

# Wellness Guess Who - Levels C and D

GRATITUDE

To help students practise gratitude and empathy by sharing positive memories and guessing which classmate they belong to.



## Learning Intentions

**To reflect on and express things I am thankful for.**



Students aim to think about positive memories or situations in their lives and express their gratitude through writing or drawing.

**To work with my classmates to guess who shared each memory.**

Students aim to collaborate and communicate with their peers while guessing.

**To listen and share my story with others to build connections.**

Students aim to share their gratitude memories and connect with the group.



## Success Criteria

### Thoughtful Reflection:

I can write or draw something that shows what I am grateful for.



### Active Participation:

I can join in and guess who shared each memory.

### Clear Sharing:

I can share my story so that others can understand what I am thankful for.



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**Duration:** 20–30 minutes

## **Objective**

To help students practise gratitude and empathy by sharing positive memories and guessing which classmate they belong to.

## **What You Need**

- Paper, pencils or coloured pencils.
- Sticky notes or small pieces of paper.
- A jar, bowl, or hat to collect the notes

## **Setup**

- Provide each student with sticky notes/paper and writing/drawing tools.
- Place a jar, bowl, or hat at the front of the room to collect all the completed gratitude notes.

## **Gameplay**

### **1. Write or Draw Gratitude Memories:**

- Students write or draw one memory or situation they are grateful for.
- Prompts could include: “A time I had fun with my friends,” “A toy or game I love,” or “Something that made me smile.”

### **2. Collect the Notes:**

- Students fold their paper and place it in the jar, bowl, or hat.

### **3. Read and Guess:**

- One student draws a note and reads it aloud (or shows the drawing).
- The group guesses who wrote or drew the memory.

### **4. Reveal the Author:**

- The author reveals themselves and shares a little more about their memory.

### **5. Continue Playing:**

- Repeat until all notes have been read and shared.

## **Reflection Prompts**

- How did it feel to share something you are grateful for?
- What did you learn about your classmates?
- Why is it important to remember good things that happen to us?



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## Winning the Game

- There are no winners, the goal is to share, connect, and practise gratitude together.

## Variations for Different Settings

- **School Edition:** Focus on school-based memories (e.g., "A time I felt proud of my schoolwork").
- **Family Edition:** Share family-related memories at home (e.g., holidays, fun activities).
- **Outdoor Edition:** Play outside and share memories of outdoor fun and games.
- **Gratitude Wall:** Instead of guessing in real time, post all the notes on a wall and have students guess later before revealing authors.

## Additional Notes

- Wellness Guess Who is an engaging activity that blends gratitude, empathy, and social connection. For Levels C and D, both drawing and simple writing are options to ensure all students can express themselves. The game promotes listening, sharing, and respect for each other's stories, while encouraging a classroom culture of kindness and appreciation.

