

DISCOVERY DICE

Three printable, choice-based dice for regulation, focus, and social connection.

AGES 5+

PRINT + BUILD

ADULT CUTTING

CHOOSE OR PASS

HOW TO USE

1

Print the three templates. An adult cuts, folds, and tapes each die.

2

Choose the die that fits the moment: Emotional Regulation, Focus Booster, or Social Connection.

3

Roll, read, and decide: try the prompt, adapt it, roll again, or pass. The die offers choices; it does not give commands.

4

Notice what helped. Invite the child to write or draw a replacement prompt on a sticky note for next time.

WHY IT HELPS

Predictable choices can make practicing regulation, attention, and connection feel playful. Choice and adaptation keep the activity supportive for different bodies and communication styles.

INCLUSIVE PLAY

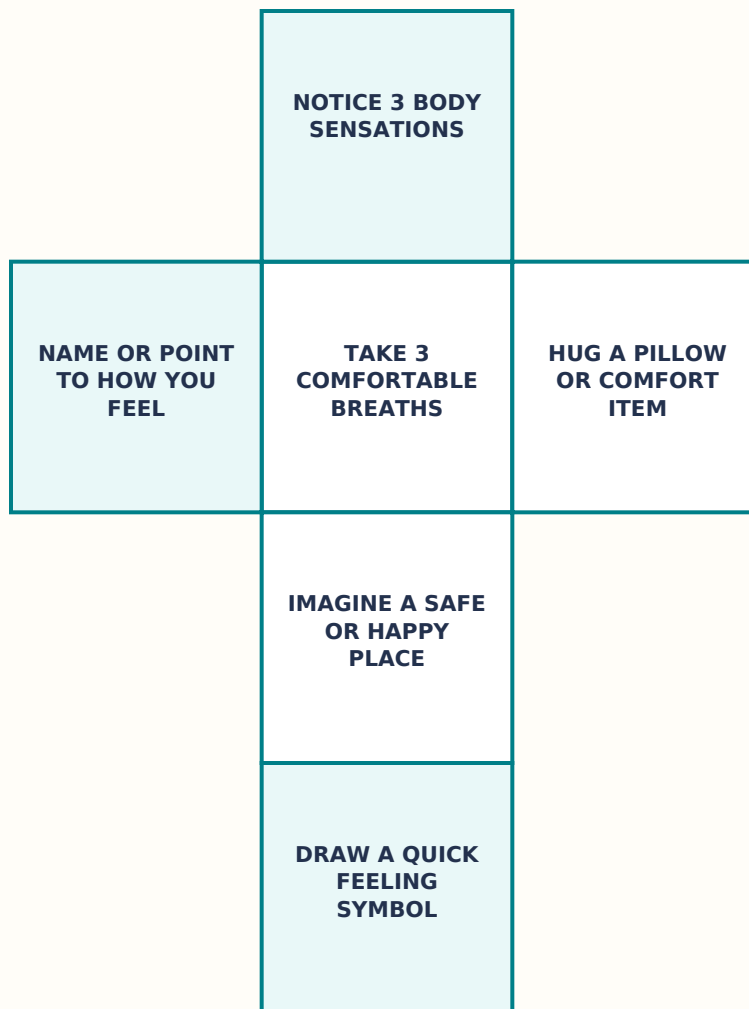
No eye contact, speech, jumping, touching, or deep breathing is required. Model consent by treating pass, another way, and not right now as complete answers.

SUPPORT + SAFETY

Adult supervision is required for scissors and small pieces. Use lightweight paper or cardstock. Stop any movement that causes pain, dizziness, distress, or instability.

EMOTIONAL REGULATION DIE

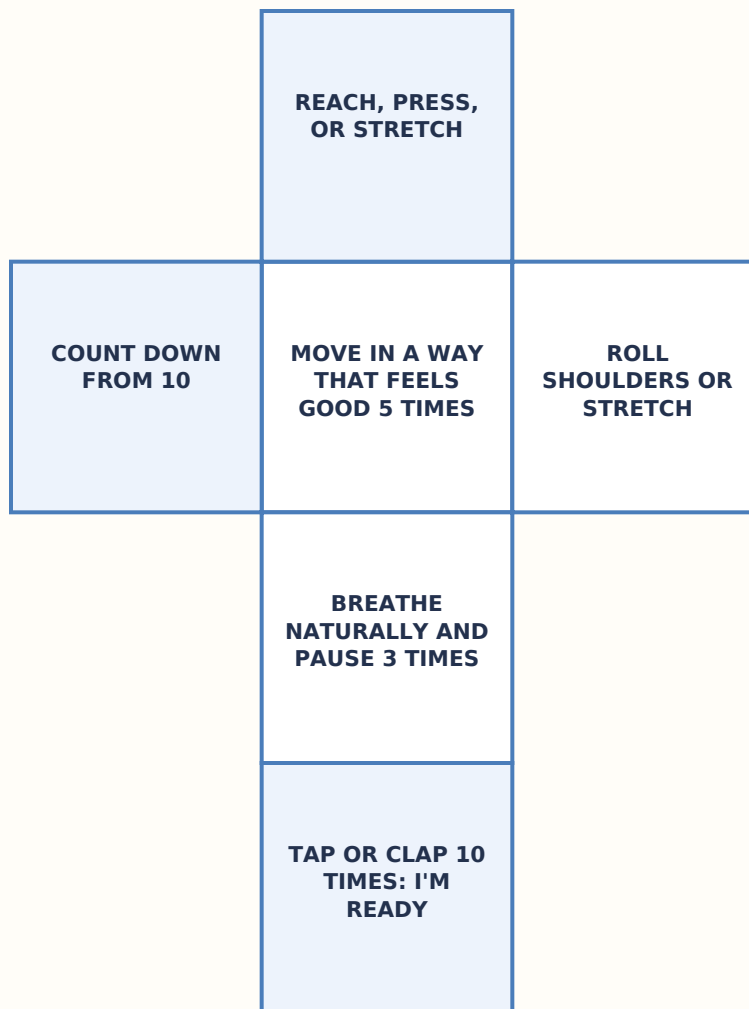
Small prompts for noticing and steadying - always by choice.



Adult: cut around the outside edge of the connected squares, fold along the interior square lines, and tape the cube edges securely. Read each prompt aloud or support the child in choosing another prompt.

FOCUS BOOSTER DIE

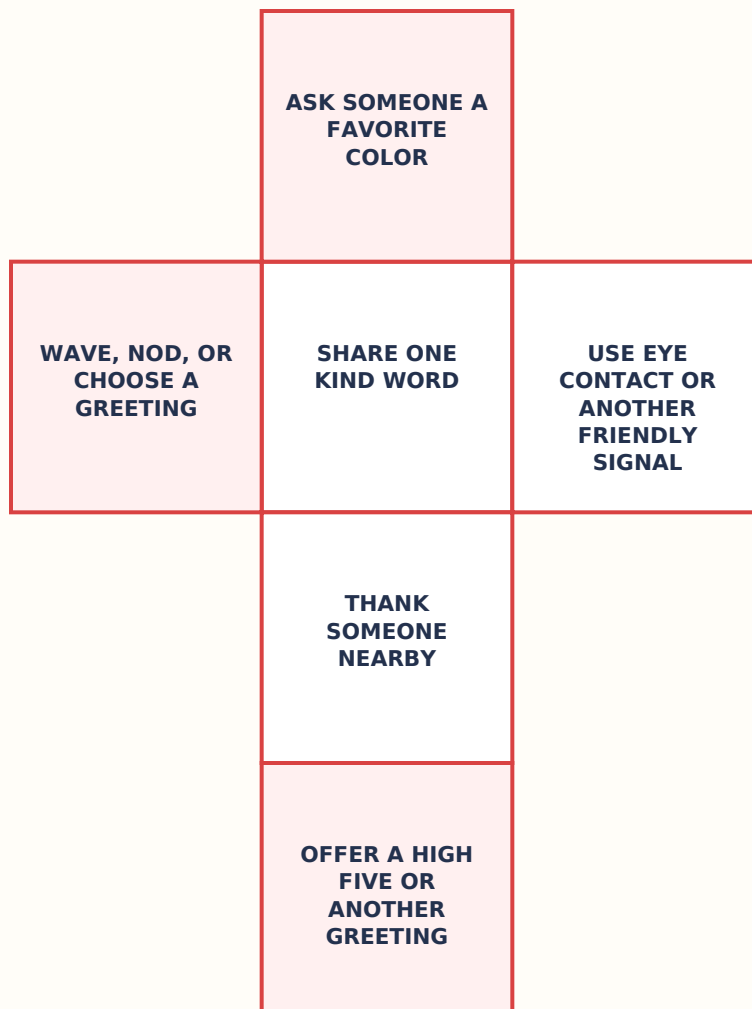
Accessible movement and attention prompts that can be adapted.



Adult: cut around the outside edge of the connected squares, fold along the interior square lines, and tape the cube edges securely. Read each prompt aloud or support the child in choosing another prompt.

SOCIAL CONNECTION DIE

Connection can include words, gestures, shared attention, or quiet presence.



Adult: cut around the outside edge of the connected squares, fold along the interior square lines, and tape the cube edges securely. Read each prompt aloud or support the child in choosing another prompt.