

# GRATITUDE

## Monopoly



# Monopoly Gratitude Instructions

## 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.
- 

## Winning the Game:


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

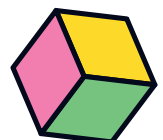
## Variations for Different Settings:

- 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.
- 





# 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.

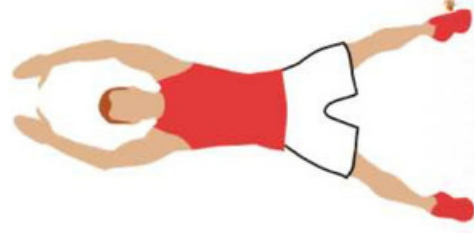
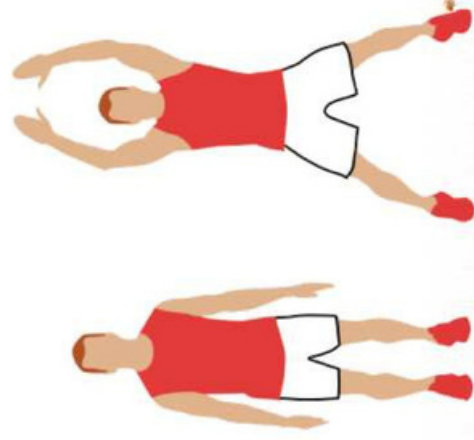


the School of  
**PLAY**

# 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





# 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



the school of

# AX

# IMPORTANT COLT

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.





# 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.

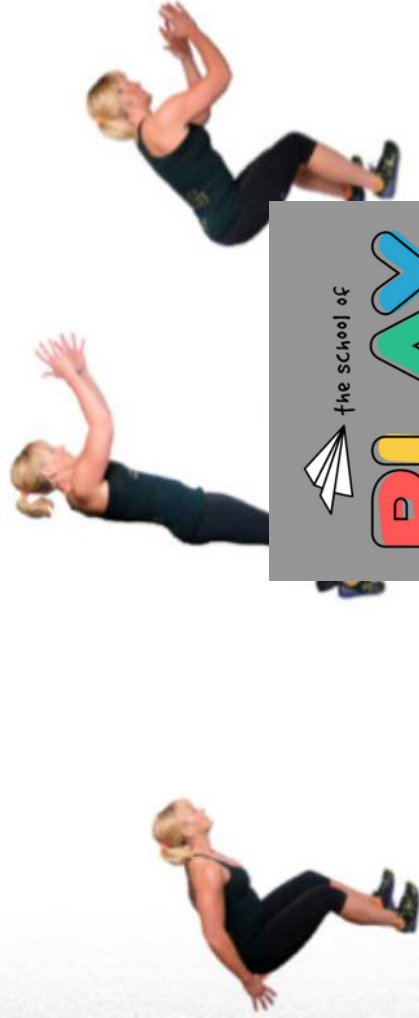




# GENTLE GROVE

WHAT'S ONE THING YOU CAN DO TO BE GENTLER AND MORE CARING TO YOURSELF?

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



# HIGH HANDS

WHAT IS ONE THING YOU CAN DO TODAY THAT WILL PUT A SMILE ON SOMEONE ELSE'S 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.

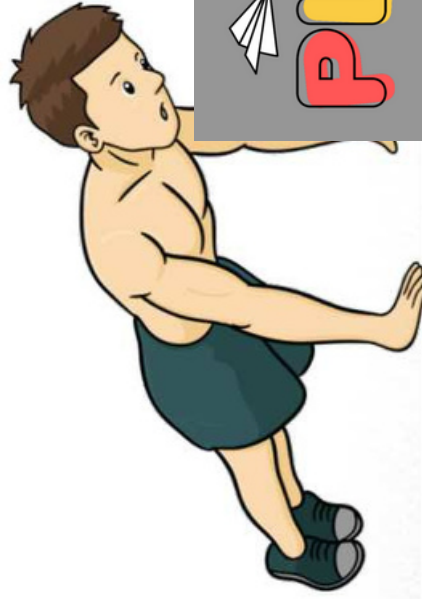




# PUSH UP STATION

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.



# 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





GO

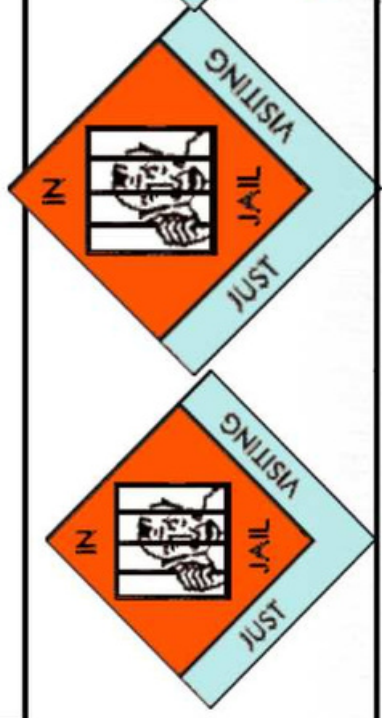
JAIL

ONE POINT FOR YOUR TEAM.  
ROLL THE DICE AGAIN.

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

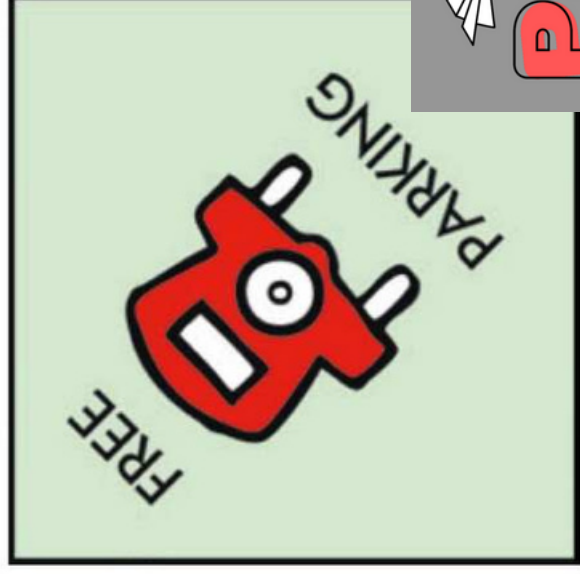
EACH TIME YOU ROLL AND DON'T  
GET A 6, YOU ALL HAVE TO  
PERFORM 5 STAR JUMPS.

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



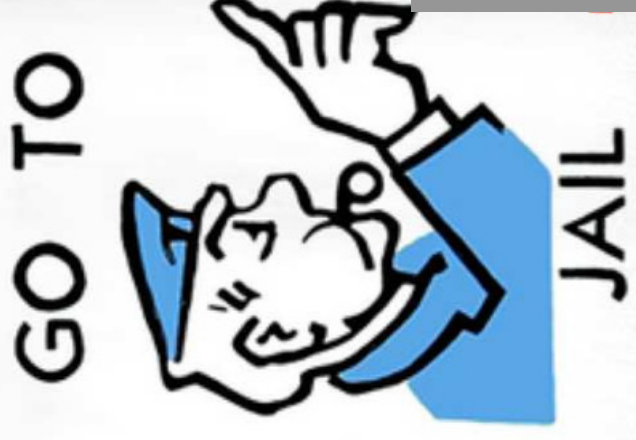
# FREE PARKING

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



# GO TO JAIL

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





*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**



*DSPT Chance*

THIS CARD MAY BE KEPT  
UNTIL NEEDED OR SOLD

**GET OUT OF JAIL  
FREE**





BEST STREET

IMPORTANT COURT

MAGIC MOUNTAIN

HAPPY HILL

GENTLE GROVE

HIGH HANDS

LOVE LANE

GRATEFUL STREET

PUSH UP STATION

SIT UP STATION

SQUAT STATION

LUNGE STATION

PLAYERS GRATITUDE CARD