

The '6 ways to smile' dice game!

What is the '6 ways to smile' dice game?

This is a fun and easy way to use the ideas from the '6 ways to smile' in your everyday routines. You can play the '6 Ways to smile' dice game whenever you like - before any journey, if you are out and about, or even if you are at home!

What do I need to play the game?

You just need a dice - you can use our 'Smile' dice or any other dice with numbers.

How do I play the game?

a. Each number of the dice 1-6 represents each one of the '6 ways to smile':

1 = Speak (see pages 3-4 of the [6 ways to smile with young children activity ideas](#) for ideas)

2 = Move (see pages 5-6 for ideas)

3 = Imagine and Play (see pages 7-8 for ideas)

4 = Learn (see pages 9-10 for ideas)

5 = Enjoy (see pages 11-12 for ideas)

6 = Help someone else smile (see pages 13-14 for ideas)



b. Before any journey, if you are out and about, or even if you are at home, just roll the dice to choose which of the '6 ways to smile' to focus on.

c. For example, if the dice lands on **1**, focus on **speaking** about different things with your child.

d. You can use the dice before you go out on any trip, and take it with you to change the focus along the way!

e. You can also use the dice at home when you are doing things with your child.