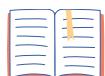


# Wheel of Fortune Wellness – Levels C & D

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.



# Wheel of Fortune Wellness – Levels C & D

GRATITUDE

**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.



# Wheel of Fortune Wellness – Levels C & D

GRATITUDE

## 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, name 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.

the power of  
**PLAY**

the power of  
**PLAY**



# WELLNESS STATION SIGNS



SQUATS X 10 (GRATITUDE SQUATS)

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

the power of  
**PLAY**

the power of  
**PLAY**

# 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.

the power of  
**PLAY**

the power of  
**PLAY**

# 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.

the power of  
**PLAY**

the power of  
**PLAY**

# 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.

the power of  
**PLAY**

the power of  
**PLAY**



# WELLNESS STATION SIGNS



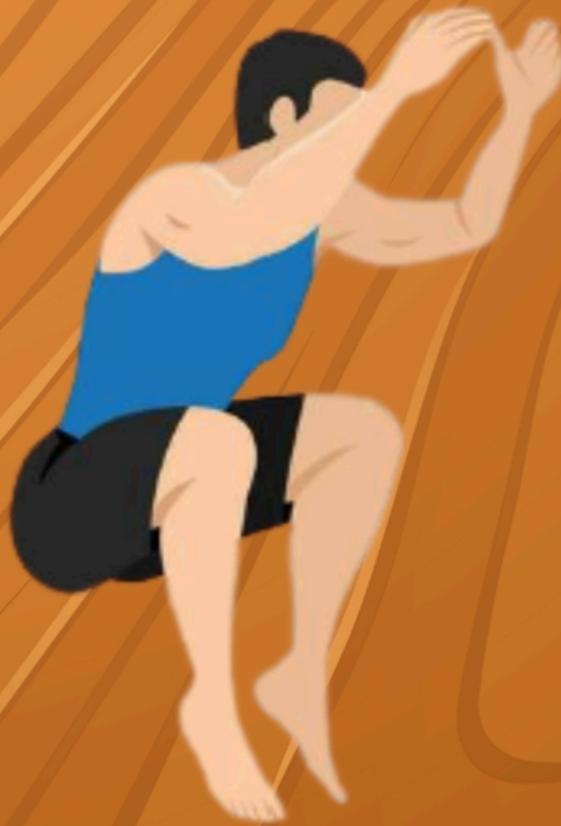
## STAR JUMPS X 10

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!

the power of  
**PLAY**

the power of  
**PLAY**

# WELLNESS STATION SIGNS



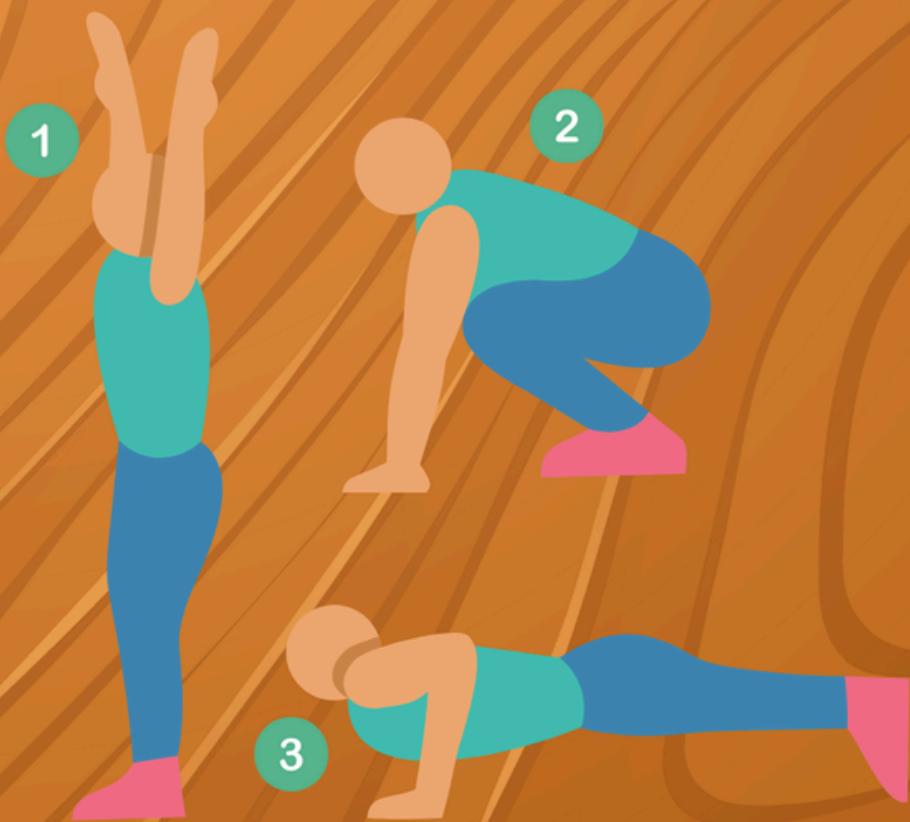
TUCK JUMPS X10

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

the power of  
**PLAY**

the power of  
**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.

the power of  
**PLAY**

the power of  
**PLAY**