



# NAME THAT TONE!

LEVEL UP YOUR COMMUNICATION



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# NAME THAT TONE! GAME

Have you ever heard the phrase, “It’s not what you say, but how you say it”? The tone of voice you use when you’re speaking can communicate your words more powerfully than the words themselves. In this game, you’ll see how the same words take on totally different meanings and create different feelings based on the way you say them.

## GAME PIECES:

1. Cubes (three varieties)
2. Tone cards
3. Emoji cards

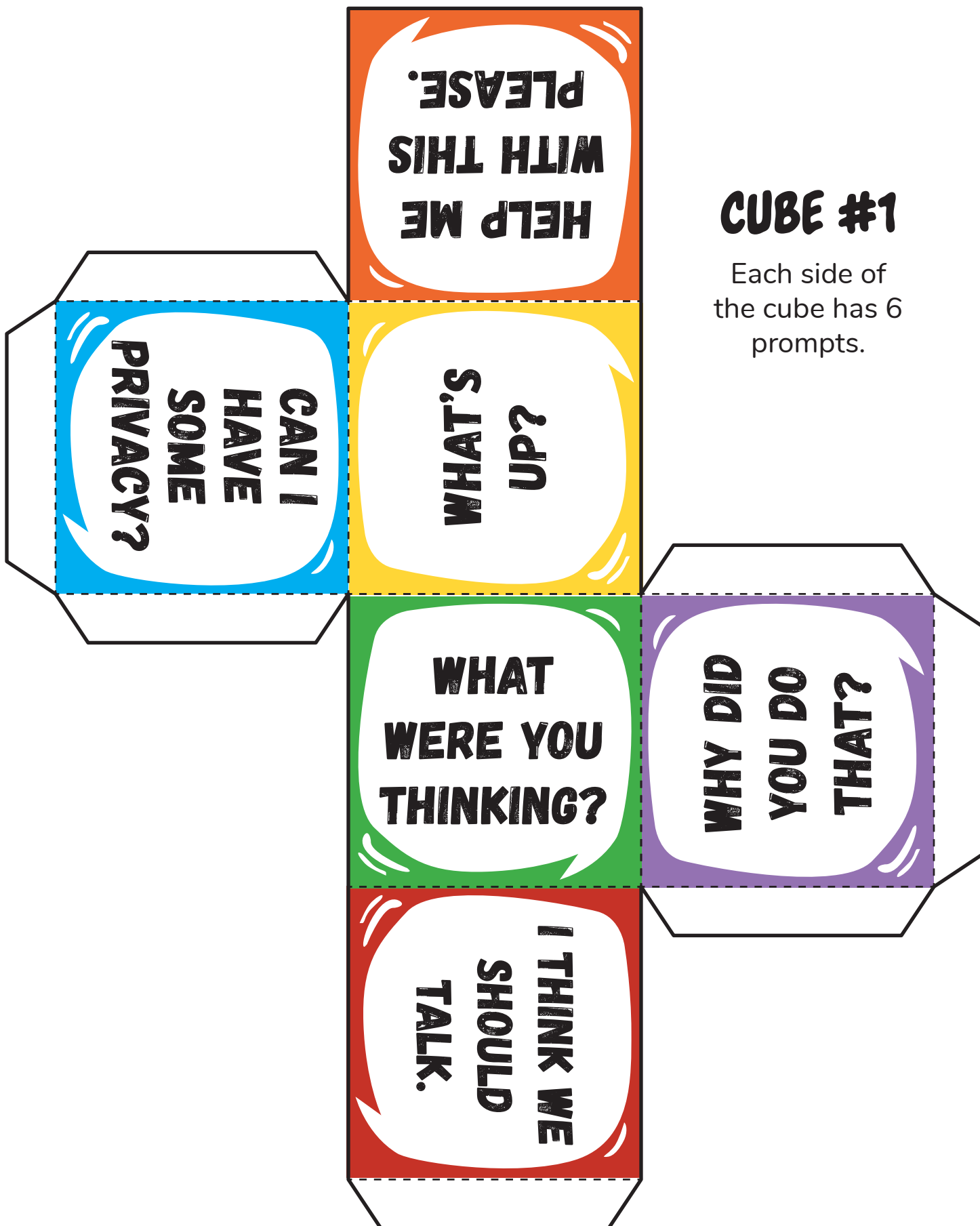
## CONSTRUCTING YOUR CUBES:

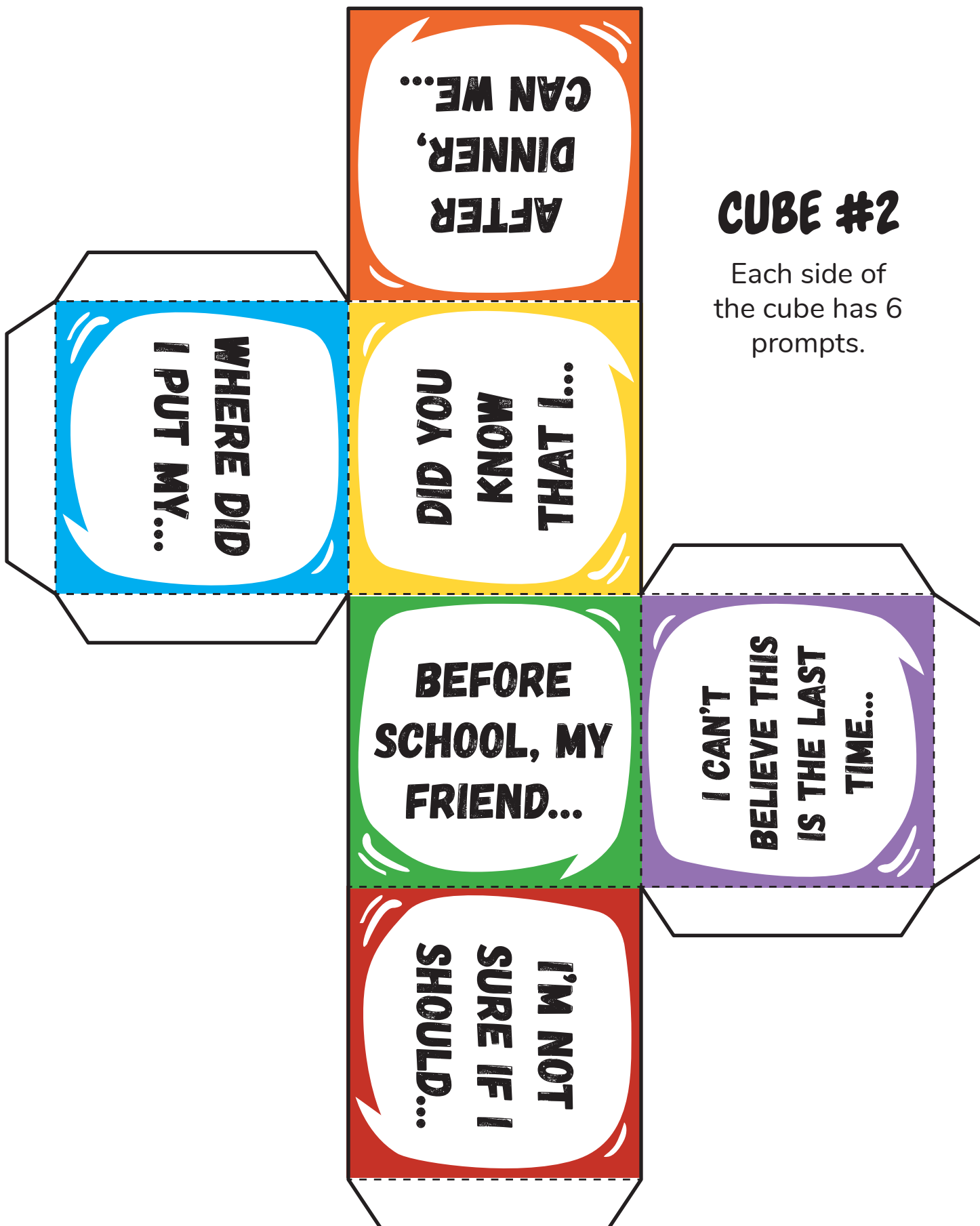
1. Print out your cube template. Regular printer paper will work, but cardstock will make a sturdier cube. If you’re printing out a blank template, now is the time to decorate it!
2. Cut along the solid lines.
3. Fold along the dashed lines, making sure not to forget the tabs.
4. Apply tape or glue to the tabs. Attach the tabs to adjacent faces to construct your cube!

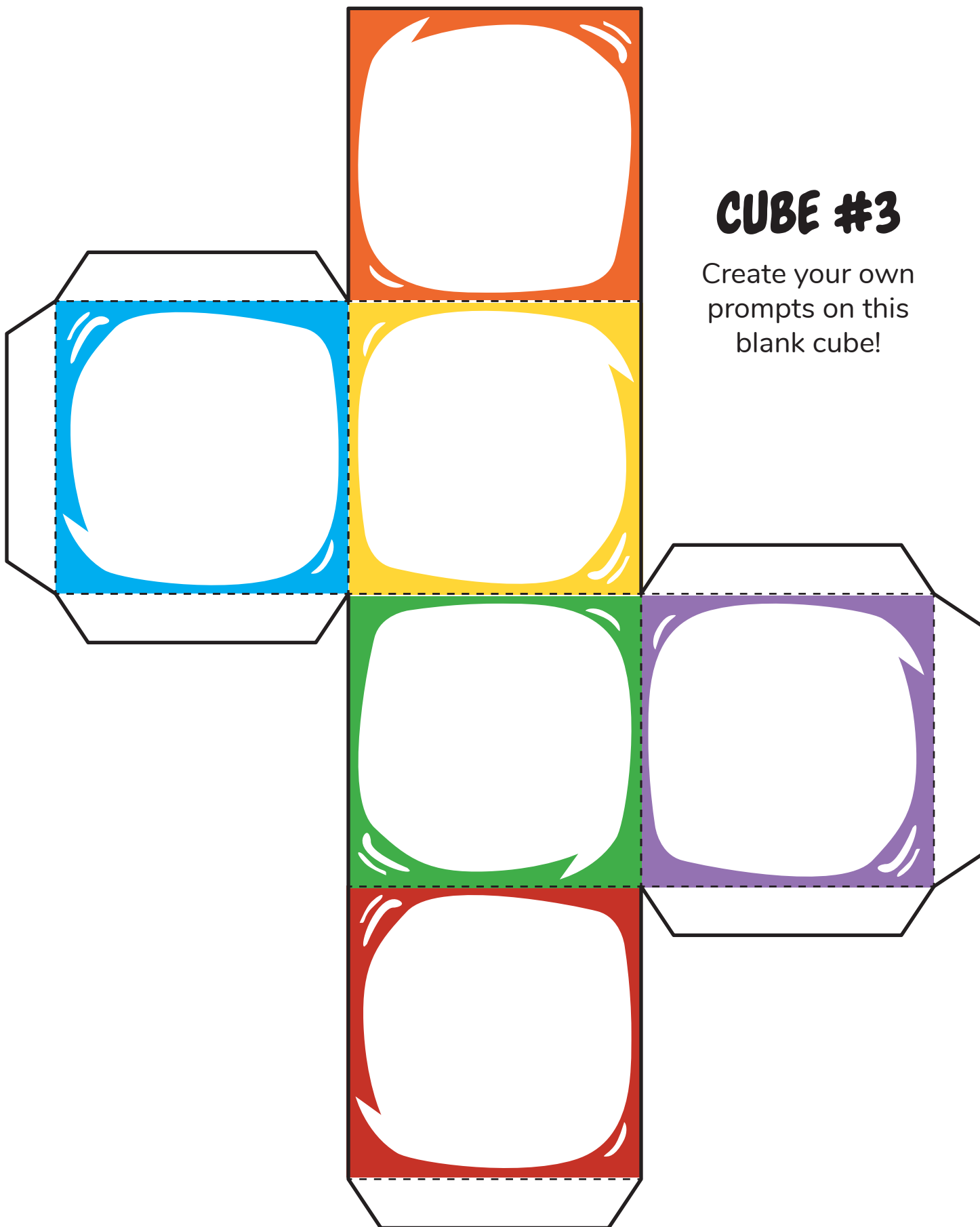
## GAME RULES:

1. Before you start, make sure you have a cube constructed as well as your tone and emoji cards cut out.
2. Choose 1 cube to use for the game.
3. Pass out an emoji card to every player as well as a pencil.
4. Shuffle and place the tone cards face down.
5. The youngest player begins by rolling the cube and taking a tone card that no one else should see.
6. The player that rolled the cube says the phrase on the cube using the tone of voice on the tone card. (If you are using the prompt cube, make sure to create a full sentence.) You can move on to step #7 or have the same player choose another tone card and say the same phrase.
7. Everyone else circles how they feel on their emoji card and then says the feeling out loud.

There are lots of variations of this game you could create. Have a fun one? Share with us at [go@gozen.com](mailto:go@gozen.com). We’d love to hear!



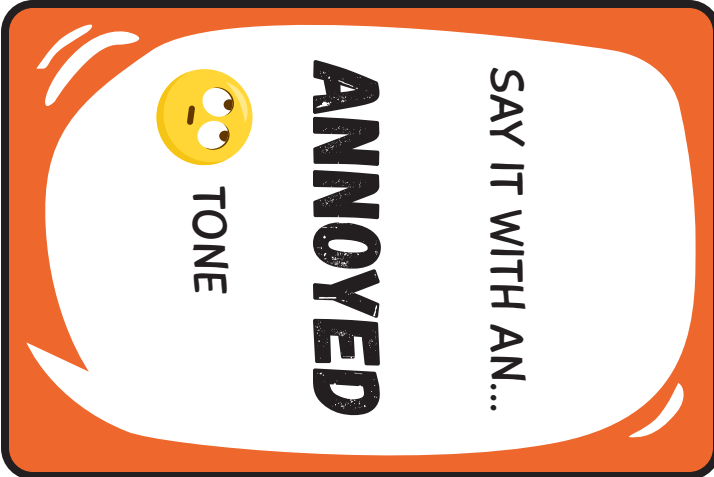
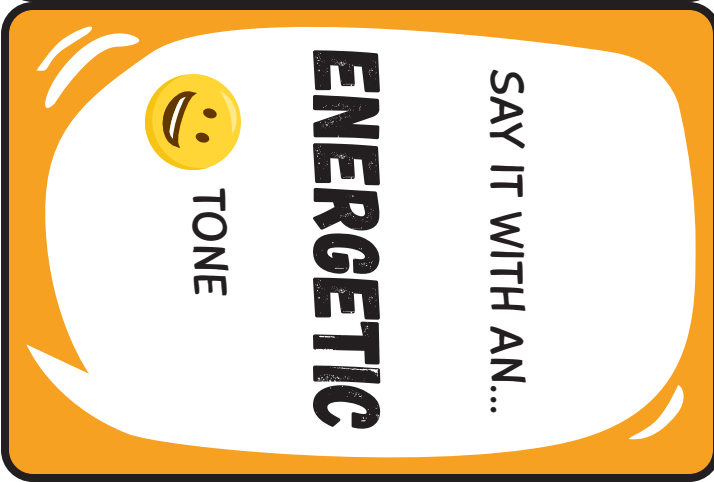




## **CUBE #3**

Create your own  
prompts on this  
blank cube!







tone

**PANICKED**

SAY IT WITH A...



tone

**COMPASSIONATE**

SAY IT WITH A...



tone

**DISGUSTED**

SAY IT WITH A...



tone

**SATISFIED**

SAY IT WITH A...



tone

**NERVOUS**

SAY IT WITH A...



tone

**DISINTERESTED**

SAY IT WITH A...



tone

**MISERABLE**

SAY IT WITH A...

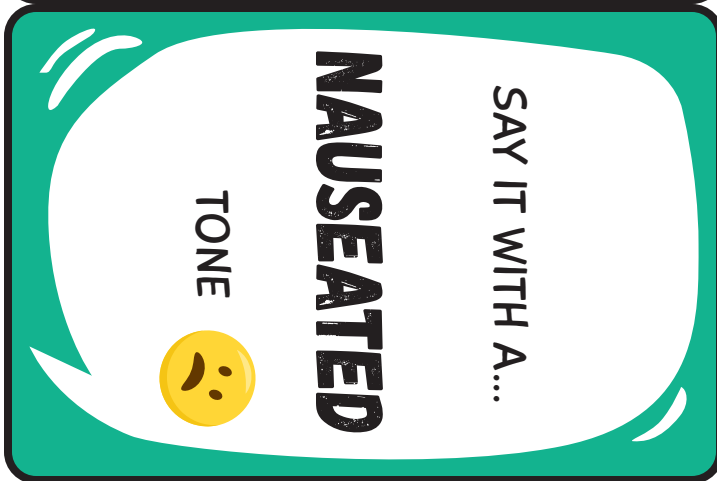
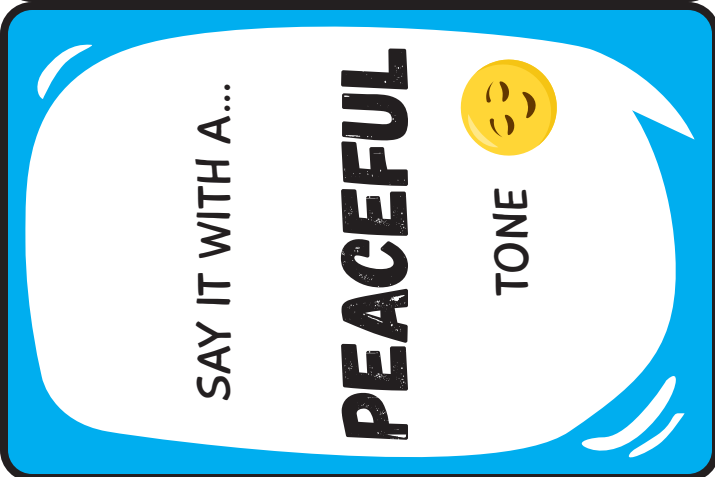


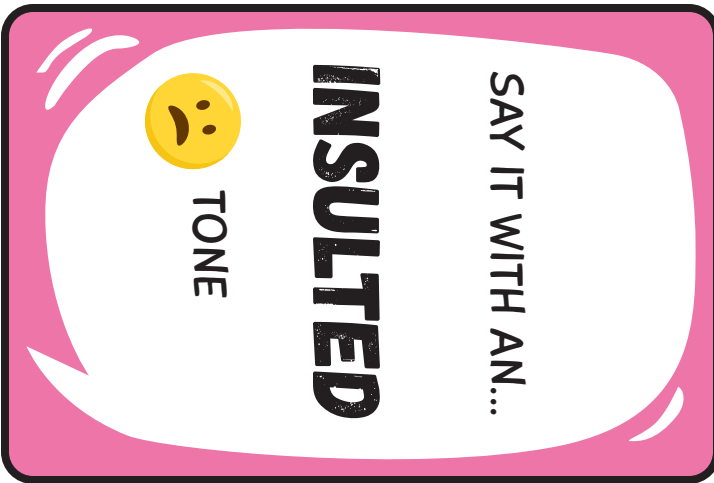
tone

**STRESSED**

SAY IT WITH A...





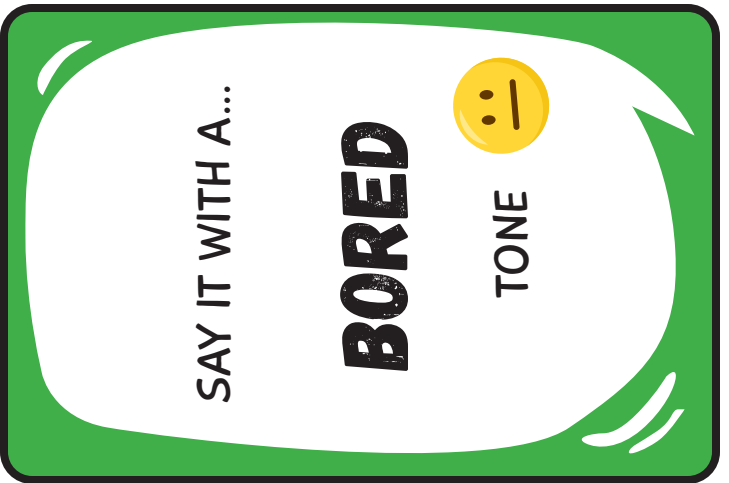


**INSULTED**

SAY IT WITH AN...

🙄

TONE

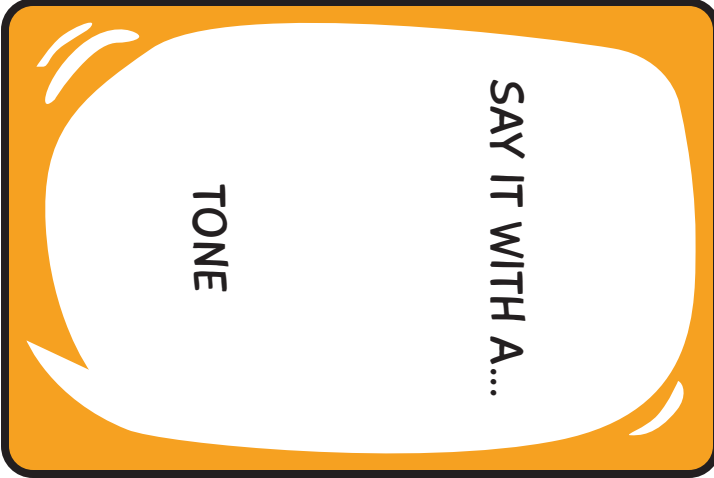


**BORED**

SAY IT WITH A...

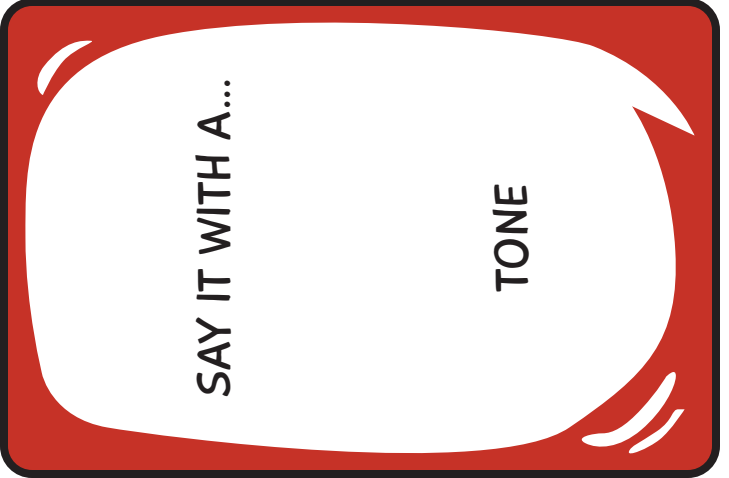
😐

TONE



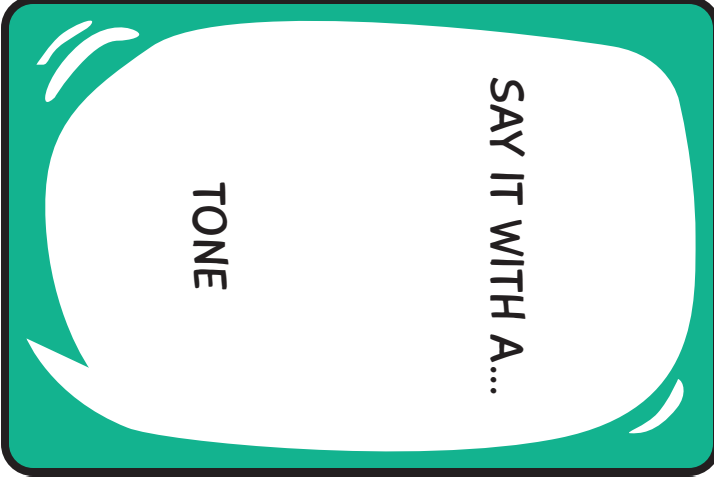
SAY IT WITH A...

TONE



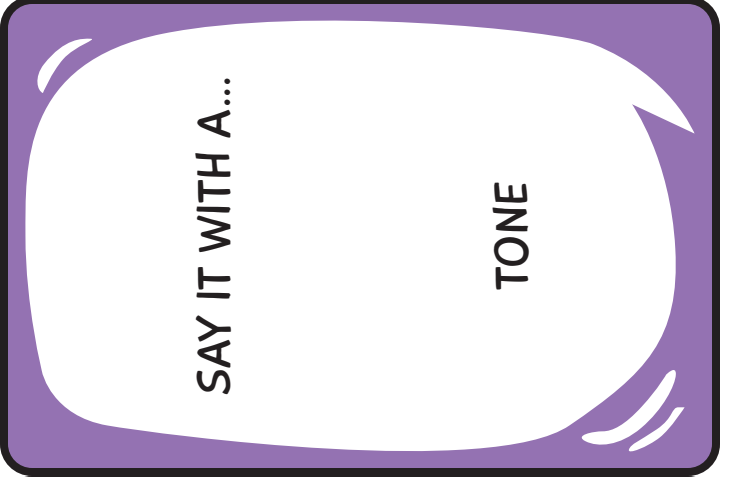
SAY IT WITH A...

TONE



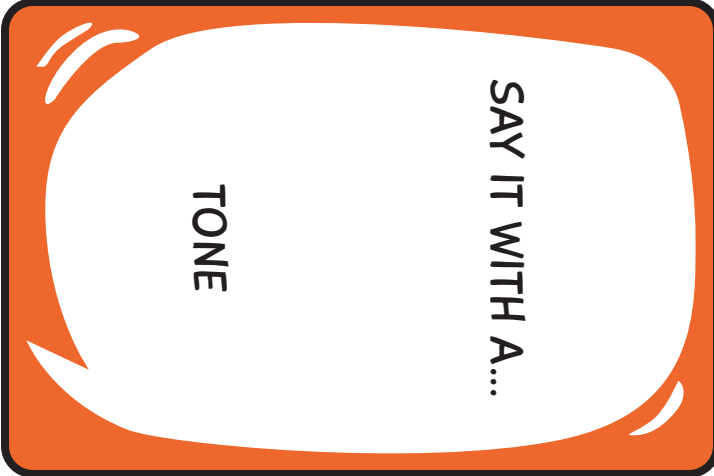
SAY IT WITH A...

TONE



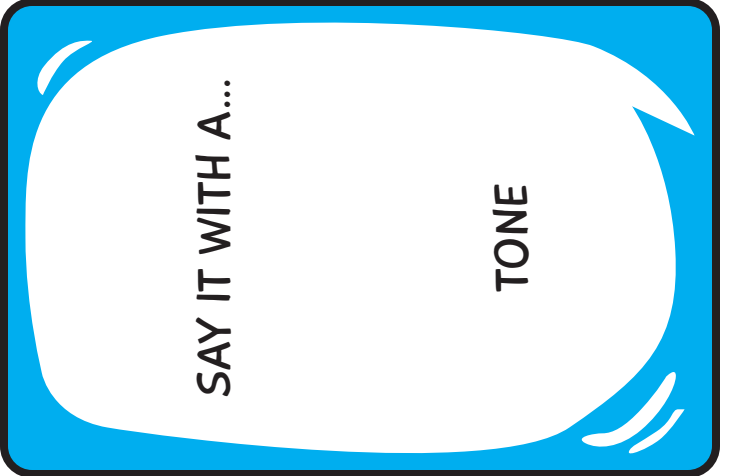
SAY IT WITH A...

TONE



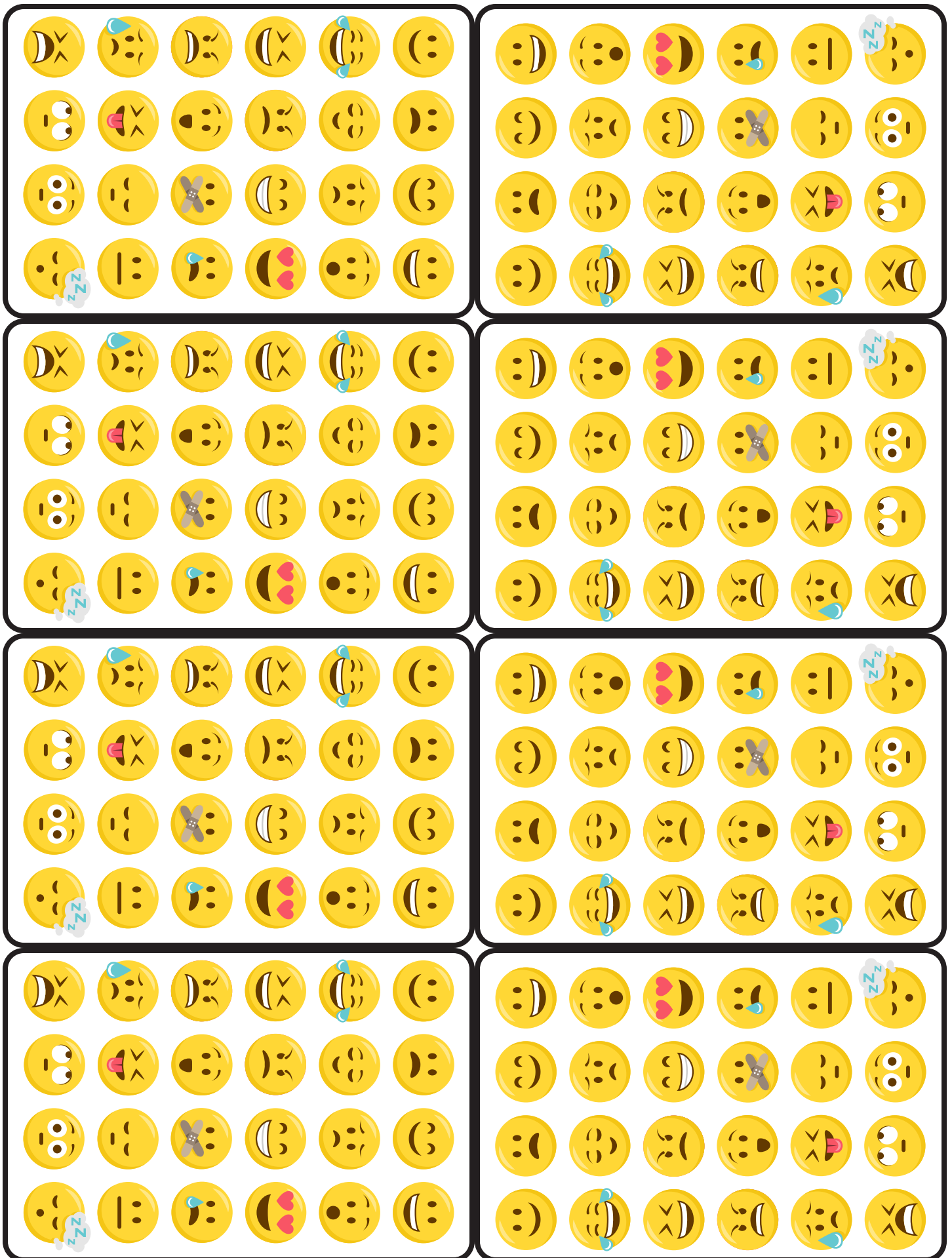
SAY IT WITH A...

TONE



SAY IT WITH A...

TONE





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2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>



# GoZen! Programs help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



## [GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



## [GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



## [GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

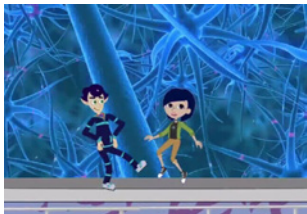
Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



## [GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



## [GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



## [GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



## [GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!