

Gratitude Golf

Gratitude Golf is a fun and engaging game played in pairs designed to combine physical activity with positive reflection. The aim is to complete 11 holes of golf with the fewest number of rolls, while sharing gratitude reflections along the way.



Learning Intentions

Promoting Physical Activity Through Fun and Engagement

Students will engage in physical activity by participating in the golf game, improving their coordination and motor skills while having fun.

Encouraging Gratitude and Positive Reflection

Students will practise gratitude by reflecting on positive experiences and sharing their thoughts, fostering a sense of appreciation and mindfulness throughout the game.

Enhancing Social Interaction and Teamwork

Students will work together in pairs, collaborating to complete the game and share reflections, which will strengthen their social bonds and communication skills.



Success Criteria

Active Participation in Physical Play

Students actively participate in the game, showing enthusiasm and effort in completing the golf holes with as few rolls as possible.

Meaningful Engagement in Gratitude Reflection

Students thoughtfully engage in the reflection questions at each hole, providing sincere and meaningful answers that demonstrate their understanding and practice of gratitude.

Positive and Supportive Team Interaction

Students interact positively with their partners, offering encouragement and support throughout the game, and actively listening to each other's reflections, contributing to a collaborative and enjoyable experience.



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Objective:

Gratitude Golf is a fun and engaging game played in pairs designed to combine physical activity with positive reflection. The aim is to complete 11 holes of golf with the fewest number of rolls, while sharing gratitude reflections along the way.

Materials Needed:

- Tennis balls
- 11 hoops or buckets (to act as the holes)
- 11 cones/witches hats (to act as tee boxes)
- Scorecards (for recording the number of rolls and corresponding gratitude questions)
- Reflection question cards (one set per hole)

Setup:

1. Set up 11 holes around your play area. Each hole consists of a designated tee box and a hoop or bucket that serves as the hole.
2. Each pair of players is given a tennis ball and a scorecard.
3. Place the reflection question cards at each hole.

Game Play:

1. Starting the Game:

- Start each pair on a different hole to reduce the wait time for participants to get started (shotgun start).
- Players roll their ball underarm towards the hoop/bucket, aiming to get it in the hoop or bucket in as few rolls as possible.

2. Scoring:

- The goal is to get the ball into the hoop or bucket in the fewest number of rolls.
- Once each player has successfully rolled their ball into the hole, they record the number of rolls it took them on their scorecard. Both players can score on the same scorecard.
- Before moving onto the next hole, both players must answer a reflection question posted at each hole.

3. Reflection:

- The number of rolls taken (score per hole) corresponds to a gratitude reflection question on the card at that hole. For example, if a player took 3 rolls, they answer question 3.
- Both players take turns sharing their responses to the reflection question verbally before moving on to the next hole.
- If a player takes more than 6 rolls, they answer question number 6.

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4. Winning the Game:

- After all 11 holes are complete, each pair adds up their total number of rolls.
- The pair with the lowest combined score is crowned the Gratitude Golf champions.

End of Game Reflection:

Encourage all participants to share one thing they are grateful for about the experience, whether it's something they learned, a moment they enjoyed, or how they felt during the game.

Variations:

- **Solo Play:** Players can play individually, competing against themselves to improve their score each round.
- **Team Play:** Larger groups can form teams, with each team member taking turns rolling the ball.

Notes:

- Ensure that players have ample space to play safely.
- Adapt the difficulty of the holes based on the age and skill level of the participants. Eg, place obstacles in the way, get creative!

Reflection Questions Examples: (Attached are 11 holes in the PDF for you)

1. What is something you're grateful for that happened today?
2. Who is someone in your life that you appreciate and why?
3. What is a place that makes you feel happy?
4. Share a positive memory that brings you joy.
5. What is something kind someone did for you recently?
6. What is a strength or talent you are thankful to have?

This game encourages not only physical activity but also fosters a more profound sense of gratitude and reflection, making it a holistic experience for all participants.



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Scorecard

Rules of Play:

- Play in pairs.
- Pair with the lowest overall score wins.
- Your score on each hole represents the question you have to answer with your partner. Both people must answer the question each hole.

Hole 1	Hole 2	Hole 3
Hole 4	Hole 5	Hole 6
Hole 7	Hole 8	Hole 9
Hole 10	Hole 11	Total Score

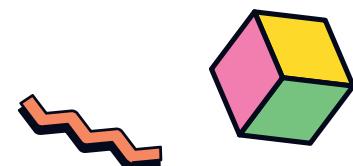


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Hole One

GRATITUDE DISCUSSION

1. What is something I can see at this moment that makes me happy?
2. What's the best thing I have done in the last week?
3. Today I am excited to see... Because....
4. I get excited when I....
5. If I had one wish today, I would wish for....
6. Today I am very proud of....



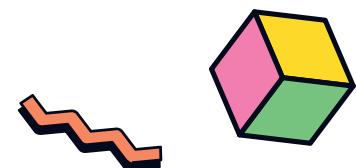
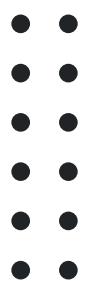


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Hole Two

FUTURE ASPIRATIONS

1. Goal to complete today
2. This week
3. This month
4. This year
5. Five-year goal
6. Before you die



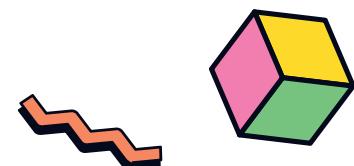


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Hole Three

LUCKY TICKET

1. The first thing you would purchase after winning the lottery would be and why?
2. The first place I would go on holidays would be? Who would you take?
3. Would you invest any of the money you won? Why or why not?
4. Who is the first person you would want to help when you won the lottery and why?
5. Would you share your win with others or keep it a secret?
6. What's something you don't need but you would love to buy? Like a car, watch, handbag or private jet and why?



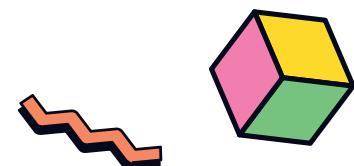


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Hole Four

I WOULD LOVE

1. If you could click your fingers and speak another language what would it be and why?
2. Have you been anywhere when you wished you could speak the language or understand what people were saying?
3. If you could play a musical instrument right now, what would it be and why?
4. If you could be a professional athlete what would it be and why?
5. If you could be a professional actor, comedian or model, which one would you pick and why?
6. Is there a skill, task or profession you would love to master? If so why?



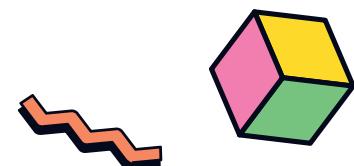


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Hole Five

ICEBREAKER PROMPTS

1. Last year the best adventure I went on was...
2. Something people may not know about you...
3. What's the best piece of advice you've ever been given?
4. The last time you cried with laughter was...
5. The best movie you have watched in the last five years?
6. Two truths and one lie about yourself, and everyone has to guess the lie.





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Hole Six

KINDNESS IS THE KEY

1. What's the nicest thing someone has done for you without wanting anything in return?
2. What's the kindest thing you have done for someone in the previous month?
3. What is something you could do in the next five minutes to make someone smile?
4. Who is the kindest person you know and why?
5. What feelings do you have when someone goes out of their way to be kind to you?
6. What's the most amazing act of kindness you have seen, read or heard about?

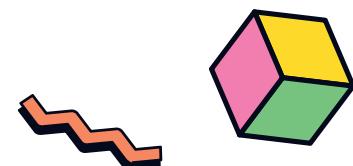


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Hole Seven

MEETING STARTERS

1. Share one thing that is going well for you?
2. Share one thing that you are really proud of achieving this year at work?
3. Share one thing you do to stay emotionally and physically healthy?
4. Share one thing you are grateful for in your workplace and why?
5. Share one thing you want to personally accomplish next year professionally and why?
6. Share one struggle you are having this year?





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Hole Eight

PROUDEST MOMENTS

1. My proudest moment at school was?
2. My proudest moment during an individual sporting activity or team event was?
3. If you could only remember one achievement in your life, what would it be and why?
4. When my family talk about me, what would they be most proud of?
5. Nothing comes easy in life, what is something that took a lot of hard work and commitment that you were able to complete or achieve?
6. If someone wrote a book about your life, what would the title be?

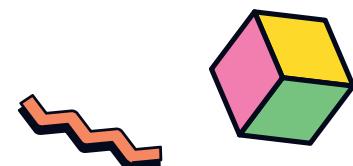


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Hole Nine

SUPER SENSORS

1. What is your favourite thing to touch and why?
2. What is your favourite thing to taste or eat and why?
3. What is your favourite scent to smell and why?
4. What is your favourite sound and why?
5. If you could only look at one thing for the rest of your life, what would it be and why?
6. What makes your body feel alive and why?



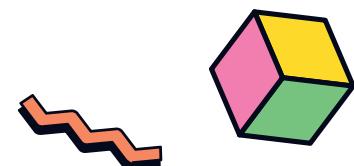


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Hole Ten

WOULD YOU RATHER

1. Would you rather lose the ability to read or speak?
2. Would you rather be covered in fur or scales?
3. Would you rather always be 10 minutes late or 20 minutes early?
4. Would you rather have all green traffic lights you approach or never have to stand in line again?
5. Would you rather have unlimited international first-class tickets or never have to pay a restaurant bill again?
6. Would you rather your only mode of transportation be a donkey or a giraffe?





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Hole Eleven

YOUR SUPPORT NETWORK

1. Who was most influential in your life as a kid?
2. Having a caring and kind nature is very attractive to be around. Who in your life inspires you with these traits?
3. Laughing every day is so important. Who in your life makes you LOL and why?
4. Admiration is something we all have, when you think of people in your life who do you admire the most?
5. If you're having a rough day or things are not going well who is the person you call and why?
6. If you could invite one person to dinner who would it be and why?