

Wheel of Fortune Wellness - Levels A - B

GRATITUDE

To support early body awareness, emotional wellbeing, and social connection by combining simple movement with gentle reflection in a calm, structured group activity.



Learning Intentions

Students are working towards:



Experiencing movement in a safe, supported way

Noticing positive feelings such as calm, happy, or proud

Participating alongside others in a shared wellbeing routine



Success Criteria

Students demonstrate success when they:

Participate in a movement or body action with support

Indicate a positive feeling, preference, or person using words, gestures, pictures, or AAC

Attend to others during the activity in their own way



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Duration: 5 - 8 minutes

Objective

To support early body awareness, emotional wellbeing, and social connection by combining simple movement with gentle reflection in a calm, structured group activity.

Players

Small groups of 2–3 students with adult support
(1:1 adult support encouraged for some learners)

Materials

- Wellness station cards (found in PDF resource)
- Cones or floor markers (optional)
- Optional dice or spinner
- Open, accessible space

Setup

1. Set up the 4 wellness stations, spaced clearly apart.
2. Each station includes:
 - One wellness station card
 - One simple reflection idea
3. Place visual cards at each station.
4. Explain the routine using clear, simple language and modelling.
5. Model each movement at each wellness station.

Gameplay / Activity Steps

Step 1: Go to a Station

- Adults guide students to a starting station (try to have one student per station or two at each station). On the “go” command, all students attempt to complete the required movement as set out on the wellness station card.

Step 2: Do the Movement

- Students complete a very small number of movements at each station as directed by the wellness card, for example:

Leg strength!

- 3 - 5 squats or knee bends to touch the floor
- Movements can be adapted, assisted, or done seated if required.



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Step 3: Positive Reflection

- After the movement, adults prompt a simple reflection.
- Examples include:
 - “Was it hard to do that many repetitions?”
 - “Do you feel stronger in the legs?”
 - “Does working out make you feel good?”
- Students respond using any communication mode.

Step 4: Rotate through all 4 wellness stations

- Rotate through all 4 wellness stations as many times as you like.

Example Simplified Wellness Stations

Station 1: Half squats or Slight knee bends

Station 2: Arm Raises or Clapping over head

Station 3: Stretch or Reach arms up to the sky

Station 4: Marching on the Spot or Seated March

Reflection

Using visuals, gestures, or AAC, prompt gently:

- “Did you move your body?”
- “Did you like it?”
- “Show me strong!”

Reflection may be adult-narrated where appropriate.

Sensory-Specific Learner Variations

For sensory-seeking learners:

- Add pushing, pulling, or heavy-work actions
- Allow slightly bigger movements
- Repeat preferred stations

For sensory-sensitive learners:

- Reduce stations to 1–2
- Use seated or in-place movements only
- Minimise noise and cheering
- Allow observation as participation



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AAC and Communication Supports

- Provide AAC buttons such as “move,” “happy,” “me,” “again,” “finished”
- Use simple choice boards with 2 options only
- Accept all communication modes including eye gaze, pointing, switches, or vocalisation
- Adults model AAC language consistently

For Wheelchair Users / Accessibility

- Replace lower-body movements with arm, shoulder, or head movements
- Ensure clear pathways between stations
- Display visuals at eye level
- All reflections can be shown with symbols, pointing, or AAC

Notes for Inclusion

- Participation may include moving, choosing, observing, or responding with support
- Adults scaffold all movement and reflection
- No expectation to speak or complete all actions
- Celebrate effort, presence, and shared engagement equally
- Keep routines predictable, calm, and emotionally safe



WELLNESS STATION SIGNS

LEG STRENGTH!



COMPLETE 3 - 5 SQUATS OR BEND DOWN
AND TOUCH THE FLOOR



WELLNESS STATION SIGNS

ARM STRENGTH!



COMPLETE 3 - 5 STANDING WALL PUSH UPS OR
STANDARD KNEELING PUSH UPS



WELLNESS STATION SIGNS

TUMMY STRENGTH!



COMPLETE 3 - 5 SIT UPS



WELLNESS STATION SIGNS

WHOLE BODY STRENGTH!



JUMP

COMPLETE 3 - 5 STAR JUMPS

