

# Tic Tac Toe Ten - Levels C and D

GRATITUDE

To build strategic thinking, problem-solving, and numeracy while encouraging physical activity, gratitude, and positive self-reflection.



## Learning Intentions

Students aim to explore why kindness is important for themselves and others.

### Strategic Thinking:

Students develop their strategic mind by placing numbers carefully to make sums of ten.

### Stay Active:

Students aim to participate in fitness challenges with energy and effort.

### Reflect and Be Grateful:

Students look to share positive reflections about themselves, others, and their futures.



## Success Criteria

I can make sums of ten using three numbers in a row.



I can complete the exercise linked to the dice roll.

I can answer reflection questions with thoughtful responses.



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## Reflection & Exercises

### Winner's Reflection Questions (Dice Roll)

1. Who is someone you are grateful for in your life, and why?
2. What recent experience made you feel thankful, and how did it impact you?
3. What are three things you often take for granted but appreciate?
4. Think of a challenge that later brought something positive—what are you grateful for in that situation?
5. What place makes you feel happy and grateful, and why?
6. How has someone's kindness recently made a difference in your life?

### Loser's Exercises (Dice Roll)

- 1.5 squats
- 2.5 sit-ups
- 3.5 push-ups
- 4.6 lunges
- 5.16 star jumps
- 6.3 burpees

## Extra Reflection Prompts (Optional)

### Positive Reflection

- What are three qualities you love about yourself?
- What is an achievement you are proud of?
- How have you shown growth or improvement recently?
- What do you do for self-care, and why is it important?
- Recall a compliment you received that lifted your self-esteem.
- What boundaries help you stay positive in relationships?

### Future Aspirations

- What is one long-term goal you have for yourself?
- How do you picture your life five years from now?
- What new skills or knowledge would you like to learn?
- Who inspires you, and what lessons can you take from them?
- What challenges might you face in reaching your goals, and how can you prepare?
- How will you balance personal and professional goals for happiness?



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## Winning the Game

The player with the most points at the end of 10 minutes is the winner. Both players “win” by staying active, practising gratitude, and reflecting on their future.

## Variations

- **Classroom Edition:** Play in pairs, then share reflection answers with the class.
- **Fitness Edition:** Increase the number of exercise reps for older or more advanced students.
- **Team Edition:** Teams play against each other, combining maths, movement, and group reflection.

## For Wheelchair Users / Accessibility

- Replace physical exercises with accessible alternatives (e.g., arm raises, seated twists, claps, stretches).
- Reflection questions can be written, spoken, or drawn.
- Ensure the tic-tac-toe grid is displayed at eye level or digitally for all students to see.

## Notes for Inclusion

- Allow answers to reflection questions in different forms (spoken, written, drawn).
- Pair students strategically so everyone feels supported during maths and reflection tasks.
- Celebrate effort and reflection equally, not just correct sums.

