

# My Family Gratitude Card



To create a personalised family gratitude card with six thoughtful questions designed by students. The card will be used at home to foster deep and meaningful conversations around gratitude during family time.



## Learning Intentions

### Develop Gratitude Awareness

Students will develop an awareness of gratitude by reflecting on meaningful aspects of their lives and creating thoughtful questions that encourage deep conversations within their families.

### Enhance Communication and Connection

Students will enhance communication and connection with their families by designing a personalised gratitude card that fosters meaningful discussions about positive experiences and emotions.

### Promote Family Engagement

Students will engage their families in regular gratitude practices, contributing to a positive and supportive home environment.



## Success Criteria

### Creation of Thoughtful Questions

Students have successfully created six thoughtful and meaningful gratitude questions on their Family Gratitude Card, each designed to prompt reflection and conversation within their family.

### Personalisation and Presentation

Students will feel valued and important as they personalise their Family Gratitude Card, making it uniquely theirs, and effectively communicate the purpose and instructions for using the card with their families.

### Reflection on Family Impact

After using the card at home, students will feel a deeper sense of connection and understanding as they reflect on the impact of the activity, identifying how it has brought their family closer and contributed to positive interactions. They will also have the opportunity to share their reflections in class or through a classroom reflection wall, if applicable.



# My Family Gratitude Card



## Objective:

To create a personalised family gratitude card with six thoughtful questions designed by students. The card will be used at home to foster deep and meaningful conversations around gratitude during family time.

## Materials Needed:

- Six-sided dice for each student.
- Printed PDF sheet with space for six gratitude questions (one for each number on the dice).
- Pens or pencils for writing the questions.
- Optional: Markers, coloured pencils, or stickers for decorating the card.

## Setup:

1. **Preparation:** Distribute the printed PDF sheets to each student. The sheet should have six blank spaces, each labelled with a number from 1 to 6, corresponding to the numbers on a six-sided dice.
2. **Introduction:** Explain the concept of gratitude and the purpose of creating a family gratitude card. Emphasise how this activity will help families engage in meaningful discussions and reflect on positive aspects of their lives together.

## Game Play:

### 1. Question Creation (10-15 minutes):

- **Brainstorming:** Start by asking students to think about what they are grateful for and what kinds of questions would help their family reflect on gratitude. Encourage them to consider questions that are personal and meaningful.
- **Writing Questions:** Students will write a gratitude question in each of the six spaces on the PDF sheet. Each question should correspond to one of the numbers on the dice. Encourage students to create questions that are specific to their families, including family members and memories they have of times shared together.
  - **Example questions could include:**
    - i. "What is something kind someone did for you today?"
    - ii. "What is a moment from today that made you smile?"
    - iii. "Who in the family are you grateful for and why?"
    - iv. "What is something you achieved this week that you're proud of?"
    - v. "What is a challenge you faced today and how did you overcome it?"
    - vi. "What is a place you visited recently that made you feel happy?"



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- **Personalisation:** After writing their questions, students can decorate their cards to make them special and unique for their family.

## 1. Sharing the Gratitude Card:

- **Family Instructions:** Explain to students how to introduce the gratitude card to their families. Each night, a family member rolls the dice and answers the question that corresponds to the number rolled. The family can take turns rolling the dice, ensuring everyone has a chance to share.
- **Class Sharing (Optional):** If time allows, students can share one or two of their questions with the class, discussing why they chose them and how they think it will impact their family.

## Reflection and Discussion:

### 1. Follow-Up Reflection:

- After using the card with their families, students can reflect on the experience. They might discuss:
  - How did the activity bring their family closer?
  - What were some memorable responses or moments?
  - Did they learn anything new about their family members?

### 2. Classroom Reflection Wall (Optional):

- Create a classroom reflection wall where students can post brief notes or drawings about their experience with the family gratitude card. This can serve as a way to share and celebrate the positive impact of the activity.


## Debrief:

- Conclude with a group discussion about the value of sharing gratitude and how it can strengthen family bonds. Encourage students to think about other ways they can promote gratitude in their lives.

## Follow-Up:

- Consider making this a recurring activity, where students update their gratitude cards with new questions each month or season.
- Encourage students to continue using the card regularly with their families, making it a cherished tradition.





# MY FAMILY & SCHOOL GRATITUDE CARD

Take it in turns to roll the six-sided dice and answer a time during your day or the last week that you felt that form of gratitude. Take it in turns to roll and share.

1

2

3

4

5

6