

# Gratitude Charades

Gratitude

**Expressing and guessing different forms of gratitude through charades fosters a fun and positive environment.**



## Learning Intentions

### **Promote Gratitude and Positive Reflection:**

Students will reflect on the positive aspects of their lives and express gratitude in a fun, engaging way through charades, fostering a positive mindset.

### **Enhance Communication and Creativity:**

Students will develop non-verbal communication skills by acting out different forms of gratitude, encouraging creativity and imaginative thinking.

### **Encourage Group Connection and Playfulness:**

Students will engage in a playful, interactive activity that strengthens group connections, promotes teamwork, and fosters a supportive, fun atmosphere.



## Success Criteria

### **Active Participation in Charades:**

Students actively act out and guess gratitude prompts, demonstrating creativity and enthusiasm while engaging with the group.

### **Effective Communication and Expression:**

Students successfully convey different forms of gratitude through non-verbal expressions, using body language and gestures to help their teammates guess the correct prompts.

### **Positive Interaction and Teamwork:**

Students work together with their teammates in a supportive and playful environment, showing appreciation for each other's efforts and contributing to a positive group dynamic.



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## Objective:

Expressing and guessing different forms of gratitude through charades fosters a fun and positive environment.

## Players:

Suitable for small groups or teams.

## Materials:

- Pieces of paper with written gratitude prompts.
- A hat or bowl to draw from.

## Setup:

Write down various things and activities to be grateful for on separate pieces of paper and place them in a hat or bowl.

## Gameplay:

- **Option One:** Teams guess non-verbal expressions of gratitude acted out by one of their members. Points are awarded for correct guesses.
- **Option Two:** Each participant writes down three gratitude prompts. Players take turns acting out a drawn prompt for others to guess, with no points involved.

## Winning the Game:

The team with the most points wins in Option One. In Option Two, the focus is on sharing and experiencing gratitude.

## Variations:

- Encourage creative and outside-the-box gratitude expressions.
- Adapt the game for different age groups or settings.

## Additional Notes:

Gratitude Charades is an engaging way to reflect on the positive aspects of life and share them in a playful, interactive manner.

