

# The Gratitude Game (Levels C & D)

# PLAY

To reflect on positive experiences, practise gratitude, and share with peers in a fun and engaging way.



## Learning Intentions

For students to foster gratitude and reflection by noticing and celebrating the positives in the day.

For students to encourage positive communication through listening and speaking kindly to themselves and their peers.

To strengthen relationships and well-being by building a caring classroom culture.



## Success Criteria

Students can roll the dice and share something positive, either with words, pictures, or gestures.

Students can take turns, listening respectfully and celebrating peers' answers.

Students contribute to a shared "Gratitude Wall" (optional).

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**Duration:** 10 minutes

**Objective:**

To reflect on positive experiences, practise gratitude, and share with peers in a fun and engaging way.

**Players:**

- Small groups of 3–6 students, or
- Whole-class circle

**Materials:**

- One large dice (or spinner 1–6)(a normal 6 sided size is ok too).
- Gratitude Question Cards with symbols/pictures (found in PDF resource tab)
- Post-it notes or drawing paper (optional)

**Setup:**

- The teacher introduces the six questions with picture/visual support.
- Place cards/posters with questions where all students can see.

**Gameplay:**

1. A student rolls the dice.
2. Match the number to a Gratitude Question.
3. All students then answer the question with either words, a drawing, or a gesture (choice-based), give students 2-3 mins to draw their response.
4. The whole group then celebrates with a clap, thumbs up, or you can fun with it and think of a class cheer that everyone does together.
5. Option: Students place their answer/drawing on the Gratitude Wall.

**Gratitude Questions (Levels C & D):**

1. Show or draw something that made you happy today.
2. What is something you did really well today?
3. What is something fun you learnt or tried today?
4. Who helped you today? How?
5. What is one thing you are excited about for tomorrow?
6. How did you help someone today?



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## Variations:

- **Drawing Edition:** Students draw their answer instead of speaking.
- **Movement Edition:** Students act out their answer (e.g., big smile for happiness).
- **Family Edition:** Send home for families to play at dinner.

## Accessibility / Wheelchair Users:

- Dice rolled on a tray or table within reach.
- Use AAC devices, communication cards, or gestures to share.
- Provide pre-prepared picture cards for choice pointing.
- Gratitude Wall displayed at an accessible height.

## Notes for Inclusion:

- Allow students to choose their preferred method of response: speaking, drawing, signing, or using assistive technology.
- Provide visual supports for all questions (symbols, photos, or drawings).
- Ensure celebration gestures (clap, cheer, thumbs up) are inclusive and accessible for all students.
- Pair students with a buddy if extra support is needed for communication or dice rolling.
- Offer "pass" as a safe option so students feel comfortable and never pressured.
- Ensure materials (dice, cards, wall space) are accessible for students with mobility challenges.



# GRATITUDE QUESTION CARDS

PRINT AND CUT OUT THE GRATITUDE QUESTION CARDS. STUDENTS TAKE TURNS ROLLING A DICE, THEN ANSWER THE MATCHING GRATITUDE QUESTION WITH WORDS, DRAWINGS, OR GESTURES.



WHAT'S THE NICEST  
THING SOMEONE HAS  
DONE FOR YOU?

the sound of  
**PLAY**



WHO IN YOUR LIFE  
INSPIRES YOU WITH  
THEIR KINDNESS?

the sound of  
**PLAY**



WHAT'S ONE THING  
YOU'RE GRATEFUL FOR  
TODAY?

the sound of  
**PLAY**



NAME SOMETHING YOU  
LOVE ABOUT YOUR  
FAMILY OR FRIENDS.

the sound of  
**PLAY**



# GRATITUDE QUESTION CARDS



WHAT'S A GOAL YOU'RE  
GRATEFUL TO BE  
WORKING TOWARDS?

the school of  
**PLAY**



WHAT'S ONE THING THAT  
CHEERS YOU UP WHEN  
YOU'RE FEELING DOWN?

the school of  
**PLAY**



WHO OR WHAT MAKES  
YOU FEEL SAFE AND  
CARED FOR?

the school of  
**PLAY**



WHAT'S SOMETHING  
FUNNY THAT HAPPENED  
TO YOU THAT MADE YOU  
SMILE?

the school of  
**PLAY**



# GRATITUDE QUESTION CARDS



WHAT'S A TALENT OR  
SKILL YOU ARE GRATEFUL  
TO HAVE?



WHAT IS A POSITIVE  
LESSON YOU'VE LEARNED  
RECENTLY?



WHAT'S SOMETHING  
YOU ARE GRATEFUL FOR  
ABOUT YOURSELF?



WHAT IS SOMETHING IN  
NATURE THAT YOU'RE  
GRATEFUL FOR?

