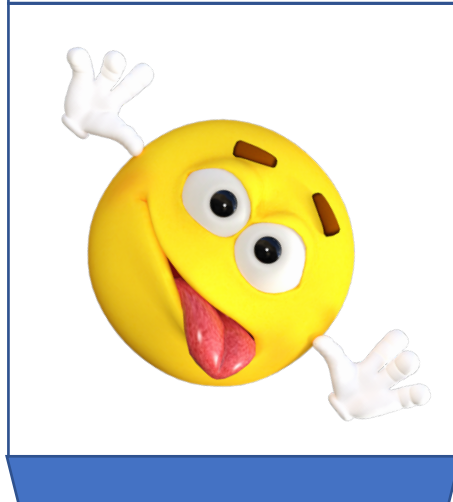
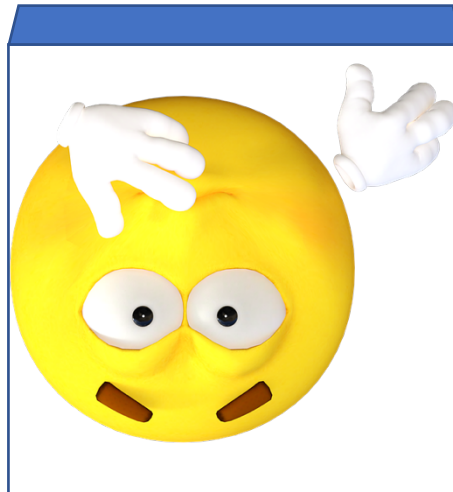


# Emotional Regulation Dice



## Emotional Regulation Dice

Describe  
the emoji

Copy the  
face

What  
emotion is  
this?

When have  
you felt like  
this?

How might  
the emoji  
sound?

Why might  
the emoji  
feel like this?