

# Master Chef Group Gratitude



To enhance gratitude and appreciation within a group through a creative, Master Chef-inspired activity, using prompts to reflect on the positive impacts of individuals in each other's lives.



## Learning Intentions

### Promote Gratitude and Reflection:

Students will practise gratitude by reflecting on individuals who have positively impacted their lives, acknowledging these contributions through meaningful written reflections.

### Strengthen Interpersonal Connections:

Students will enhance their relationships by sharing their reflections with the group, fostering a more profound sense of community and appreciation for the people around them.

### Encourage Positive Communication:

Students will develop their ability to communicate positive feelings and recognise the efforts and qualities of others, promoting kindness and empathy within the group.



## Success Criteria

### Thoughtful Written Reflections:

Students complete written reflections based on the provided prompts, thoughtfully acknowledging the positive influence of others in their lives.

### Active Participation in Sharing:

Students actively share their reflections with the group, expressing gratitude and appreciation for their peers.

### Fostering a Positive and Supportive Atmosphere:

Students contribute to creating a supportive environment by listening to and appreciating the reflections of others, demonstrating empathy and a shared sense of gratitude.



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## Objective:

To enhance gratitude and appreciation within a group through a creative, Master Chef-inspired activity, using prompts to reflect on the positive impacts of individuals in each other's lives.

## Players:

Any group size is suitable for various settings like teams, classrooms, or family gatherings.

## Materials:

- Paper and pens for participants to write their reflections.

## Setup:

Distribute paper and pens to all participants.

## Gameplay:

- Participants use ten thought-provoking prompts to reflect on individuals who have positively impacted their lives.
- Prompts include acknowledging actions or qualities admired, support during challenging times, inspiration and motivation provided, memorable shared experiences, consistent kindness, extraordinary efforts, reliable presence, and contributions to personal growth and happiness.
- Each participant writes and shares their reflections with the group, fostering a sense of gratitude and community. Can be done in small groups or as a whole class.

## Winning the Game:

The focus is on fostering a culture of gratitude and appreciation rather than competition.

## Additional Notes:

Master Chef Group Gratitude is a reflective and bonding activity that promotes recognition of the positive influences in each other's lives, enhancing interpersonal connections and collective well-being.

