

# The Gratitude Game - Levels F-3

# PLAY



## Learning Intentions

For students to develop the ability to identify and express gratitude in everyday experiences.

For students to strengthen respectful communication and listening skills.



Build a positive classroom culture where students value kindness, support, and shared joy.



## Success Criteria

Students can roll the dice, respond to the matching gratitude prompt, and listen to their peers.

Students can use respectful and encouraging behaviours (e.g., clapping, high five, "well done").



Students can describe at least one thing they are grateful for by the end of the session.



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**Duration:** 10 minutes

**Players:**

- Groups of 4–6 students, **or**
- Whole-class circle activity

**Materials:**

- One dice (large foam dice or digital dice spinner or a normal 6 sided dice)
- Gratitude Question Cards (with simple text and visuals)(found in PDF resource tab)
- Gratitude Journal pages or sticky notes (optional)

**Setup:**

- The teacher explains the rules and models how to answer a gratitude question.
- Gratitude Question Cards are displayed for all to see, teacher can take the students through the questions to generate a discussion.
- Paper, notebooks or sticky notes are ready for optional recording.

**Gameplay:**

1. A student rolls the dice.
2. Match the number to a Gratitude Question.
3. All students think of a response to the relevant gratitude question.
4. Students can then either share their response verbally to the whole class, write an answer or draw their response in their notebooks (sharing can be optional).
5. Group celebrates with a positive cheer, a clap, or a shared signal.

**Gratitude Questions (Levels 1–3):**

1. What is something that made you smile today?
2. Who is someone you are thankful for, and why?
3. What is something you are proud of today?
4. What is something fun you did with a friend or family member?
5. What is something in our classroom or playground that you are grateful for?
6. What is something you are looking forward to tomorrow?



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## Variations:

- **Written/Drawing Edition:** Students record their answers in notebooks or on sticky notes.
- **Partner Edition:** Students answer in pairs before sharing with the whole group.
- **Challenge Edition:** Students must give a new example each time (no repeats).
- **Home Connection:** Students take home one question to discuss with their family.

## Accessibility / Wheelchair Users:

- Ensure dice rolling can be done on a table, tray, or with an electronic dice app.
- Provide communication cards or sentence starters for students who need support.
- Journal writing can be substituted with drawing, typing, or voice-to-text.
- Display Gratitude Wall contributions at an accessible height for all students.

## Notes for Inclusion:

- Provide multiple ways to respond: speaking, drawing, acting, signing, or using assistive technology.
- Offer visuals (symbols, icons, photos) alongside each gratitude question.
- Encourage peer support and buddy systems for communication and movement.
- Create a safe space where passing is always an option.
- Adapt prompts to reflect diverse cultures, families, and student experiences.
- Ensure all celebration gestures are inclusive and accessible (e.g., verbal cheer instead of physical clap if required).



# 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?

