

WHEEL OF FORTUNE

Wellness



JUGGAR | LIFE

WHEEL OF FORTUNE WELLNESS

INSTRUCTIONS

Objective:

To promote physical fitness and mental well-being through gratitude, self-love, and empathy while engaging in a fun and interactive group workout. All based on the popular TV Show 'Wheel of Fortune'.

Setup:

- Arrange ten wellness stations in a circle at your location, with each station marked by a cone or sign.
- Each station will have two components: a physical exercise and a mindfulness task. Below are sample questions players can answer for each of the ten stations.
- Players start at different stations, ensuring even distribution.
- The instructor stands in the centre with a dice.

Gameplay:

- The instructor rolls the dice to determine how many stations each player advances, moving clockwise.
- Participants perform ten repetitions of the assigned exercise at each station and engage in the corresponding mindfulness task.
- Stations are varied in intensity, with some being more challenging.
- Upon completing their station's activities, participants do 10m gratitude shuttle runs, where each run is paired with a thought of something they're grateful for, earning one point per run.
- Once all teams finish, they note their points, and everyone returns to their stations for the next round.
- After 8-10 minutes, the team with the most points wins, celebrating their Wheel of Wellness victory.

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Wellness Stations:

1. **Squats: Gratitude Squats** - Think of a different thing you're grateful for with each squat.
2. **Push-ups: Strength Affirmations** - Say an affirmation of self-love with each push-up.
3. **Lunges: Compassionate Lunges** - Dedicate each lunge to someone you wish strength for.
4. **Unlucky: Empathy Plank** - Hold a plank, contemplating empathy for those facing challenges until everyone is finished. No shuttles.
5. **Squat Thrusters: Energetic Thrusts** - Visualise sending positive energy out into the world with each rep.
6. **V-sits: Visionary Sits** - Reflect on a personal goal with each V-sit.
7. **Commandos: Resilient Commandos** - Think of a challenge you've overcome with each movement.
8. **Burpees: Bountiful Burpees** - Consider a different aspect of health with each burpee, feeling thankful.
9. **Sumo Squats: Wide-Angle Gratitude** - Embrace the space and freedom around you with each wide stance.
10. **Free Station: Shuttle Runs of Self-Care** - Begin with shuttle runs immediately, focusing on self-care with each point earned.

Reflection:

At the end of the game, gather in a circle for a group reflection. Share experiences, thoughts that came up during the gratitude runs, and words of encouragement to foster a supportive community.

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Sample Questions for Each Station:

Here are three sample questions for each of the ten wellness stations to encourage mindfulness and reflection while engaging in physical exercise.

Station 1: Squats (Gratitude Squats)

1. What is one thing in your life that you're deeply thankful for today?
2. Name a person who has been helpful to you this week and why.
3. What is a simple pleasure that you enjoyed recently?

Station 2: Push-ups (Strength Affirmations)

1. What is one of your strengths that has helped you in a challenging time?
2. Share a self-compliment about a trait you're proud of.
3. Recall a moment when you felt strong and capable.

Station 3: Lunges (Compassionate Lunges)

1. Think of someone going through a tough time and send them your positive thoughts.
2. What does empathy mean to you, and how do you express it?
3. Who in your life needs support, and how can you help them?

Station 4: Unlucky (Empathy Plank)

1. Reflect on a time someone showed you kindness when you were struggling.
2. How can you show understanding to someone with a different life experience from your own?
3. Consider a global issue and consider ways to contribute to a solution.

Station 5: Squat Thrusters (Energetic Thrusts)

1. Visualise a positive change you'd like to see in the world. What is it?
2. When have you felt a strong positive energy, and what sparked it?
3. How can you spread positivity in your community today?

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Station 6: V-sits (Visionary Sits)

1. What is a personal goal you're working towards this year?
2. Describe a dream you have for your future self.
3. What steps can you take this month to get closer to your goal?

Station 7: Commandos (Resilient Commandos)

1. Share a personal victory you've achieved that you're proud of.
2. Think of a time you persisted despite difficulty. What kept you going?
3. How do you bounce back from setbacks, and what does resilience mean to you?

Station 8: Burpees (Bountiful Burpees)

1. What aspect of your health are you most thankful for?
2. How do you manage your mental health, and why is it important?
3. What healthy habits do you want to develop or maintain?

Station 9: Sumo Squats (Wide-Angle Gratitude)

1. Acknowledge something in your environment you're grateful for that you hadn't noticed before.
2. How does having physical, mental, and emotional space enhance your well-being?
3. Share an experience where you felt freedom, and describe how it impacted you.

Station 10: Free Station (Shuttle Runs of Self-Care)

1. What is one self-care activity that makes you feel rejuvenated?
2. How do you prioritise self-care on busy days?
3. Name a self-care goal you'd like to commit to this week.