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At **ThinkPsych**, we know that emotional intelligence is essential for a happy life. Our expert-designed games help kids effortlessly develop skills that will serve them for a lifetime. Join us in making social-emotional learning engaging and fun - exactly as it should be.

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## ANGRY



**Talk About It:** Get some help or just vent to someone you trust.



**Star Stress Ball:** Squeeze tight to release muscle tension. **Bonus:** trace the star points with your finger while you breathe in and out.



**Dragon Breath:** Breathe in cool, calm air. Imagine breathing out hot, angry air like a dragon.



**Drink Cold Water:** Cold can decrease the body's "fight or flight" response.



**Walk:** Movement releases endorphins and can help you shift perspective.



**Cool Angry Thoughts:** Substitute angry thoughts with calm thoughts like "Maybe I can do it later."

## WORRIED



**Face the Fear:** Easier said than done, but just do it and don't look back!



**Muscle Relaxation:** Try tensing and relaxing your muscles one by one.



**Positive Self Talk:** Tell yourself that things will be OK and you can handle it!



**Visualization:** Imagine a place where you feel calm and at peace.



**Exercise:** Move your body with jumping jacks, push ups, or trunk twists.



**Mindful Mat:** Move the marble through the path. Inhale when moving the marble down, and breathe out while moving it up!

## SAD



**Mindful Movement:** Do a gentle yoga pose or a silly dance.



**Music:** Listening to music can help lift your mood and get you moving.



**Hug:** Find a person you trust or a stuffed animal and give them a big hug.



**Talk to a Friend:** Get emotional support and make some plans!



**Write & Draw Board:** Journal or draw how you're feeling to help process your emotions.



**Laugh Out Loud:** Read a joke book, think of a funny story, or watch a laugh-out-loud show.

## BORED



**Connect:** Find someone to have a conversation with.



**Play:** Play a game with someone or do a puzzle on your own.



**Explore:** Go outside and find something interesting to examine in nature.



**Read a Book:** Pick up an old favorite or start a new adventure.



**Move:** Dance to your favorite song and sing along.



**Art & Crafts:** Color, draw, or use clay. Make funny masks or decorate a rock.

For more ideas, look at the included "Boredom Busters" card.



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# ROLL WITH IT

The Coping Skills Kit

## Instructions

## Introduction

**Roll With It** is an educational toolkit to help kids learn coping skills. This set is designed to help kids cope with **four primary emotions**: anger, anxiety, boredom, and sadness.

## Contents

“How Do You Feel” Card  
“Boredom Busters” Card  
4 Coping Skills Dice  
Anxiety Soother Mindful Mat  
Star Stress Ball  
Write & Draw Board



## Quick Start

1. Ask your child to pick an emotion from the “**How Do You Feel**” card. Take note of the emotion’s background color.
2. Roll the matching color dice to choose a coping skill for that emotion. For example, roll the red dice for angry.
3. Flip this sheet over for an explanation of the pictures.

## Our Mission

ThinkPsych was founded by psychologists Dr. Anton & Dr. Rebecca to bring evidence-based social emotional learning to kids worldwide. We created **Roll With It** to help kids learn essential coping skills so that they can live happier, better lives.

## Learn to Roll With It

This set is focused on **four primary negative emotions**: anger, anxiety, boredom, and sadness. Other negative emotions can be considered “shades” of these primary four. For example, “annoyed” is a softer shade of anger while “furious” is a stronger shade. Each dice in the set teaches coping skills for one of these emotions. For example, the **red** dice teaches kids what to do when **angry** and the **blue** dice teaches kids what to do when **sad**.

In addition to the dice, we include three coping tools in this toolkit - the star stress ball, the anxiety soother mindful mat, and the write & draw board. However, these are just the start of your kid’s toolkit! **We encourage you to add to it** with any additional fidgets, toys, and objects that help your child feel better when they’re upset. The handle on top of the box encourages portability - bring it wherever your child needs it!

## Detailed Instructions

### Step 1: Identify the Emotion

Ask your child to choose how they’re feeling from the “**How Do You Feel**” Card. Note the background color of the emotion they picked. This color shows which dice to roll.

*Note:* At first, some kids will need help identifying their emotions accurately. For example, they may say they’re feeling “silly” when they’re actually feeling “scared” or “bored.”

### Step 2: Time to Roll

Roll the dice that matches the emotion’s color from the chart. For example, roll a blue dice for disappointed or sad. For green emotions, there’s no need for a coping skill. You can still roll a dice to practice coping skills for another time (see step 4).

### Step 3: Do the Coping Skill

Each dice has 6 coping skills to help kids with the emotion they’re feeling. Once they roll the dice, flip this sheet over to see what each picture means and do the coping skill shown.

*Note:* When you roll the purple dice, look at the “Boredom Busters” card for more fun activities associated with each picture.

### Step 4: Practice Often

At first, use the dice when your child is calm or only a little upset. It’s hard to learn new skills when **very** upset. Explain that you’re practicing for when they really need these skills.

## Frequently Asked Questions

***What if my child picks an emotion but I think they’re actually feeling something else?***

This happens often. A lot of children will need help accurately identifying their emotions. You can gently prompt them with what you think they could be feeling and roll the matching dice.

***What if they pick multiple emotions?***

Great! This can be a sign of good emotional intelligence. We can, of course, experience multiple emotions at once. You can either choose one emotion to focus on and roll the matching dice, or roll two dice to address both emotions!

***What if my child won’t do the coping skill?***

Ask them to roll again and try another skill. If possible, help them do the skill. Encourage them to practice the skills when they’re calm to get better at using them.

***What if the coping skill doesn’t work?***

That’s OK, ask them to roll again and try another skill! Not all skills work equally well for all kids.

