

This or That Gratitude – Levels F–3

GRATITUDE

To help students practise gratitude by choosing between two fun options and reflecting on what makes them happy. The activity encourages listening, sharing, and building positive connections with others.



Learning Intentions

Practise gratitude:

I can choose things that make me feel happy.

Express my ideas:

I can share my choice with the group using words, pictures, or actions.

Listen to others:

I can listen and celebrate the choices my classmates make.



Success Criteria

I can choose between two options on a gratitude card.

I can show or say why my choice makes me feel good.

I can listen and respect other people's choices.



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Duration: 10–15 minutes

Objective

To help students practise gratitude by choosing between two fun options and reflecting on what makes them happy. The activity encourages listening, sharing, and building positive connections with others.

Players

Whole class, small groups, or pairs.

Materials

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

Setup

- Place markers or posters in the room for Option A and Option B.
- Display or read aloud each gratitude card.
- Encourage students to pause, think, then move to their choice.

Gameplay / Activity Steps

Step 1: Present a Gratitude Choice

- Read or show a card (e.g., Option A: “Your favourite toy.” Option B: “Your favourite food”).

Step 2: Students Make Their Choice

- Students move to the side of the room that matches their choice.
- Younger or quieter students can point, hold up fingers, or draw their choice.

Step 3: Share Why You Chose It

- Students share with a partner or small group why they picked their option.
- Sharing can be one word, a short sentence, or a drawing.

Step 4: Repeat with More Cards

- Continue with 5–6 cards. Keep the pace lively and encourage variety.

Step 5: Class Reflection

- At the end, talk together about the different things the class is grateful for.
- Option: Create a simple “Gratitude Chart” with the choices written or drawn.



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Reflection Prompts

- “Which choice made you feel happiest today?”
- “Did anyone choose the same as you? How did that feel?”
- “Why is it good to think about things we are thankful for?”

Winning the Game

There are no winners. Success is when everyone makes choices, shares, and learns more about what makes themselves and others happy.

Variations

- **Children’s Edition:** Use picture cards (e.g., an ice cream vs. an apple, a cat vs. a dog).
- **Family Edition:** Play together at home and share as a family.
- **Movement Edition:** Instead of moving to a side of the room, students can jump, clap, or do an action to show their choice.

For Wheelchair Users / Accessibility

- Allow students to show their choice by holding up cards, pointing, or using assistive communication tools.
- Make sure Option A and Option B areas are accessible.
- Accept drawings, gestures, or words as ways to share.

Notes for Inclusion

- Allow students to answer in their own way (speaking, drawing, acting, or pointing).
- Encourage partners or buddies to help if needed.
- Celebrate every answer 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.

