

Gratitude Ping Pong - Levels C & D

GRATITUDE

To promote connection, listening, and self-expression by combining movement (throwing and catching a ball) with reflection and sharing prompts.



Learning Intentions

Express Ideas and Feelings:

Students practise sharing thoughts, preferences, and reflections in a playful way.

Build Social Connection:

Students listen and respond to their partner's ideas with respect.

Encourage Turn-Taking and Communication:

Students engage in structured back-and-forth play while using prompts.



Success Criteria

Students share answers to prompts while throwing and catching the ball.

Students listen to and encourage their partner's responses.

Students practise giving both fun and meaningful answers.



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Duration: 5–15 minutes

Objective

To promote connection, listening, and self-expression by combining movement (throwing and catching a ball) with reflection and sharing prompts.

What You Need

- Softball (foam, beach ball, or balloon).
- List of prompts displayed on the board or read aloud by the teacher (found in PDF resource tab).

Gameplay

1. Students form pairs and stand a safe distance apart.
2. The teacher explains that each throw of the ball must be paired with answering a prompt.
 - Example: “What is your favourite food?” → student answers while throwing the ball.
3. When a student cannot give an answer within a few seconds, their partner earns the point.
4. Swap prompts regularly to keep variety and fun.
5. Play continues until time is up or until all prompts have been used.

Prompts to Use:

- What are your favourite foods?
- What are you grateful for?
- What are you looking forward to?
- What are your favourite movies?
- Give a compliment about your partner.
- Give some advice.
- What is on your bucket list?
- What is your favourite music/song?

Debrief

- “Which prompt was easiest to answer? Which was hardest?”
- “What did you learn about your partner today?”
- “Why is it important to listen carefully when someone shares something?”



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For Wheelchair Users / Accessibility

- Use a balloon toss or a soft ball for easier catching/throwing.
- Students can roll, bounce, or pass the ball instead of throwing.
- Prompts can also be answered verbally without a ball use if needed.
- Provide visual supports or communication cards for prompts.

Notes for Inclusion

- Encourage celebrating every answer (thumbs up, cheer, clap).
- Students can answer using speech, signs, drawings, or AAC devices.
- Pair students strategically to support confidence and engagement.
- Emphasise that there are no “wrong” answers — every response is valued.

Variations

- **Children's Edition:** Use only simple, concrete prompts (e.g., “What toy do you like?” “What makes you happy?”).
- **Fitness Edition:** Add a small movement each time before throwing (e.g., clap, stomp, or stretch).
- **Teamwork Edition:** Work in pairs where one answers while the other encourages or adds to their answer.



GRATITUDE PROMPTS

- GIVE COMPLIMENTS TO YOUR PLAYING PARTNER.
- NAME DIFFERENT FOODS YOU LOVE TO EAT.
- TELL US THE PLACES YOU WOULD LOVE TO VISIT AROUND THE WORLD.
- WHAT HOBBIES OR ACTIVITIES DO YOU ENJOY DOING?
- NAME ANIMALS YOU THINK ARE INTERESTING OR COOL.
- WHO ARE YOUR FAVOURITE BANDS, MUSICAL ARTISTS, OR SONGS?
- SHARE THE SPORTS YOU LIKE TO PLAY OR WATCH.
- WHAT MOVIES, SHOWS, OR BOOKS DO YOU ENJOY?
- WHO ARE SOME PEOPLE WHO INSPIRE YOU IN LIFE?
- WHAT ARE SOME THINGS THAT ALWAYS MAKE YOU LAUGH?
- SHARE DIFFERENT THINGS YOU ARE GRATEFUL FOR TODAY.
- NAME SOME PEOPLE WHO MAKE YOU FEEL HAPPY.
- WHAT ARE THE PLACES YOU ENJOY GOING TO?
- WHAT OUTDOOR ACTIVITIES DO YOU ENJOY MOST?
- NAME DIFFERENT GAMES YOU LIKE PLAYING WITH FRIENDS OR FAMILY.
- SHARE SOME OF THE BEST MOMENTS YOU'VE HAD AT SCHOOL.
- WHAT ARE THE GOALS OR DREAMS YOU HAVE FOR THE FUTURE?
- NAME DIFFERENT THINGS YOU ENJOY LEARNING ABOUT.
- WHAT ARE SOME KIND THINGS YOU CAN SAY TO OTHERS?
- WHAT ARE THE WAYS YOU LIKE TO RELAX OR HAVE FUN?

