



# BREAKFAST GRATITUDE

*Game*





# Breakfast Gratitude Game

## Instructions



### Objective:

A positive and reflective way to start the day, this game involves sharing gratitude and intentions over breakfast. Participants roll a dice to determine which gratitude-themed question they will answer, encouraging a positive mindset and fostering connections with others.

### Players:

Individuals, families, or any group sharing a breakfast setting.



### Materials:

- A six-sided dice.
- Post-it notes (optional, for a gratitude wall).



### Setup:

Each participant has a die at the breakfast table. Prepare six different gratitude-themed questions.

### Gameplay:

- Participants take turns rolling the dice.
- The number rolled corresponds to a specific gratitude question.
- Each person shares their answer to the question with others at the table.
- Optionally, write the answer on a post-it note and add it to a 'gratitude wall'.



## Variations for Different Settings:

- Solo Edition: Play alone, reflecting on personal gratitude.
- Family Edition: Encourage family members to share and listen to each other's responses.
- Community Edition: Adapt for group settings like classrooms or team meetings.



## Additional Notes:

- The Breakfast Gratitude Game is a simple yet effective way to cultivate a positive outlook and strengthen interpersonal connections.
- It can be easily adapted for different age groups and settings.
- The game enhances mood and encourages mindful reflection and appreciation for daily life.

Video link to download [HERE](#).

