An exercise for a good time - dice game

You and your child fhrow two dice in turns. Drawn numbers refer to the numer of the question. For example, your child throws ten in total , so you read him/her the question numer 10 and then ypu take turns.

2. What is a small but valuable achievement you have had recently?

3. What made you happy in the last month? What have you stareted doing differently as a result of this achievement?

4. When was the last time you felt satisfied with a relationship with another person?

5. When was the last time something touched your heart?

6. When was the last time you felt effective?

7. When and how did you last take care of yourself?

8. When was the last time you got satisfaction from your work/studies?

9. When was the last time you had time for yourself and how did you use it?

10. When was the last time you had fun?

11. When was the last time you had the feeling of doing something useful?

12. What your dream has come true recently?