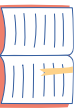


Gratitude Monopoly

Gratitude

This is a unique and interactive version of the classic Monopoly game, redesigned to foster gratitude, self-appreciation, and learning in a fun and active environment. Teams compete to earn points by moving around a game board and engaging in activities and discussions based on gratitude and learning.



Learning Intentions

Foster Gratitude and Self-Appreciation:

Students will reflect on what they are grateful for and develop a more profound sense of self-appreciation while engaging in fun and interactive activities that promote positive thinking.

Promote Teamwork and Collaboration:

Students will work together in teams, enhancing their communication and collaboration skills as they complete gratitude-based activities and discussions throughout the game.

Encourage Critical Thinking and Learning:

Students will engage in meaningful discussions and creative problem-solving as they navigate the game board, contributing to both their emotional well-being and intellectual growth.



Success Criteria

Completion of Gratitude-Based Activities:

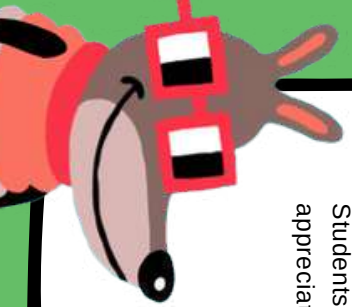
Students actively participate in the game, completing activities or answering questions related to gratitude and learning as they progress across the board.

Effective Team Collaboration:

Students work well within their teams, communicating clearly and supporting each other to complete the tasks and move forward in the game.

Positive Attitude and Engagement:

Students engage with the game enthusiastically, showing a positive attitude toward gratitude and self-appreciation activities and embracing both the competitive and non-competitive aspects of the game.



Gratitude Monopoly

Gratitude

Objective:

This is a unique and interactive version of the classic Monopoly game, redesigned to foster gratitude, self-appreciation, and learning in a fun and active environment. Teams compete to earn points by moving around a game board and engaging in activities and discussions based on gratitude and learning.

Players:

Suitable for classroom or outdoor settings, played in pairs or teams.

Materials:

- A printed and laminated copy of the Monopoly Gratitude game board (PDF format).
- A dice.
- A deck of playing cards.
- Monopoly game cards and markers for each team.

Setup:

- Arrange the laminated Monopoly Gratitude squares on the ground as outlined in the game card.
- Place the dice and deck of playing cards in the centre of the game layout.
- Each team starts at the "GO" square with a game card and marker.

Gameplay:

- **Movement:** Teams roll the dice and move forward the number of spaces indicated.
- **Activity Squares:** Each square contains instructions (questions or exercises) that students must complete before moving on.
- **Scoring Points:** Each time a team passes "GO," they earn one point.
- **Star Jump Option:** If a question is too difficult, students can do 10 star jumps as an alternative to move on.
- **Game Duration:** Recommended playtime is two 10-minute sessions with a short break in between. Adjust as necessary.



Gratitude Monopoly

Gratitude

Winning the Game:

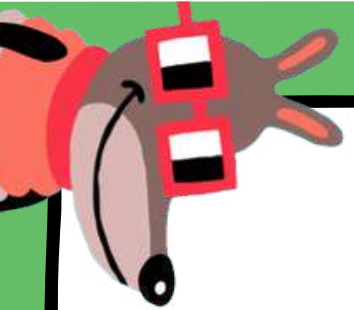
The game can be played competitively with a focus on points or as a non-competitive, fun learning experience.

Variations for Different Settings:

- **Educational Edition:** Tailor questions and activities to specific learning objectives or curriculum topics.
- **Wellness Edition:** Focus on activities that promote physical health, mindfulness, and emotional well-being.
- **Large Group Edition:** Adapt for larger groups by creating multiple game boards or dividing the class into more teams.

Additional Notes:

- Monopoly Gratitude is an excellent way to combine learning, physical activity, and the practice of gratitude and self-appreciation.
- It provides a dynamic and engaging approach to education, suitable for a wide range of ages and learning environments.
- This version of Monopoly encourages team-building, communication, and creative thinking, making it a valuable addition to any classroom or group activity setting.



BEST STREET

WHAT IS THE BEST THING THAT HAS HAPPENED TO YOU THIS WEEK?

COMPLETE A 50 METRE JOG, OR
RUN ON THE SPOT FOR 10
SECONDS

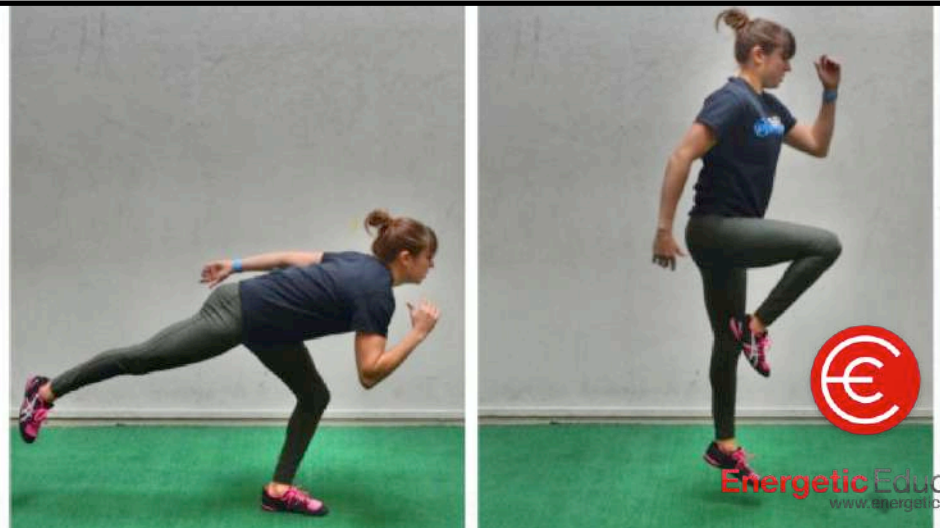


Energetic Education
www.energetic.education

IMPORTANT COURT

WHO MADE YOU FEEL IMPORTANT TODAY? HOW DID THEY DO THIS?

COMPLETE 5 MOVING HOPS ON
YOUR LEFT LEG AND ALSO 5 ON
YOUR RIGHT LEG.



Energetic Education
www.energetic.education

MAGIC MOUNTAIN

IF YOU HAD A MAGIC WAND WHAT WOULD YOU FIX IF YOU HAD ONE WISH?

COMPLETE 10 BIG JUMPS AS HIGH AS YOU POSSIBLE CAN.



HAPPY HILL

WHAT IS YOUR FAVOURITE THING TO DO AT THE MOMENT THAT BRINGS YOU HAPPINESS IN YOUR LIFE?

COMPLETE 10 STAR JUMPS ON THE SPOT



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GENTLE GROVE

WHATS ONE THING YOU CAN DO TO BE GENTLER AND MORE CARING TO YOURSELF?

COMPLETE A 10 BIG MOVING JUMPS, LANDING ON BOTH FEET.



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HIGH HANDS

WHAT IS ONE THING YOU CAN DO TODAY THAT WILL PUT A SMILE ON SOMEONE ELSE FACE? IT COULD BE A COMPLIMENT OR A RANDOM ACT OF KINDNESS?

GIVE FIVE PEOPLE A HIGH FIVE IN YOUR GROUP BEFORE MOVING TO THE NEXT QUESTION.



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LOVE LANE

WHAT IS ONE THING YOU LOVE SMELLING, ONE YOU LOVING TOUCHING AND ONE YOU LOVE TASTING? WHY DO YOU LOVE THESE THINGS?

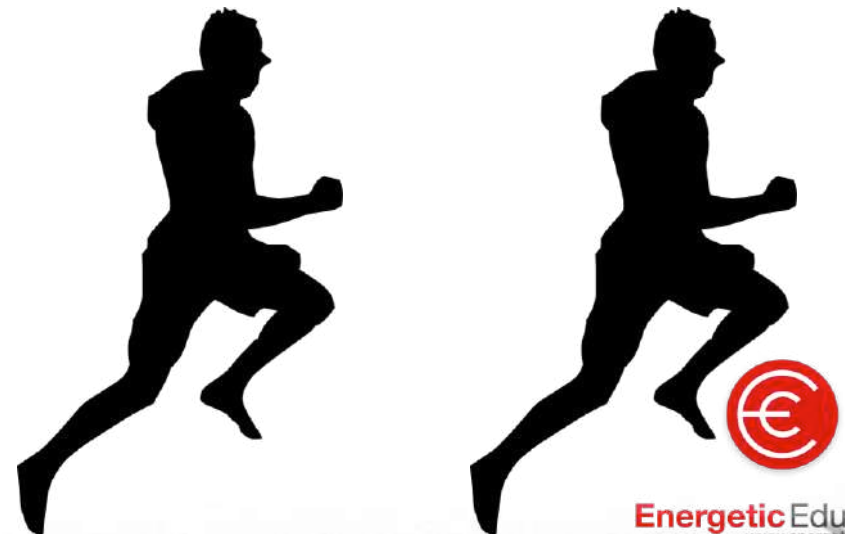
COMPLETE 10 METRES OF BEAR CRAWLS OR CRAB CRAWLS.



GRATEFUL STREET

WHAT IS SOMETHING AMAZING THAT YOU DID YESTERDAY THAT YOU ARE GRATEFUL FOR?

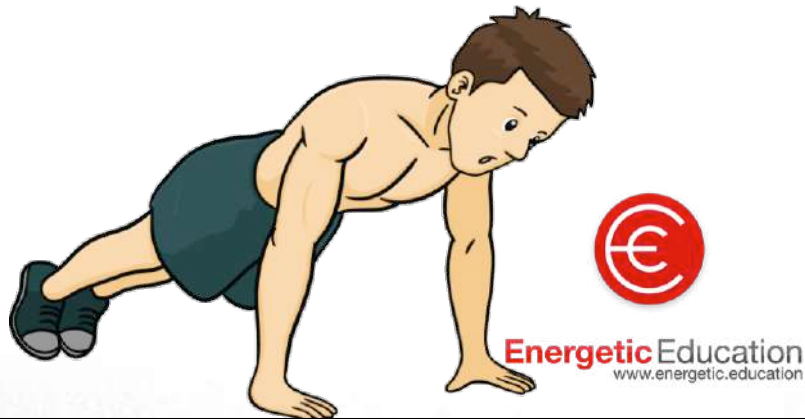
RUN 100 METRES BEFORE ROLLING THE DICE AGAIN.



PUSH UP STATION

WHAT IS SOMETHING THAT YOU ARE
LOOKING FORWARD TO DOING
TOMORROW?

COMPLETE 5 PUSH UPS BEFORE
YOU ALL THE DICE AGAIN.



SIT UP STATION

WHAT IS YOUR FAVOURITE FORM OF
EXERCISE? AND HOW DOES IT MAKE
YOU FEEL AFTER YOU HAVE
COMPLETED THIS?

COMPLETE 5 SIT UPS BEFORE
ROLLING THE DICE AGAIN.



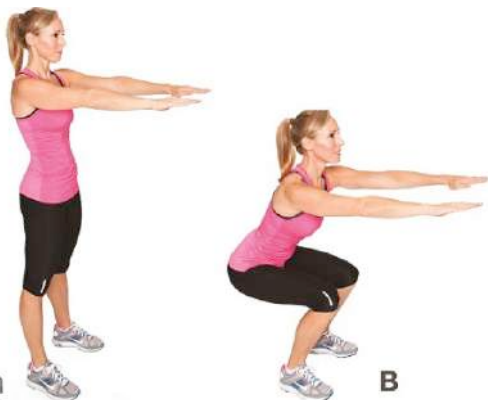
SQUAT STATION

WHAT MEMORY ARE YOU MOST GRATEFUL FOR? WHY IS THIS SPECIAL TO YOU?

COMPLETE 5 SQUATS BEFORE ROLLING THE DICE AGAIN.



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LUNGE STATION

WHO IN YOUR LIFE ARE YOU GRATEFUL FOR? AND WHY?

COMPLETE 10 LUNGES BEFORE ROLLING THE DICE AGAIN.

STEP 1

STEP 2

STEP 3

STEP 4



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GO

ONE POINT FOR YOUR TEAM.
ROLL THE DICE AGAIN.

COLLECT
\$200 SALARY
AS YOU PASS

GO



JAIL

COMPLETE 15 STAR JUMPS
INDIVIDUALLY, OR ROLL THE DICE TO
GET A 6.

EACH TIME YOU ROLL AND DON'T
GET A 6, YOU ALL HAVE TO
PERFORM 5 STAR JUMPS.

MAXIMUM OF THREE DICE ROLLS
BEFORE YOU HAVE TO COMPLETE
THE MAXIMUM OF 15 STAR JUMPS
TO LEAVE JAIL.



FREE PARKING

GRAB A DRINK OF WATER AND A GET OUT OF JAIL FREE CARD WHILE YOU REST YOUR ENGINE.



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GO TO JAIL

DO NOT PASS GO, AND DO NOT COLLECT THE POINT FOR YOUR TEAM.



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DSPT Chance

THIS CARD MAY BE KEPT
UNTIL NEEDED OR SOLD

GET OUT OF JAIL
FREE



Datesidebottom

DSPT Chance

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GET OUT OF JAIL
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Datesidebottom

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IMPORTANT COURT

MAGIC MOUNTAIN

HAPPY HILL

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HIGH HANDS

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PUSH UP STATION

SIT UP STATION

SQUAT STATION

LUNGE STATION

PLAYERS GRATITUDE CARD

