

EVENING GRATITUDE *Game*



Evening Gratitude Game

Instructions

Objective:

To reflect on the day's events and foster a positive mindset. This game involves sharing answers to gratitude-focused questions at dinner, enhancing happiness and well-being.

Players:

Ideal for families, partners, or friends sharing dinner.

Materials:

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

Setup:

Prepare six different reflective questions for the evening. Each participant has a die at the dinner table.

Gameplay:

- Participants roll the dice to select a question.
- Each person answers the question corresponding to their dice roll.
- The focus is on positive aspects of the day, encouraging gratitude.
- Optionally, write the answers on Post-it notes for a gratitude wall.

Variations for Different Settings:

- Solo Edition: Reflect personally, focusing on positive aspects of the day.
- Community Edition: Adapt for group dinners or gatherings, fostering group gratitude.
- Children's Edition: Simplify questions to suit younger participants.

Additional Notes:

- The Evening Gratitude Game is a beneficial way to end the day on a positive note, emphasising the good in each day.
- It's a simple yet effective tool for promoting gratitude, reflection, and familial or communal bonding.
- The game encourages participants to focus on positive experiences, fostering a healthy mindset.

Download the video [HERE](#).

Evening Reflection Questions:

1. What was something I did well today?
2. What was the biggest win I had today?
3. What did I learn today about myself and others?
4. What are two things I am grateful for after today?
5. What are you most looking forward to about tomorrow?
6. How did I make someone's day better with an action or gesture?