

# WEEKLY Celebration

# Weekly Celebration

## Instructions

### Objective:

Weekly Celebration is a reflective activity designed to promote gratitude and positive thinking. Participants answer four specific questions to reflect on their past week, focusing on positive experiences, acts of kindness, self-improvement, and future aspirations.

### Players:

Individuals or groups in various settings such as classrooms, workplaces, or families.

### Materials:

- Pen and paper or a journal.

### Setup:

Allocate five to ten minutes for the activity, ideally at the beginning or end of the week.

### Gameplay:

- Participants spend one-minute writing or drawing about the best part of the last seven days.
- Write down one act of kindness done for someone else.
- Note something done in the past week that added value to one's life.
- Reflect on something in the future to look forward to.

## **Variations for Different Settings:**

- Educational Edition: Use it as a weekly reflection for students to foster positivity and gratitude.
- Corporate Edition: Incorporate it into team meetings to build morale and encourage team bonding.
- Family Edition: A shared activity to strengthen family bonds and encourage open communication.

## **Additional Notes:**

- Weekly Celebration is a simple yet powerful tool for improving mood and overall well-being.
- It encourages mindfulness, gratitude, and positive anticipation.
- This activity can be a meaningful routine for personal growth and group cohesion.

Download link for the Video [HERE](#).