

Wellness Guess Who (Levels A-B)

GRATITUDE

To build early gratitude, shared attention, and social connection by helping students express something they are thankful for and enjoy guessing which classmate created each gratitude picture.



Learning Intentions

Notice Happy Moments:

Students will explore simple memories, people, or things that make them feel happy or thankful.

Express Gratitude in Accessible Ways:

Students will show their gratitude idea through drawing, colouring, choosing a picture, or using AAC.

Connect With Others:

Students will participate in a supported guessing game that builds awareness of peers and strengthens social connection.



Success Criteria

Students choose or show one thing they are grateful for using visuals, drawing, gesture, or AAC.



Students participate in the guessing part of the game by pointing, looking, vocalising, or responding via AAC.

Students show enjoyment, smiling, looking toward peers, vocalising, or engaging with their picture.



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Duration: 20 - 30 minutes

Objective

To build early gratitude, shared attention, and social connection by helping students express something they are thankful for and enjoy guessing which classmate created each gratitude picture.

What You Need

Sticky notes or small pieces of paper

Coloured pencils

Gratitude picture prompts (family, friend, toy, pet, music, outdoor play, favourite food) (found in PDF resource)

AAC devices with vocabulary such as: "happy," "friend," "family," "toy," "thank you," "I like," "yes/no"

Jar, bowl, or hat to collect notes/picture cards

Optional: sensory objects representing gratitude choices (soft toy, ball, photo symbols, music card)

Setup

1. Print and cut out Gratitude Picture cards, have a few copies printed out for multiple selections from students.
2. Students sit in a circle with access to picture cards and drawing materials.
3. Teacher models a very simple gratitude example:
"I am thankful for my dog. He makes me happy."
4. Show matching visual.
5. Display 4 - 6 gratitude visuals for students to choose from (avoid overwhelming).
6. Have a jar or bowl in the centre for collecting gratitude drawings or picture selections.

Gameplay

Step 1: Choose or Draw a Gratitude Memory

Students choose **one** gratitude picture card by:

- pointing to a picture or picking it up.
- selecting on AAC ("family," "friend," "toy," "play outside")
- eye gaze towards the relevant picture card

Teacher labels the choice:

"You chose FRIEND."

"That makes you HAPPY."



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Alternatively students can use the sticky notes or paper to draw and create something or someone that makes them happy.

When the student has chosen their picture card ask them to decorate it and make it their own, they may use coloured pencils, stickers, stamps etc.

Step 2: Collect the Notes/picture cards

Each student folds (or teacher folds) the paper and places it into the bowl/jar or they place their decorated picture card into the bowl/jar.

Celebrate participation:

“Your gratitude is going in the jar! Yay!”

Step 3: Read and Guess (Supported Version)

The teacher pulls out one note/picture card at a time.

For drawings:

Teacher shows the picture and says:

“This is a TOY!” (or explains what they see)

For picture cards:

Teacher shows the selected card:

“Someone is thankful for FAMILY.”

The students then try and guess who it belongs to by:

- pointing to a peer
- looking toward someone
- tapping AAC (“friend,” “me,” “you”)
- making a sound or gesture

Teacher supports with simple choices by giving two options of students names for the rest of the class to choose from:

“Is it ___ or ___?”

Step 4: Reveal

The student who created the gratitude picture raises their hand, smiles, waves, or presses “me” on AAC to let the class know it was their drawing or picture card.

The class celebrates each student's moment of gratitude together by cheering or clapping.

Step 5: Continue

Repeat until all notes have been shared or students' regulation/attention needs a change.



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Debrief / Reflection

Use simple visuals and single-step prompts:

- "Point to what makes YOU happy."
- "Show me happy!"
- "Do you like sharing your happy thing?" (yes/no visuals)
- "Who makes you feel thankful?" (family, friend, pet picture choices)

Celebrate every response, eye gaze, vocalisation, gesture, or AAC.

Sensory-Seeking Learners Variation

1. Use Tactile Gratitude Cards

Provide textured cards representing gratitude ideas:

- fluffy = pet
- smooth = friend
- bumpy = toy
- soft cloth = family

Students choose gratitude cards by touching.

2. Add Movement-Based Gratitude

Each gratitude idea connects to a movement:

- friend = wave
- toy = clap
- family = hand on heart
- outside play = wiggle

Students express gratitude through movement instead of drawing.

3. Sensory Guessing

Hide gratitude objects in a bag.

Students feel the item and try to guess whose it is (supportively).

4. Regulation Breaks

Offer breaks between turns:

- deep-pressure squeeze
- wall push
- rocking
- stretch
- weighted item

Then rejoin when ready.



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AAC-Specific Supports

1. Prepare Vocabulary

Include:

- happy
- toy
- friend
- family
- play
- thank you
- me
- more
- finished

2. AAC for Choosing Gratitude

Students select their memory using AAC pictures instead of drawing if preferred.

3. AAC for Guessing

Students respond with symbols such as:

- “you”
- “friend”
- “I think ____”
- “me”

They may also point or give eye gaze toward a peer.

4. AAC Reflection

Students express feelings using AAC symbols like:

- “happy”
- “good”
- “more”
- “finished”



GRATITUDE PICTURE CARDS

PRINT AND CUT OUT THE CARDS. EACH STUDENT PICKS ONE CARD TO SHOW WHAT MAKES THEM HAPPY, DECORATES IT, AND PLACES IT IN A BOWL. THE TEACHER PULLS OUT CARDS AND STUDENTS GUESS WHO IT BELONGS TO USING POINTING, LOOKING, GESTURE, OR AAC. CELEBRATE EACH REVEAL WITH CLAPPING OR CHEERING BEFORE MOVING TO THE NEXT CARD.

SIGHT



SUN

SIGHT



PET

END OF THE DAY IS
PLAY

SIGHT



FAVOURITE TOY

END OF THE DAY IS
PLAY

SIGHT



TV SHOW

END OF THE DAY IS
PLAY



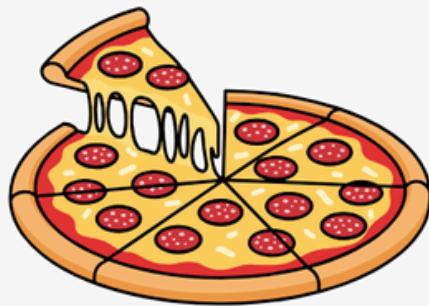
GRATITUDE PICTURE CARDS

TASTE



FRUIT

TASTE



PIZZA



TASTE



CHOCOLATE



TASTE



ICE CREAM



GRATITUDE PICTURE CARDS

HEARING



MUSIC

HEARING



BELLS

HEARING



LAUGHTER

HEARING



BIRDS

PLAY



GRATITUDE PICTURE CARDS

SMELL



FLOWERS

SMELL



COOKIES

PLAY

PLAY

SMELL



SOAP

PLAY

SMELL



CANDLE

PLAY

GRATITUDE PICTURE CARDS

TOUCH



SOFT BLANKET

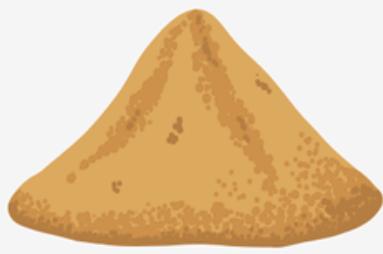
TOUCH



PET

PLAY

TOUCH



SAND

PLAY

TOUCH



WATER

PLAY

