

# Wheel of Fortune Wellness - Levels F-3

# GRATITUDE

To explore why kindness is important for themselves and others while having fun with movement and simple reflection tasks. Students rotate through stations that mix exercise with gratitude, empathy, and self-love, helping them stay active and positive.



## 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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# GRATITUDE

**Duration:** 10 - 15 minutes

## Objective

To explore why kindness is important for themselves and others while having fun with movement and simple reflection tasks. Students rotate through stations that mix exercise with gratitude, empathy, and self-love, helping them stay active and positive.

## Players

- Small teams of 3–4 students.

## Materials

- 6–8 station signs with an exercise and a reflection prompt (found in PDF resources tab).
- Cones or markers for stations
- Large space (indoors or outdoors)

## Setup

1. Place 6–8 wellness stations in a circle.
2. Each station has one simple movement and one short reflection prompt.
3. Students begin in small teams, each starting at a different station.

## Gameplay / Activity Steps

### Step 1: Begin at a Station

- Students complete the designated repetitions of the exercises set on each station card.

### Step 2: Reflection Prompt

- During the exercises, each student answers the prompt aloud, sharing their responses with their team members (e.g., “I am grateful for my friends”).

### Step 3: Rotate

- After each team has completed their station or after a set designated time frame, teams rotate clockwise to the next station.

### Step 4: Continue the Game

- Play until each group has completed all of the 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 was one thing you were grateful for today?
- How did it feel to share kindness while moving?
- Why do you think kindness is important for yourself and others?

## Winning the Game

- Everyone is a winner when they move their bodies, share their reflections, and show kindness.

## Variations

- **Partner Version:** Do the exercises in pairs and share reflections with each other.
- **Whole Class Version:** After each station, ask a few students to share their answers with the whole group.

## Notes for Inclusion

- Adjust movements for students of all abilities (e.g., seated arm raises instead of squats).
- Accept spoken, drawn, or acted-out answers.
- Celebrate effort, kindness, and encouragement rather than speed or competition.



# 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



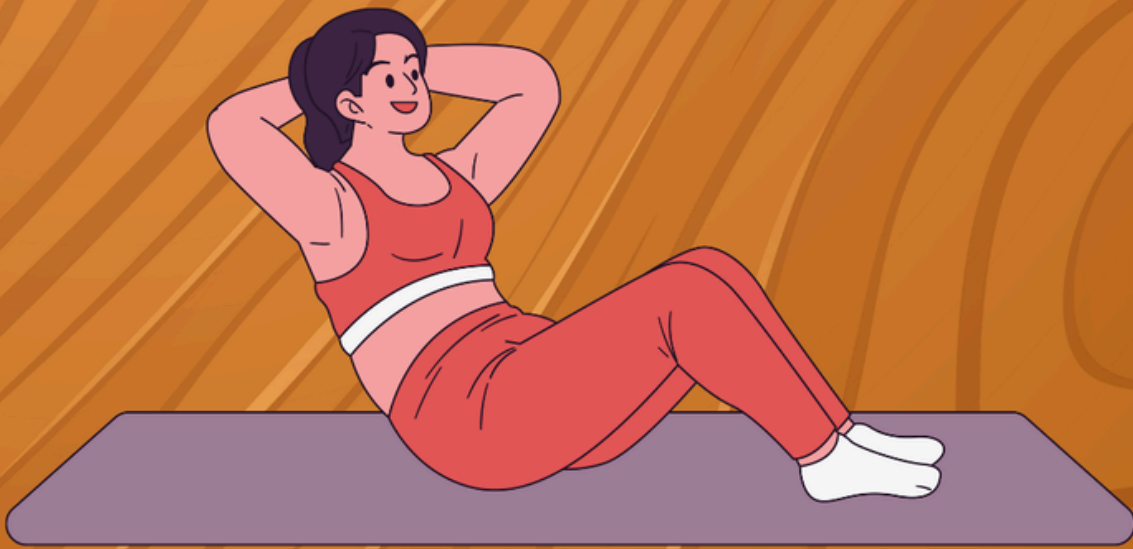
## LUNGES X 10 (COMPASSIONATE LUNGES)

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.



# WELLNESS STATION SIGNS



## BURPEES X 5 (BOUNTIFUL BURPEES)

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

