Music**: + +
- Caterpillar Breaths**: (1 2 3) + (8 9 10) + (19 20)
- Take a Break**: (1 2 3) + (8 9 10) + (19 20)
- Jumping Jacks**: +
- Throw and Catch**: +
- Draw your Feelings**: + +

Reflection Sheet

Name: Sammy Date: 2/6/23

What dice are you using?

Sad Stressed Angry

How are you feeling after this task?

Happy Sad Worried Angry

What activities you completed on the dice:

Little Rollers Teacher's Handbook

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 die has an icon printed on each side when the dice is rolled will land on one of the action icons. The icons are explained in the manual 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 ideas that they can try for themselves.

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.

How to use

We recommend explicitly teaching each activity to the students before introducing the dice to allow this to become a self-done task.

A great opportunity for this is via a group activity. Create 3 groups, giving a dice to each group. When a student rolls the dice, all group members undertake that activity, to allow for recognition between the icons and the actions. Continue until each member has rolled the dice and activities have been completed.

A student asks the teacher to use the dice by recognising how they're feeling.

+ The student rolls the dice in a quiet corner of the room and completes the activity with teacher supervision.

+ Once the activity is finished, the student completes the reflection form and gives it to the teacher to check off.

Listen to Music

Grab your headphones + Play your favourite song + Dance away the anger!

Do some colouring in

Find a blank colouring sheet + Find some colourful pencils + Colour in!

Yoga Poses

Try balancing on one leg! + Sit cross-legged and take deep breaths + Put your hands above your head and do a big stretch

Deep Breaths

Deep breath in through your nose + Breathe out through your mouth + Repeat another 5 times