

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.

