



WELLNESS GUESS Who

Wellness Guess Who

Instructions

Objective:

A community-building activity aimed at promoting gratitude and wellness. Participants write down a personal memory or situation they're grateful for, and the group guesses who wrote each note, fostering understanding and connections among participants.

Players:

Suitable for groups in homes, classrooms, or workplaces.

Materials:

- Pens and paper.
- A jar, bowl, or hat for collecting the notes.

Setup:

Place the writing materials and collection container at the entrance. As participants arrive, they write their gratitude memory and place the note in the container.

Gameplay:

- Once everyone has arrived, participants take turns drawing and reading a note aloud.
- The group collaborates to guess who the author of each note is.
- After guessing, the author reveals themselves and shares more about their memory.

- The game continues until all notes have been read and authors revealed.

Variations for Different Settings:

- Educational Edition: Focus on memories related to learning and personal growth.
- Corporate Edition: Encourage sharing of professional achievements or teamwork experiences.
- Family Edition: Share family memories or personal milestones.

Additional Notes:

- Wellness Guess Who is a thoughtful way to learn more about each other and foster empathy and understanding.
- It's a simple yet effective tool for enhancing group dynamics and promoting a culture of gratitude and wellness.
- The game can be adapted to suit any group size and setting, making it versatile and inclusive.

Download video [HERE.](#)