

Master Chef Group Gratitude Levels C & D

GRATITUDE

To promote gratitude and appreciation within a group through a fun, creative, and reflective activity inspired by the spirit of a cooking competition.



Learning Intentions

To express gratitude by reflecting on positive people in my life.

Students aim to identify and express gratitude for individuals who have positively impacted them.

To share my appreciation in a creative way.

Students aim to reflect on meaningful actions or qualities that have inspired them, and share these reflections with others.

To build connections and strengthen friendships through gratitude.

Students aim to recognise the importance of supporting and appreciating each other, fostering a sense of community and connection.



Success Criteria

Reflective Thinking:

I can thoughtfully reflect on people and actions I am grateful for using the gratitude prompts.

Creative Expression:

I can express gratitude in a fun and creative way through writing or drawing.

Positive Interaction:

I can listen to and respond kindly to my peers when they share their gratitude stories.



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Duration: 20–30 minutes

Objective

To promote gratitude and appreciation within a group through a fun, creative, and reflective activity inspired by the spirit of a cooking competition.

What You Need

- Paper, pencils, coloured pencils.
- A **Gratitude Prompts worksheet** (10 prompts provided) (found in the PDF resource tab).

Gameplay

1. Reflecting on Gratitude (The MasterChef Challenge):

- Each student reflects on the 10 gratitude prompts (e.g., “Who is someone who makes you happy?” “Who has been there for you when you needed a friend?”).
- Students record their answers in words or by drawing.

2. Cooking up Gratitude (Storyline Creation):

- Students pick 5 of their answers and combine them into a playful “Gratitude Recipe.”
- They can write this as a short story or create a comic/cartoon strip.
- Encourage creativity and humour, their “recipe” can be imaginative rather than realistic.

3. Sharing Stories:

- Students take turns sharing their Gratitude Recipes with the group.
- Peers respond with encouragement (e.g., “That was awesome!” or “I loved that part!”).

Reflection Prompts

- How did it feel to think about people you are grateful for?
- How did it feel to share your Gratitude Recipe?
- Why is it important to show gratitude to others?

For Wheelchair Users / Accessibility

- Gratitude responses can be expressed through **speech, drawing, gestures, or assistive technology**.
- Teachers or peers can act as scribes if students are unable to write independently. The activity can be adapted into a **storytelling circle** where ideas are spoken aloud instead of written.



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Notes for Inclusion

- Provide both writing and drawing options so all students can participate.
- Use visual supports (icons or pictures for prompts) to help students with comprehension.
- Model creating and sharing a Gratitude Recipe to support understanding.

Variations

- **Modified Edition:** Use just 2–3 prompts as a quick reflective warm-up or end-of-day activity.
- **Family Edition:** Family members reflect together and share their Gratitude Recipes.
- **Outdoor Edition:** Run the activity outside in pairs or small groups.
- **Art Edition:** Encourage students to create posters or mini comics based on their Gratitude Recipes.

Additional Notes

Master Chef Group Gratitude is a creative way for students to practice gratitude, strengthen relationships, and have fun. The activity encourages positive reflection, builds social connection, and helps create a supportive classroom or family environment.



GRATITUDE PROMPTS

PRINT AND CUT OUT THE GRATITUDE PROMPT CARDS FOR STUDENTS TO USE. BEGIN BY READING THROUGH THE PROMPTS TOGETHER AND INVITING STUDENTS TO REFLECT ON THEIR ANSWERS.

WHO IS SOMEONE
WHO MAKES YOU
HAPPY?



WHAT IS ONE OF
YOUR FAVOURITE
MEMORIES?



WHAT IS SOMETHING
YOU ARE LOOKING
FORWARD TO?



GRATITUDE PROMPTS

WHAT IS AN ACTIVITY
THAT MAKES YOU
SMILE?



WHAT IS SOMETHING
YOU ENJOY DOING AT
SCHOOL?



WHO IS A FRIEND YOU
ARE THANKFUL FOR?



GRATITUDE PROMPTS

WHAT IS YOUR
FAVOURITE HOLIDAY
OR CELEBRATION?



WHAT IS ONE THING
ABOUT YOURSELF YOU
ARE PROUD OF?



WHAT IS SOMETHING
FUN YOU DO WITH YOUR
FAMILY?



GRATITUDE PROMPTS

WHAT FOOD MAKES
YOU FEEL GOOD?



WHAT IS YOUR
FAVOURITE GAME THAT
MAKES YOU HAPPY?



WHAT IS ONE THING
THAT MADE YOU SMILE
TODAY?



FAMILIAR PEOPLE

PRINT AND CUT OUT THE CARDS. ASK STUDENTS TO PICK 1-3 PEOPLE THEY FEEL GRATEFUL FOR. THEY TURN THEIR CHOICES INTO A "GRATITUDE RECIPE" BY DRAWING ON THE CARDS, STICKING THEM ON PAPER, OR MIXING THEM IN A PRETEND BOWL. FINISH BY ASKING THEM TO SHOW HOW IT FEELS.



FAMILIAR PEOPLE



BABY



GRANDMA



GRANDPA



TEACHER



FAMILIAR PEOPLE



FRIEND



NEIGHBOUR



COUSIN



SCHOOL NURSE

