Sometimes life is fun and great. Other times life can get a little tough. Whether life is great or tough we could all use a little reminder to take care of ourselves and the people around us. The Dice of Wellness is just the thing to give you a little boost. Give it a roll, a toss, or a throw and see what the dice reminds you to do.

**RULES & SUGGESTIONS**

- At least one hand should be used to throw the Dice of Wellness
- Do not throw the Dice of Wellness at your own face
- Do not throw the Dice of Wellness at someone else’s face
- Enjoy the Dice of Wellness
- If you enjoy the Dice of Wellness perhaps you should make one for a friend so that they can also practice some wellness tips

**INSTRUCTIONS**

1. Using scissors cut out the Dice of Wellness around the edges. Tip: Be careful not to cut off any tabs
2. Fold all of the black lines, and shape the Dice of Wellness into a ball-ish shape to determine flap placement.
3. Using some kind of sticky device (glue, double sided sticky tape etc.) stick the flaps in place. The last one is the trickiest.

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