

Feelings Cube Activity for Blizzard Bag  
Melinda Olds, School Adjustment Counselor

Feelings Cube

Cut along the lines and tape together into a cube.

Roll the Feelings Cube, when it lands on a feeling,

tell about a time you felt that way.

Identify a coping skill to use for that feeling.

Roll the cube until each feeling has been discussed.

Finally, identify 3 coping skills that work the best for you.

