

Gratitude Ping Pong - Levels F-3

GRATITUDE

To build confidence, sharing, and connection between students by combining movement (throwing and catching a ball) with fun prompts that encourage self-expression.



Learning Intentions

Develop Communication Skills:

Students practise sharing simple ideas and reflections through structured prompts.

Enhance Social Interaction:

Students engage in turn-taking and respectful listening.

Encourage Expression:

Students use their voice, gestures, or other communication methods to express their thoughts.



Success Criteria

Students attempt to answer prompts when throwing or catching the ball.

Students show listening behaviours (eye contact, nodding, waiting for their turn).

Students engage positively with their partner by sharing fun and meaningful responses.



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Duration: 5–15 minutes

Objective

To build confidence, sharing, and connection between students by combining movement (throwing and catching a ball) with fun prompts that encourage self-expression.

What You Need

- Softball (foam ball, beach ball, or balloon).
- List of prompts read aloud by the teacher or displayed visually with pictures/symbols (found in PDF resource tab).

Gameplay

1. Students form pairs and stand a safe distance apart.
2. The teacher introduces the prompts and models how to answer one.
 - Example: Teacher says, "What is your favourite food?" → student answers "Pizza" while throwing the ball.
3. Each time a student throws the ball, they must give an answer to the prompt.
4. If a student is unsure, encourage them to try their best or say "pass."
5. Rotate prompts to maintain variety and engagement.
6. Play continues until time is up or the teacher ends the round.

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

- "What was your favourite prompt to answer?"
- "What is something new you learned about your partner?"
- "Why is it important to listen to each other when playing?"



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For Wheelchair Users / Accessibility

- Use a balloon or a lightweight ball for easier passing.
- Students can roll, bounce, or hand the ball instead of throwing.
- Provide visual prompt cards or symbols for easier understanding.
- Students can use AAC devices, gestures, or drawings to share their answers.

Notes for Inclusion

- Model how to give both fun and thoughtful answers.
- Encourage all forms of communication (verbal, non-verbal, signs, drawings, AAC).
- Pair students with supportive peers to build confidence.
- Reinforce that all answers are welcome, and there are no wrong responses.

Variations

- **Children's Edition:** Simplify prompts further (e.g., "What toy do you like?" "What colour do you like?").
- **Fitness Edition:** Add a simple action before each throw (e.g., one clap, a jump, or a spin).
- **Teamwork Edition:** Have pairs work together to create shared answers (e.g., "What food do you both like?").

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?

