

Gratitude Counting

PLAY

To serve as an engaging activity that promotes gratitude and reflection, enhancing concentration and social interaction through a simple counting and squatting exercise.



Learning Intentions

Promote Gratitude and Reflection:

Students will practise gratitude by reflecting on various aspects of their lives, such as people, skills, or experiences, and sharing these reflections with a partner.

Enhance Concentration and Physical Fitness:

Students will develop concentration and focus by counting numbers sequentially and performing physical activities, such as squats, while maintaining mental engagement.

Foster Social Interaction and Communication:

Students will build social skills and strengthen connections by interacting with a partner, practising name recognition, and sharing meaningful reflections.



Success Criteria

Active Participation in Gratitude Reflection:

Students successfully identify and share meaningful responses to the gratitude theme, demonstrating reflection on positive aspects of their lives.

Engagement in Physical Activity and Counting:

Students remain focused during the counting and squat activity, correctly perform the squat hold and stand when required, and show physical engagement and concentration.

Positive Interaction and Communication:

Students actively engage with their partner, correctly use their name during the game, and maintain a positive and encouraging attitude, contributing to the group's overall social connection.



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Objective:

To serve as an engaging activity that promotes gratitude and reflection, enhancing concentration and social interaction through a simple counting and squatting exercise.

Players:

Pairs suitable for all ages and group sizes.

Materials:

- One six-sided dice

Setup:

Partner participants and have them introduce themselves, which is necessary for the gameplay.

Roll the dice to determine the gratitude theme for the round based on the number rolled:

1. People you are grateful for
2. Skills or talents you are grateful to have
3. Memorable moments you cherish
4. Amazing places you have visited
5. Acts of kindness you have experienced or observed
6. Things you appreciate about your daily life

Gameplay:

- Pairs face each other in a squat hold position (optional).
- They alternate counting numbers aloud, starting from one.
- When a multiple of three (3, 6, 9, 12, etc.) or any number containing the digit three (13, 23, 30, etc.) is reached, the player must stand up, share something related to the gratitude theme based on the dice roll, say their partner's name, and then return to the squat hold.
- The game continues until a player makes a mistake, with the pair's highest number reached being their score.
- Restart the game, aiming to beat the previous score, possibly rolling the dice again for a new gratitude theme.





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Winning the Game:

The focus is on achieving a higher score than the previous round, with the primary goal being fun, interaction, and reflection on gratitude.

Modifications:

As players become familiar with the game, switch the gratitude themes or add new elements to the counting, such as having to perform a different physical activity (like a jump or a turn) on multiples of five. Or create different themes instead of gratitude, such as empathy, kindness, or vulnerability.

Additional Notes: 'Gratitude Counting' is an engaging game that combines physical activity with mental focus and emotional reflection, ideal for warming up and connecting participants in any group setting and promoting a positive mindset.

