

Evening Gratitude Game



To reflect on the day's events and foster a positive mindset. This game involves sharing answers to gratitude-focused questions at dinner, enhancing happiness and well-being.



Learning Intentions

Foster Gratitude and Reflection:

Students will practice gratitude by reflecting on the positive events of their day, enhancing their ability to focus on the good and cultivate a positive mindset.

Encourage Positive Communication:

Students will develop their communication skills by sharing their reflections with others, creating an open and supportive environment where positive experiences are discussed and celebrated.

Strengthen Relationships and Well-Being:

Students will engage in meaningful conversations that promote connection and well-being, contributing to stronger relationships with family, friends, or peers.



Success Criteria

Active Participation in Gratitude Reflection:

Students thoughtfully answer the gratitude-focused questions based on their dice rolls, reflecting on positive aspects of their day and demonstrating a mindful approach to daily reflection.

Engagement in Positive Communication:

Students share their reflections openly with others, contributing to a positive and supportive conversation that encourages listening and celebrating one another's experiences.

Creation of a Gratitude Wall (Optional):

Students write their reflections on Post-it notes, contributing to a shared gratitude wall, which serves as a visual reminder of the positive experiences in their lives, fostering a culture of gratitude.



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Objective:

To reflect on the day's events and foster a positive mindset. This game involves sharing answers to gratitude-focused questions at dinner, enhancing happiness and well-being.

Players:

Ideal for families, partners, or friends sharing dinner.

Materials:

- A six-sided dice for each participant.
- Post-it notes (optional, for a gratitude wall).

Setup:

Prepare six different reflective questions for the session or use the questions provided below. Each participant has a die at the dinner table.

Gameplay:

- Participants roll the dice to select a question.
- Each person answers the question corresponding to their dice roll.
- The focus is on positive aspects of the day, encouraging gratitude.
- Optionally, write the answers on Post-it notes for a gratitude wall.

Gratitude Questions:

1. What was something I did well today?
2. What was the biggest win I had today?
3. What is one thing I learnt about myself today?
4. What are two things I am grateful for today?
5. What am I most looking forward to tomorrow?
6. How did I make someone's day better today with an action or gesture?

Variations for Different Settings:

- **Solo Edition:** Reflect personally, focusing on positive aspects of the day.
- **Community Edition:** Adapt for group dinners or gatherings, fostering group gratitude.
- **Children's Edition:** Simplify questions to suit younger participants.

Additional Notes:

- The Evening Gratitude Game is a beneficial way to end the day on a positive note, emphasising the good in each day.
- It's a simple yet effective tool for promoting gratitude, reflection, and familial or communal bonding.
- The game encourages participants to focus on positive experiences, fostering a healthy mindset.

