

# PADDOCKS

## *Gratitude*



# Paddocks Gratitude

## Instructions

### Objective:

A strategic and reflective twist on the classic game of Paddocks (Dots and Boxes). Players aim to complete squares on a grid and share gratitude responses based on dice rolls. The goal is to claim the most squares while engaging in meaningful conversations about gratitude.

### Players:

Played in pairs, making it ideal for small groups or classroom settings.

### Materials:

- Printed PDFs of the Paddocks game grid.
- A six-sided dice for each pair.
- Pens for drawing lines and writing initials.

### Setup:

Each pair receives a Paddock's game grid and a six-sided dice.

### Gameplay:

- Drawing Lines: Players take turns drawing lines between two adjacent dots (horizontal or vertical, but not diagonal).
- Completing Squares: When a player completes the fourth side of a square, they write their initial in the square and claim a point.

- **Gratitude Sharing:** Upon completing a square, the player rolls the dice to determine which gratitude question to respond to based on the colour of the square. They then share their gratitude response.
- **Continued Play:** The player who completed a square and shared a response takes another turn.
- **Game End:** The game ends when all squares on the grid are completed.

## Winning the Game:

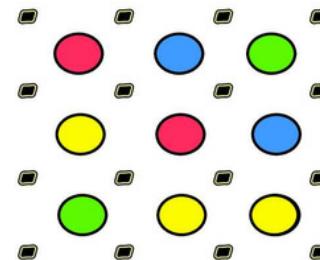
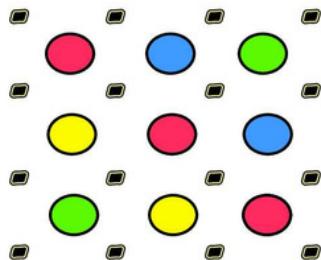
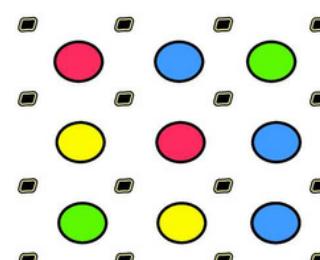
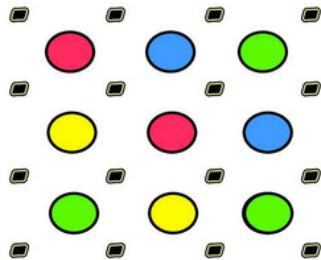
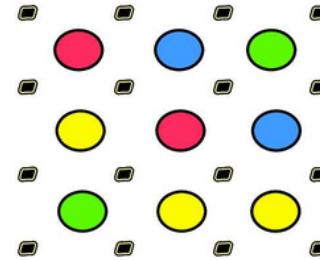
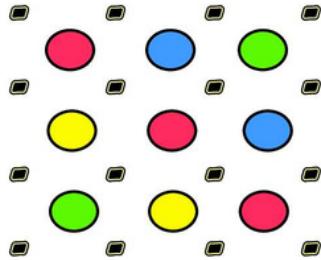
The player with the most completed squares at the end of the game is the winner.

## Variations for Different Settings:

- **Educational Edition:** Adapt the gratitude questions to focus on learning experiences or personal growth.
- **Therapeutic Edition:** Use the game as a tool for reflection and positive affirmation in therapeutic settings.
- **Team Building Edition:** Emphasise communication and shared experiences to enhance team bonding.

## Additional Notes:

- Paddocks Gratitude combines strategic gameplay with the practice of sharing and reflecting on gratitude.
- It offers a fun and interactive way to encourage meaningful conversation and connection between players.
- The game's unique combination of strategy and personal reflection makes it suitable for various settings and age groups.



## PADDOCKS GRATITUDE



1. If you had to describe your year in 3 words, what would they be?
2. Which new skills have you learnt in the past year?
3. In the past six months which mental block(s) did you overcome?
4. What was your favourite compliment that you received this year?
5. What was your favourite moment spent with your friends in the last three months?
6. What one event, big or small, are you going to tell your grandchildren about?
1. In the last 12 months what new things did you discover about yourself?
2. What, or who, are you most thankful for?
3. What 5 people did you most enjoy spending time with?
4. What little things did you most enjoy during your day-to-day life?
5. What major goal did you lay the foundations for recently?
6. What was your favourite place that you have ever visited?
1. What single achievement are you most proud of?
2. If someone wrote a book about your life this year, what kind of genre would it be?
3. What was your biggest break-through moment career-wise or at school?
4. What cool things did you create in the last six months?
5. What experience would you love to do all over again?
6. Which of your personal qualities turned out to be the most helpful this year?
1. What was the best news you received in the last three months?
2. What was the most important lesson you learnt last year?
3. What book or movie affected your life in a profound way?
4. Was there anything you did for the very first time in your life this year?
5. What do you deserve a pat on the back for?
6. Who is your number one go-to person that you could always rely on?