

Gratitude Charades - Levels F-3

GRATITUDE

To help students explore gratitude in a playful way by acting out and guessing gratitude ideas, building confidence, creativity, and positive social connection.



Learning Intentions

Gratitude Awareness:

Students aim to think about something they are thankful for.

Creative Expression:

Students aim to act out gratitude ideas using their body and imagination.

Social Connection:

Students aim to play with their peers in a fun and supportive way.



Success Criteria

I can act out a gratitude idea without using words.

I can try to guess the ideas that my friends are showing.

I can encourage and celebrate others during the game.



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Duration: 10–15 minutes

Objective

To help students explore gratitude in a playful way by acting out and guessing gratitude ideas, building confidence, creativity, and positive social connection.

Players

Whole class, small groups, or teams.

Materials

- Slips of paper with simple gratitude prompts (pictures can be used for younger students).
- A container (hat, jar, or box) to hold the prompts.
- Open space for acting.

Setup

- As a class brainstorm a list of gratitude prompts.
- Write or draw gratitude prompts on slips of paper (e.g., “sharing toys,” “a hug,” “playing outside,” “helping a friend,” “eating a yummy snack”).
- Place them in a container.
- Students sit in a circle or in teams with clear space to act.

Gameplay / Activity Steps

- 1. Choose a Player**
 - One student draws a prompt from the container.
- 2. Act It Out**
 - The student uses body movements, gestures, or facial expressions to show the gratitude prompt without speaking.
 - Example: If the prompt is *hug from a friend*, the student could act out giving a big hug.
- 3. Guessing**
 - The rest of the group guesses the gratitude action. Encourage students to raise their hands or call out kindly.
- 4. Encourage and Support**
 - Celebrate when someone guesses correctly and when a student acts bravely.
- 5. Rotate Turns**
 - Continue until several students have had a turn, making sure everyone who wants to participate gets a chance.



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Reflection Prompts

- How did it feel to show something you are thankful for?
- What did you notice when your friends acted out their ideas?
- Why is it important to think about what makes us feel grateful?

Winning the Game

There are no winners or losers. The goal is to have fun, practise gratitude, and support each other.

Variations

- **School Edition:** Focus prompts on school (e.g., “teacher helping,” “sharing pencils,” “playing at recess”).
- **Family Edition:** Include family-based gratitude ideas (e.g., “family dinner,” “reading a bedtime story”).
- **Outdoor Edition:** Use nature-based prompts (e.g., “sunshine,” “playing on the grass”).

For Wheelchair Users / Accessibility

- Use prompts that can be acted out with hand movements, gestures, or facial expressions.
- Allow students to choose to draw their gratitude idea if movement is difficult.
- Ensure the acting space is clear, safe, and accessible.

Notes for Inclusion

- Use both words and picture cards so all students can understand prompts.
- Accept acting, drawing, or describing as valid ways to play.
- Celebrate every attempt with encouragement and praise.

