

# GRATITUDE

## Monopoly



the school of  
**PLAY**

# 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?

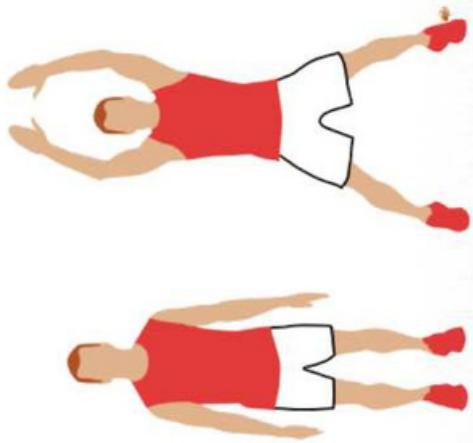
COMPLETE 10 BIG JUMPS AS HIGH AS YOU POSSIBLE CAN.



# 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



# IMPORTANT COLOUR

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

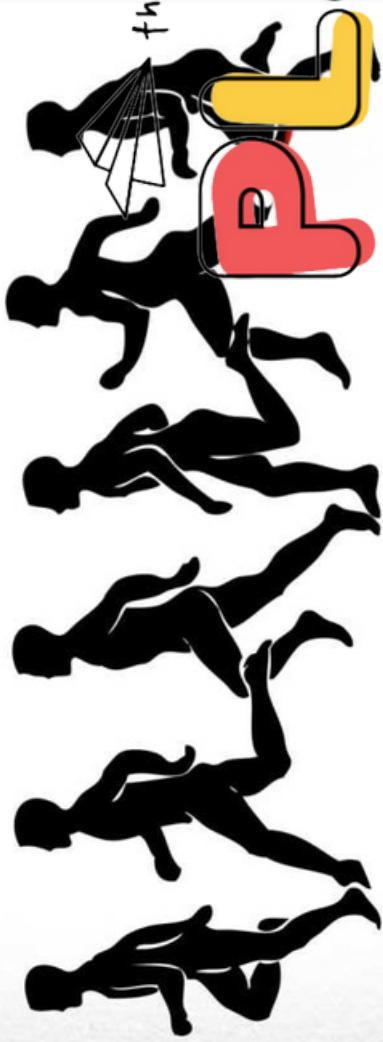
COMPLETE 5 MOVING HOPS ON YOUR LEFT LEG AND ALSO 5 ON YOUR RIGHT LEG.



# 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



# GRATEFUL STREET

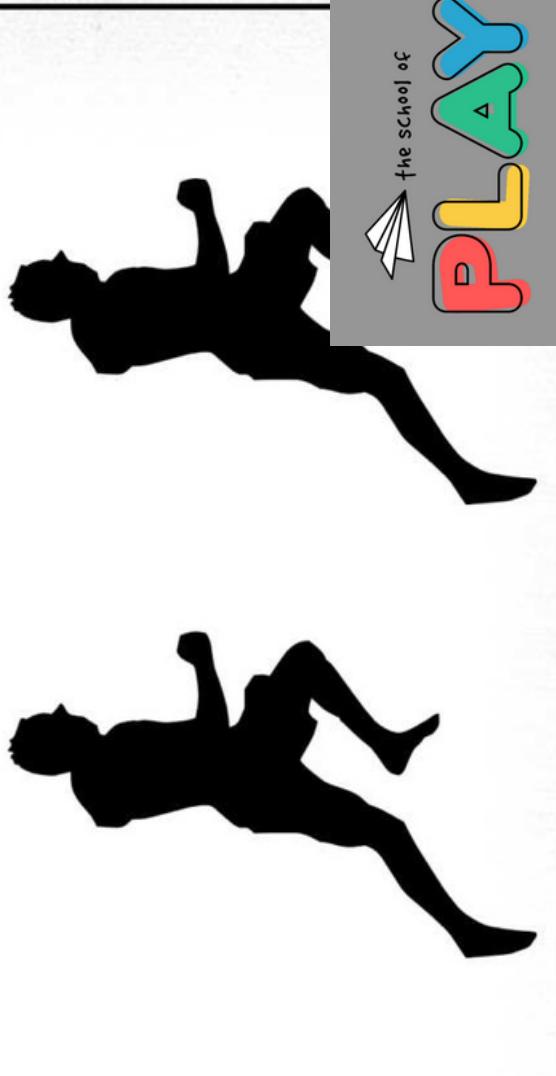
# LOVE LANE

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

RUN 100 METRES BEFORE ROLLING THE DICE AGAIN.

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

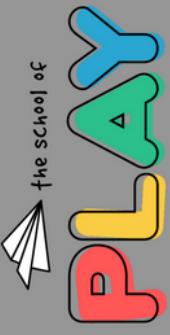
COMPLETE 10 METRES OF BEAR CRAWLS OR CRAB CRAWLS.



# 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?

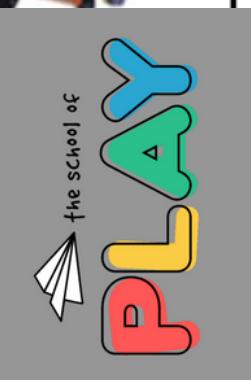
GIVE FIVE PEOPLE A HIGH FIVE IN YOUR GROUP BEFORE MOVING TO THE NEXT QUESTION.



# GENTLE GROOVE

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.



# SIT UP STATION

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

COMPLETE 5 SIT UPS BEFORE YOU ALL THE DICE AGAIN.

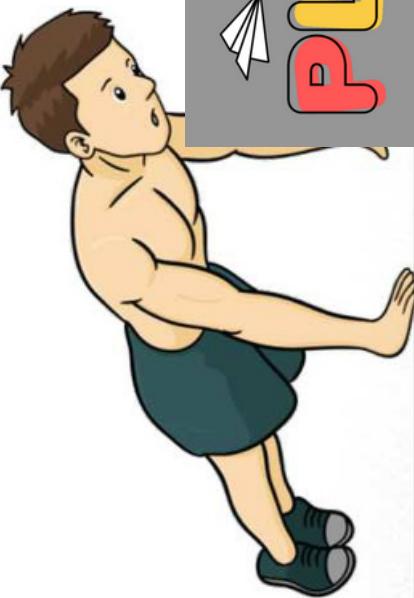
WHAT IS YOUR FAVOURITE FORM OF EXERCISE? AND HOW DOES IT MAKE YOU FEEL AFTER YOU HAVE COMPLETED THIS?

COMPLETE 5 SIT UPS BEFORE ROLLING THE DICE AGAIN.



# PUSH UP STATION

COMPLETE 5 PUSH UPS BEFORE YOU ALL THE DICE AGAIN.



# LUNGE STATION

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

COMPLETE 10 LUNGES BEFORE  
ROLLING THE DICE AGAIN.

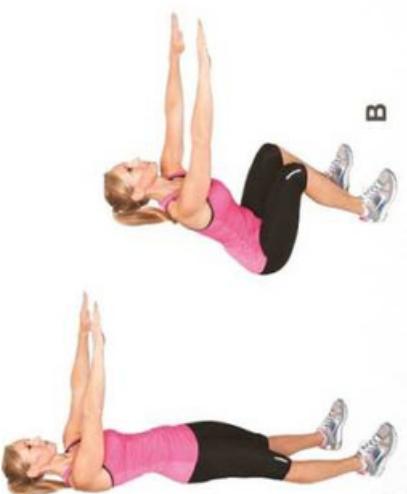


the school of  
PLAY

# SQUAT STATION

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

COMPLETE 5 SQUATS BEFORE  
ROLLING THE DICE AGAIN.



the school of  
PLAY

# JAIL

9

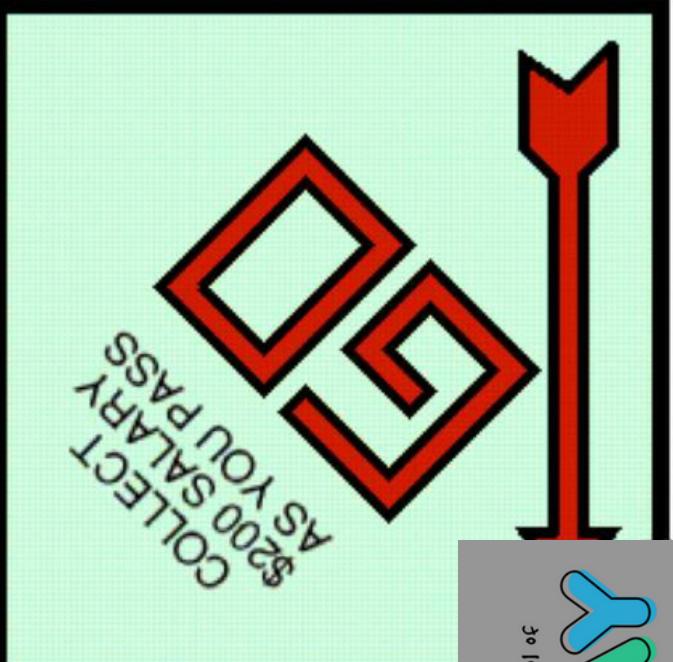
ONE POINT FOR YOUR TEAM.

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.



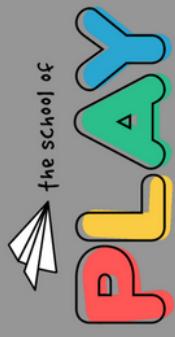
# FREE PARKING

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

# GO TO JAIL

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

GO TO



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



the school of

PLAY

# PLAYERS GRATITUDE CARD

LUNGE SITUATION

SQUAT SITUATION

SIT-UP SITUATION

PUSH-UP SITUATION

GRATEFUL STREET

LOVE-LINE

HIGH HANDS

GENTLE GROVE

HAPPY HILL

MAGIMOUNTAIN

IMPORTANT COURRI

BEST STREET