

Wheel of Fortune Wellness - Levels C & D

GRATITUDE

To build fitness, mindfulness, and gratitude in one fun game. Students complete a variety of exercises while reflecting on positive emotions, empathy, and self-love. This helps them connect body and mind, support their peers, and practise kindness.



Learning Intentions

Body and Mind Connection:



Students aim to connect physical movement with mindfulness and gratitude.

Self-Love and Empathy:

Students aim to reflect on the people in their lives and share thoughts that show kindness, gratitude and care.

Working Together:

Students aim to support their team while completing wellness challenges.



Success Criteria

I can reflect on gratitude or empathy while completing the exercises.



I can share a positive, kind, or thoughtful answer during the reflection prompts.

I can encourage and support my team to create a fun and positive atmosphere.



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Duration: 10 - 15 minutes

Objective

To build fitness, mindfulness, and gratitude in one fun game. Students complete a variety of exercises while reflecting on positive emotions, empathy, and self-love. This helps them connect body and mind, support their peers, and practise kindness.

Players

- Small teams of 3–4 students.

Materials

- 8 wellness station signs with an exercise and a reflection prompt (found in PDF resource tab)
- Cones or markers for stations
- Dice (optional)
- Large space (indoors or outdoors)

Setup

1. Create **8 wellness stations** in a circle (wellness stations are listed below).
2. Each station has:
 - One physical exercise
 - One mindfulness or gratitude reflection prompt
3. Divide the class into small teams and start each team at a different station.

Gameplay / Activity Steps

Step 1: Begin at a Station

- Each team performs the movement (e.g., squats, push-ups, sit-ups) together.

Step 2: Reflection Prompt

- After the exercise, each player answers the reflection question aloud or quietly.

Step 3: Gratitude Runs (Optional)

- If space allows, students complete a short shuttle run, naming something they are grateful for each time, eg., run and touch a wall and come back to the current station.

Step 4: Rotate Stations

- Teams can either rotate clockwise to the next station or the teacher can roll the dice to determine how many stations the students must rotate around to.

Step 5: Continue the Game

- Play until all teams have completed several stations or a designated time limit has been reached or teams have completed all 8 wellness stations.



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Example Wellness Stations

- **Squats x 10 (Gratitude Squats):** Say one thing aloud you are grateful for with each squat.
- **Push-ups x 10 (Strength Affirmations):** Share something you admire about yourself.
- **Lunges x 10 (Compassionate Lunges):** Dedicate each lunge to someone you want to support, say their name out loud as each lunge is completed.
- **Plank (Empathy Plank):** Hold a plank for 20 - 40 seconds, reflect on 2 ways you can show kindness to others as you hold the position.
- **Star Jumps x 10:** Send positive energy into the world with each jump by saying a compliment to another student each time a jump is completed. Say it loud and proud!
- **Sit-ups x 10:** Think of one personal goal you want to work towards, plan how you will take the first step towards the goal as you complete the sit ups.
- **Tuck Jumps x10:** Recall a time you showed resilience and overcame a challenge.
- **Burpees x 5 (Bountiful Burpees):** For each burpee say something aloud about your health that you are thankful for.

Reflection Prompts

- What did you enjoy most about the stations?
- How did moving and reflecting at the same time feel?
- How can gratitude or empathy help you in daily life?

Winning the Game

- The game is about team success, not competition.
- Everyone who moves, reflects, and encourages others is a winner.

Variations

- **Fitness Edition:** Add more reps or advanced movements.
- **Children's Edition:** Use simpler prompts (e.g., favourite toy, happy place).
- **Team Building Edition:** Encourage whole groups to share one big reflection before rotating.

Notes for Inclusion

- Allow students to say answers aloud, write them down, or think quietly.
- Celebrate effort, not speed.
- Encourage cheering for teammates.



WELLNESS STATION SIGNS



PUSH-UPS X 10 (STRENGTH AFFIRMATIONS)

REFLECTION TASK: SHARE SOMETHING YOU ADMIRE
ABOUT YOURSELF.



WELLNESS STATION SIGNS



SQUATS X 10 (GRATITUDE SQUATS)

REFLECTION TASK: SAY ONE THING ALOUD YOU ARE
GRATEFUL FOR WITH EACH SQUAT.



WELLNESS STATION SIGNS



PLANK (EMPATHY PLANK)

REFLECTION TASK: HOLD A PLANK FOR 20 - 40 SECONDS, REFLECT ON 2 WAYS YOU CAN SHOW KINDNESS TO OTHERS AS YOU HOLD THE POSITION.



WELLNESS STATION SIGNS

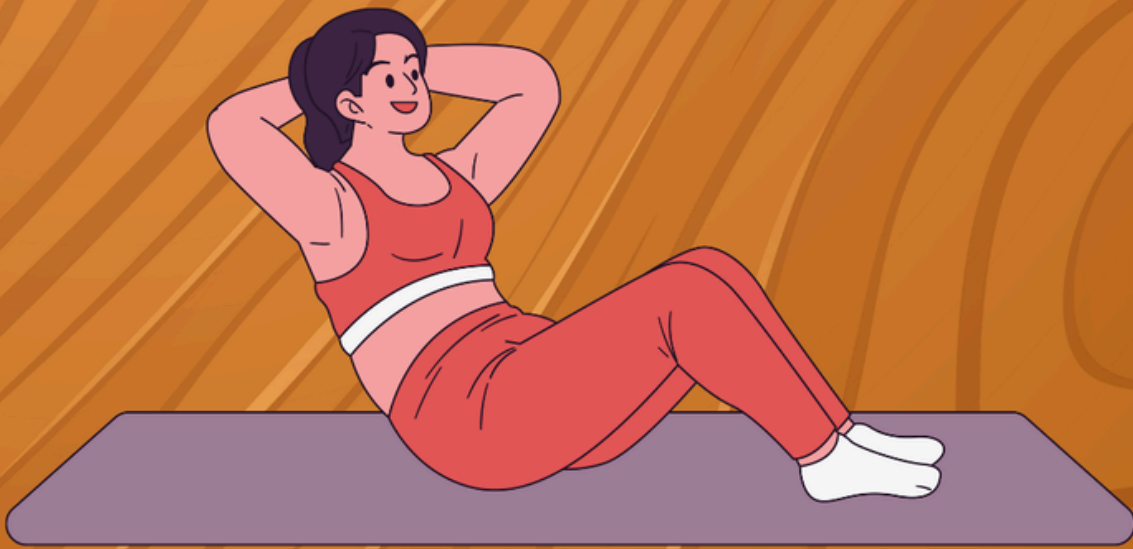


LUNGES X 10 (COMPASSIONATE LUNGES)

REFLECTION TASK: DEDICATE EACH LUNGE TO SOMEONE YOU WANT TO SUPPORT, SAY THEIR NAME OUT LOUD AS EACH LUNGE IS COMPLETED.



WELLNESS STATION SIGNS



SIT-UPS X 10

REFLECTION TASK: THINK OF ONE PERSONAL GOAL YOU WANT TO WORK TOWARDS, PLAN HOW YOU WILL TAKE THE FIRST STEP TOWARDS THE GOAL AS YOU COMPLETE THE SIT UPS.



WELLNESS STATION SIGNS



STAR JUMPS X 10

REFLECTION TASK: SEND POSITIVE ENERGY INTO THE
WORLD WITH EACH JUMP BY SAYING A COMPLIMENT TO
ANOTHER STUDENT EACH TIME A JUMP IS COMPLETED.
SAY IT LOUD AND PROUD!



WELLNESS STATION SIGNS



TUCK JUMPS X10

REFLECTION TASK: RECALL A TIME YOU SHOWED
RESILIENCE AND OVERCAME A CHALLENGE.

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PLAY

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PLAY



WELLNESS STATION SIGNS



BURPEES X 5 (BOUNTIFUL BURPEES)

REFLECTION TASK: FOR EACH BURPEE SAY
SOMETHING ALOUD ABOUT YOUR HEALTH THAT YOU
ARE THANKFUL FOR.

