

This or That Gratitude – Levels C and D

GRATITUDE

To encourage students to practise gratitude in a fun and interactive way by choosing between two options and reflecting on why they are thankful for them. The activity promotes self-awareness, sharing, and connection with peers.



Learning Intentions

Practise gratitude:

Students aim to reflect on and share things I am thankful for.

Connect with others:

Students aim to listen and share with my classmates to learn about their gratitude choices.

Foster mindfulness:

Students aim to pause, reflect, and think about what makes me happy.



Success Criteria

I can choose between two options on a gratitude card.



I can explain or show why I am grateful for my choice.

I can listen respectfully to others' reflections and celebrate their ideas.



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Duration: 10–15 minutes

Objective

To encourage students to practise gratitude in a fun and interactive way by choosing between two options and reflecting on why they are thankful for them. The activity promotes self-awareness, sharing, and connection with peers.

Players

Whole class, small groups, or pairs.

Materials

- Printed *This or That* Gratitude cards (with two options on each) (found in pdf resources tab).
- Two designated spaces (Option A side and Option B side).
- Paper and pencils for writing or drawing responses (optional).

Setup

- Place signs or markers in the room to show where Option A and Option B are.
- Display or read aloud the gratitude cards with two choices.
- Encourage students to think about their choice before moving to their side.

Gameplay / Activity Steps

Step 1: Present a Gratitude Choice

- Read or display a *This or That* card (e.g., Option A: “A person who makes you laugh.” Option B: “A person who has supported you in tough times”).

Step 2: Students Make Their Choice

- Students move to the side of the room that matches their choice (Option A or B).
- Younger or emerging communicators can point, gesture, or use visuals.

Step 3: Reflect and Share

- Students share why they chose their option. They may:
 - Speak in a small group or with a partner.
 - Draw a quick picture.
 - Use a single word or gesture.

Step 4: Repeat with New Cards

- Continue with 5–6 cards. Encourage variety and deeper reflection as the game progresses.

Step 5: Collective Reflection

- At the end, invite the class to notice similarities or differences in choices.
- Option: Create a “Class Gratitude Poster” with key words or drawings from the game.

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Reflection Prompts

- “How did it feel to choose something you are grateful for?”
- “Did you notice anything similar between your answers and your classmates’?”
- “Why is it important to think about what we are thankful for?”

Winning the Game

There are no winners. Success is when students participate, reflect thoughtfully, and build a positive and supportive class culture.

Variations

- **Children’s Edition:** Use simple prompts with visuals (e.g., Option A: “Your favourite toy,” Option B: “Your favourite food”).
- **Family Edition:** Play at home with family members to share gratitude choices together.
- **Teamwork Edition:** Students work in small groups to agree on a choice before moving to their side.

For Wheelchair Users / Accessibility

- Ensure Option A and Option B areas are accessible.
- Students can show their choice by holding up a card, pointing, or using assistive communication devices.
- Sharing can be verbal, visual, or gestural.

Notes for Inclusion

- Accept responses in different forms (spoken, written, drawn, gestured, or symbol-based).
- Encourage peer support to help all students participate.
- Celebrate each choice equally to build confidence and belonging.



THIS OR THAT GRATITUDE CARDS

PRINT AND CUT OUT EACH CARD, THEN PRESENT A "THIS OR THAT" CARD WITH TWO GRATITUDE OPTIONS FOR PLAYERS TO CHOOSE FROM.



OPTION A:
A PERSON WHO MAKES YOU LAUGH.

OPTION B:
A PERSON WHO HAS SUPPORTED
YOU IN TOUGH TIMES.



OPTION A:
A PLACE THAT BRINGS YOU PEACE.

OPTION B:
A PLACE THAT EXCITES AND
ENERGISES YOU.



OPTION A:
A TALENT YOU ARE GRATEFUL FOR.

OPTION B:
A SKILL YOU'VE DEVELOPED
THROUGH HARD WORK.



OPTION A:
YOUR FAMILY.

OPTION B:
YOUR FRIENDS.



THIS OR THAT GRATITUDE CARDS



OPTION A:
THE SMALL EVERYDAY MOMENTS
YOU CHERISH.

OPTION B:
THE BIG ACHIEVEMENTS THAT
HAVE SHAPED YOU.



OPTION A:
THE BEAUTY OF NATURE.

OPTION B:
THE WARMTH AND COMFORT OF
HOME.



OPTION A:
MOMENTS OF QUIET REFLECTION.

OPTION B:
MOMENTS OF JOYFUL
CELEBRATION.



OPTION A:
SOMEONE WHO HAS TAUGHT YOU
SOMETHING IMPORTANT.

OPTION B:
SOMEONE WHO HAS SHARED THEIR
WISDOM WITH YOU.



THIS OR THAT GRATITUDE CARDS



OPTION A:
THE ABILITY TO EXPRESS YOURSELF
CREATIVELY.

OPTION B:
THE ABILITY TO CONNECT WITH
OTHERS EMOTIONALLY.



OPTION A:
A POSITIVE CHANGE YOU'VE MADE
IN YOUR LIFE.

OPTION B:
SOMETHING YOU'RE LOOKING
FORWARD TO ACHIEVING.

