

PADDOCKS

Gratitude

JUGAR | LIFE

PADDOCKS GRATITUDE

INSTRUCTIONS

Paddocks is a game where the objective is to create squares by drawing lines between adjacent dots on a grid. Here are the instructions to play the game:

Set up the game: Print the attached PDFs and pair participants up. Each pair will also need a six-sided dice for the game.

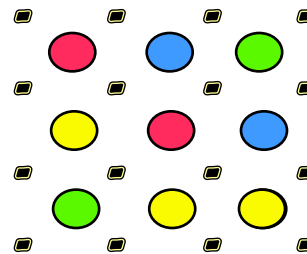
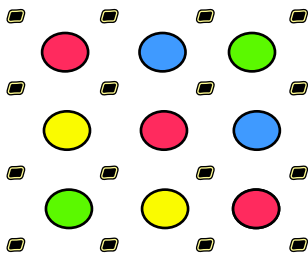
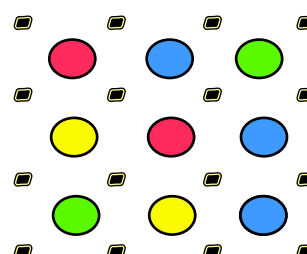
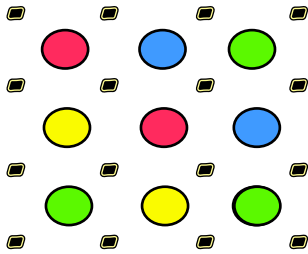
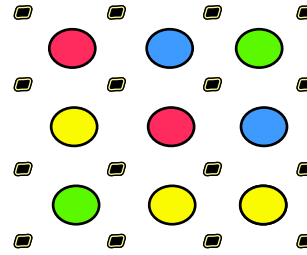
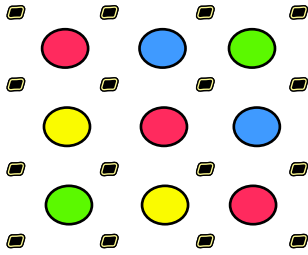
Begin the game: The first player begins by drawing a line between two adjacent dots on the grid. The line can be horizontal or vertical but not diagonal. After the line is drawn, it is the second player's turn.

Continue gameplay: Players take turns drawing lines until one of them completes a square. A square is completed when either player draws the fourth side of the square. When a player completes a square, they write their initial inside the square on the coloured circle to indicate that they have scored a point. The player then rolls the six-sided dice to see what gratitude question they will share to match the colour of the square they just claimed on the board. Once they have shared their gratitude response, the same player takes another turn.

End of the game: The game continues until all squares on the grid have been completed. The player with the most squares at the end of the game is declared the winner.

Gameplay tips: Try to block your opponent from completing squares while also creating opportunities for yourself to score points. Look for patterns on the grid that can be used to your advantage, such as clusters of dots or areas where there are fewer lines drawn.

The key to this game is that you play a game within a game, and sharing gratitude is done safely in pairs. Also, using dice to roll to determine what question you answer turns that into a fun, randomised game as well. So enjoy all six games with a partner and see who can win the overall number of paddocks while sharing and being grateful together.



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1. If you had to describe your year in 3 words, what would they be?
2. Which new skills have you learnt in the past year?
3. In the past six months which mental block(s) did you overcome?
4. What was your favourite compliment that you received this year?
5. What was your favourite moment spent with your friends in the last three months?
6. What one event, big or small, are you going to tell your grandchildren about?



1. In the last 12 months what new things did you discover about yourself?
2. What, or who, are you most thankful for?
3. What 5 people did you most enjoy spending time with?
4. What little things did you most enjoy during your day-to-day life?
5. What major goal did you lay the foundations for recently?
6. What was your favourite place that you have ever visited?



1. What single achievement are you most proud of?
2. If someone wrote a book about your life this year, what kind of genre would it be?
3. What was your biggest break-through moment career-wise or at school?
4. What cool things did you create in the last six months?
5. What experience would you love to do all over again?
6. Which of your personal qualities turned out to be the most helpful this year?



1. What was the best news you received in the last three months?
2. What was the most important lesson you learnt last year?
3. What book or movie affected your life in a profound way?
4. Was there anything you did for the very first time in your life this year?
5. What do you deserve a pat on the back for?
6. Who is your number one go-to person that you could always rely on?