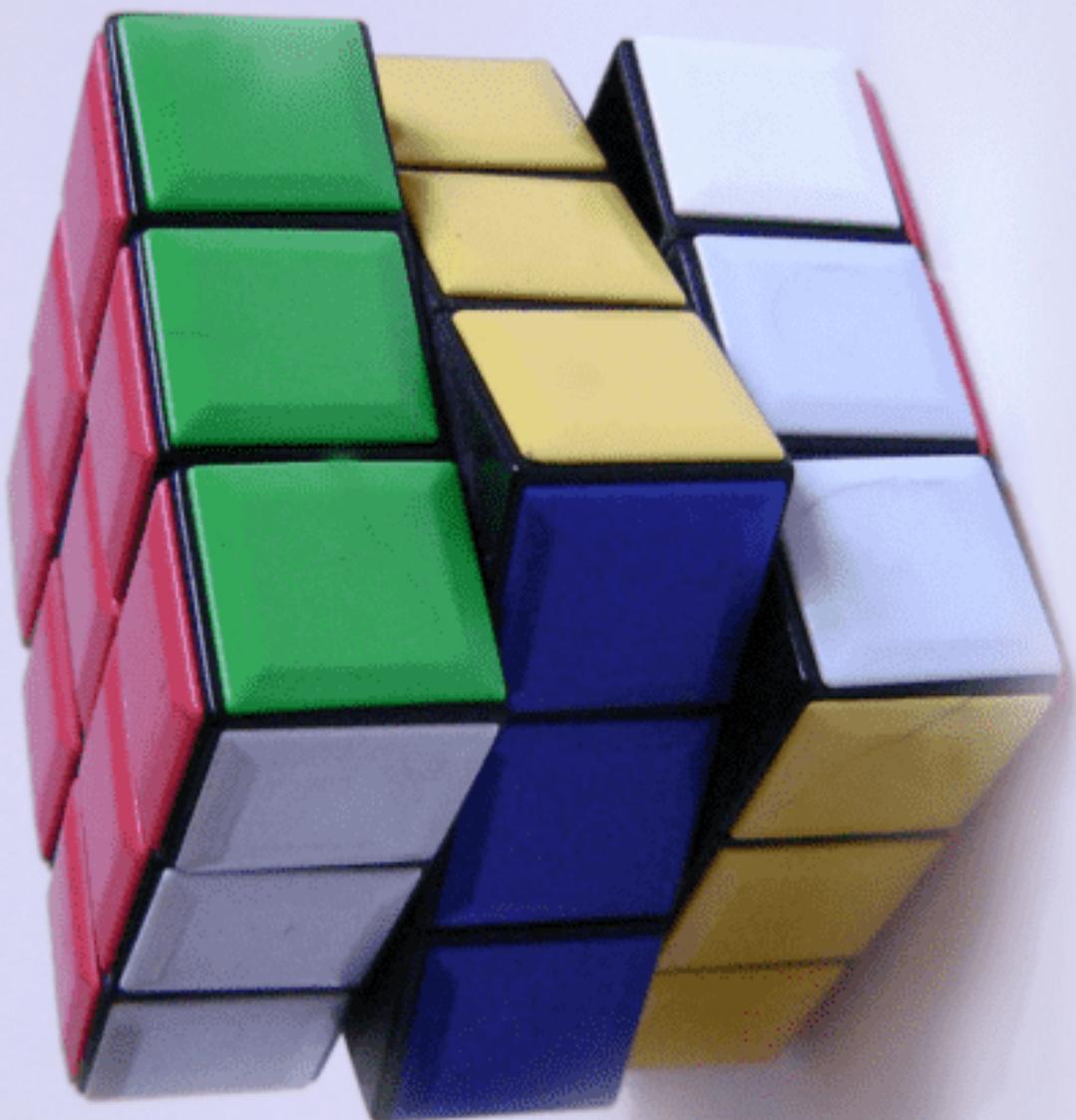


# RUBIX CUBE

## GRATITUDE



# Rubix Cube Gratitude

## Instructions

### Objective:

A team-based game inspired by the Rubik's Cube puzzle, focusing on strategy and gratitude reflection. Teams compete to align coloured cones in a straight line, answering gratitude-related questions and completing physical challenges.

### Players:

Suitable for small to medium-sized teams.

### Materials:

- Coloured markers or cones (red, blue, yellow, and green).
- A six-sided dice for each team.
- A printed sheet with gratitude questions for each colour.

### Setup:

- Arrange the coloured markers or cones in a grid or sequence, similar to the sides of a Rubik's Cube.
- Each team receives a dice and a sheet with the gratitude questions.

### Gameplay:

- Cones Arrangement: Teams work to get all red, blue, yellow, and green cones in a straight line.
- Swapping Cones: Each time a team swaps two cones, they roll the dice.

- **Answering Questions:** Based on the dice roll and the colours of the cones swapped, teams answer the corresponding gratitude question from their sheet.
- **Repeat Questions:** If a roll repeats a previously answered question, the team performs ten-star jumps or a 50-meter run before continuing.
- **Strategic Movement:** Teams plan their moves to align the cones while engaging in the gratitude reflection efficiently.

## Winning the Game:

The first team to align all four colours in a straight line wins the game.

## Variations for Different Settings:

- **Children's Edition:** Simplify the questions to be age-appropriate and include fun physical activities.
- **Educational Edition:** Tailor the questions to encourage discussions about gratitude, empathy, and community values.
- **Corporate Edition:** Focus on team-building and collaborative problem-solving, with questions geared towards workplace gratitude and achievements.

## Additional Notes:

- Rubix Cube Gratitude blends the challenge of a physical puzzle with reflective and meaningful conversations.
- It's an excellent way to encourage teamwork, strategic thinking, and gratitude in a fun and interactive setting.
- The game can be adapted in duration and complexity to suit different group dynamics and settings.

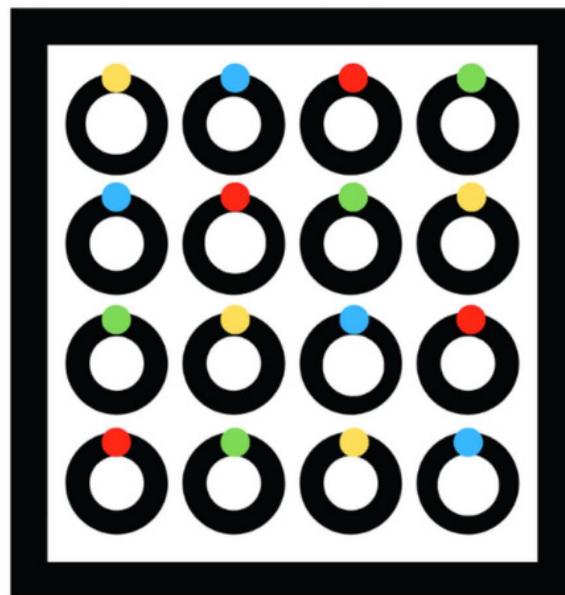


# RUBIX CUBE GRATITUDE

## INSTRUCTIONS

**Starting positions of cones:**

### RUBIX CUBE GRATITUDE

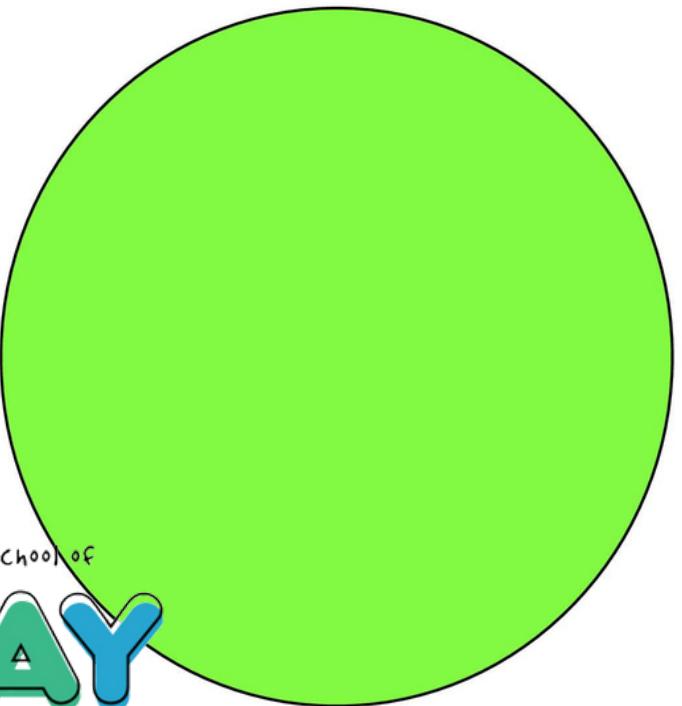
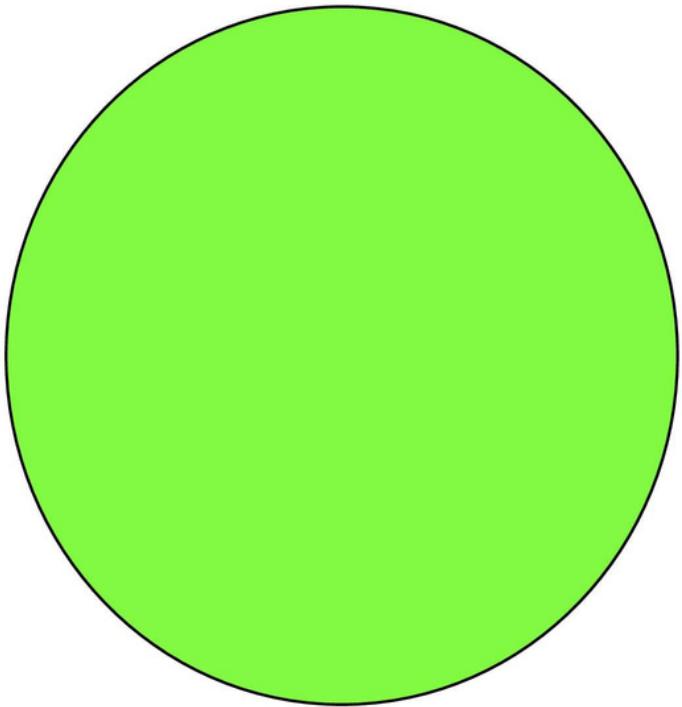
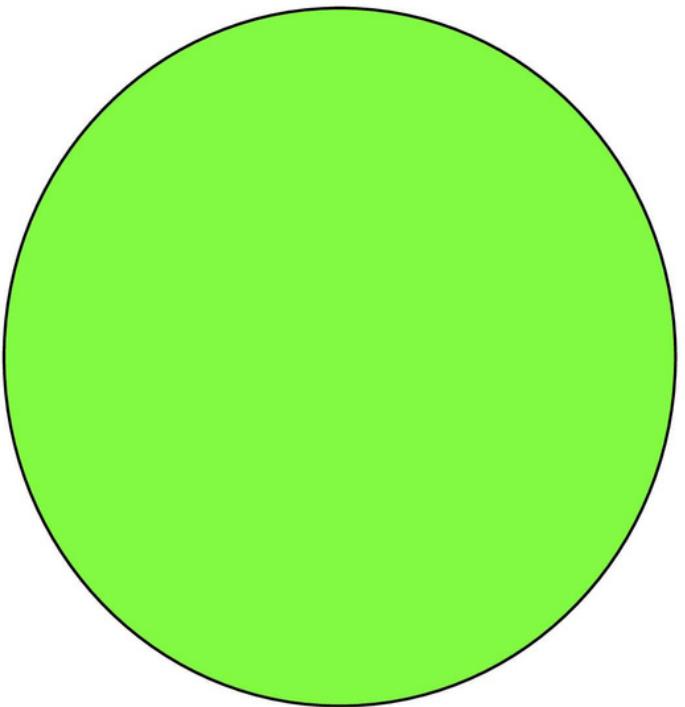
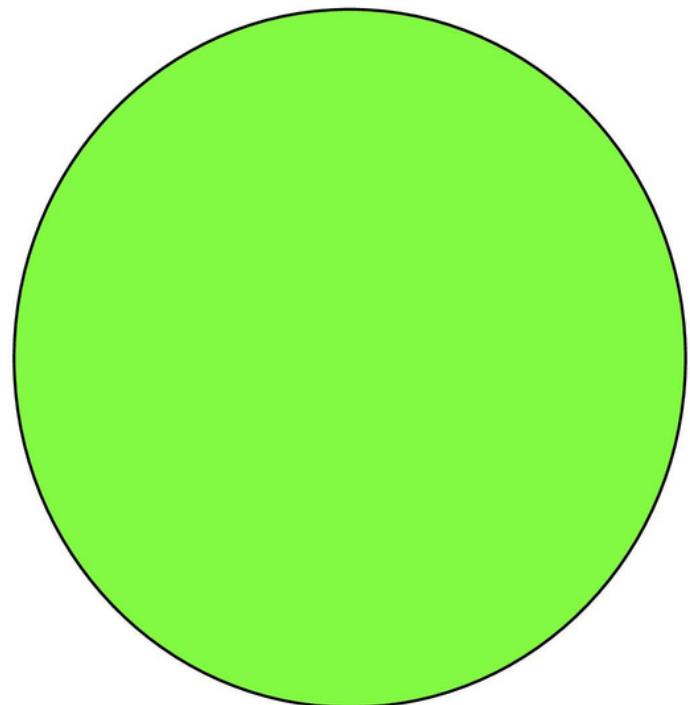


**Gratitude question for each colour:**

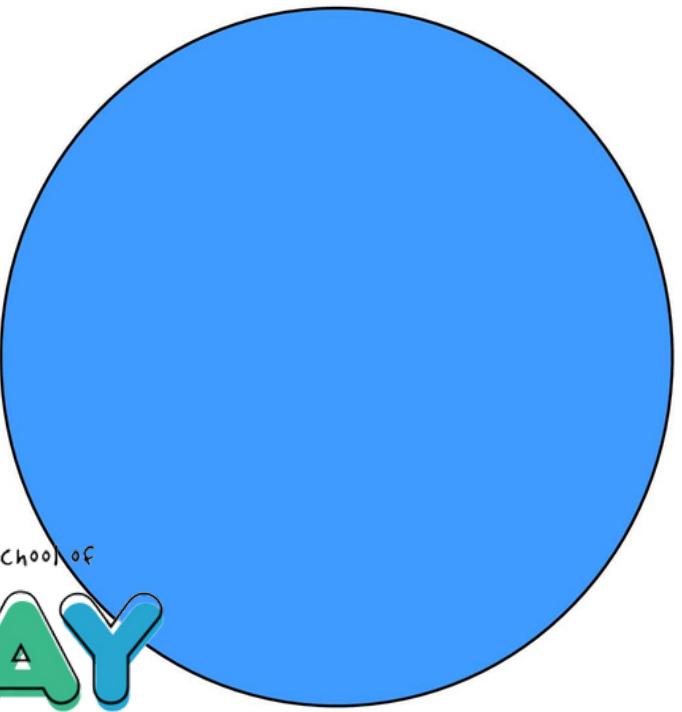
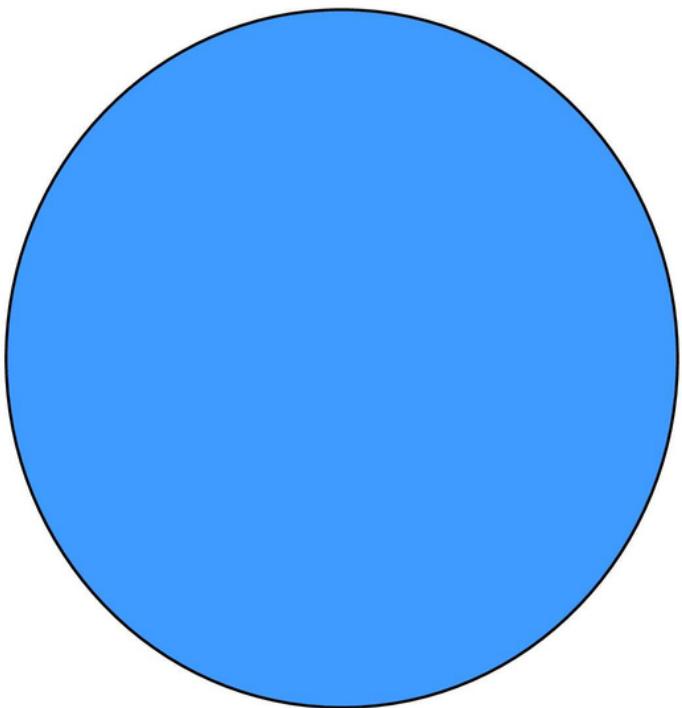
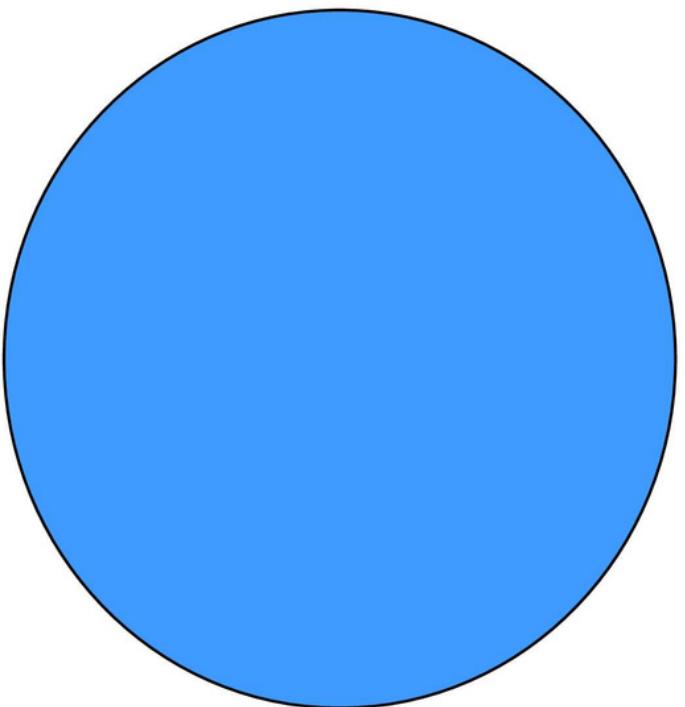
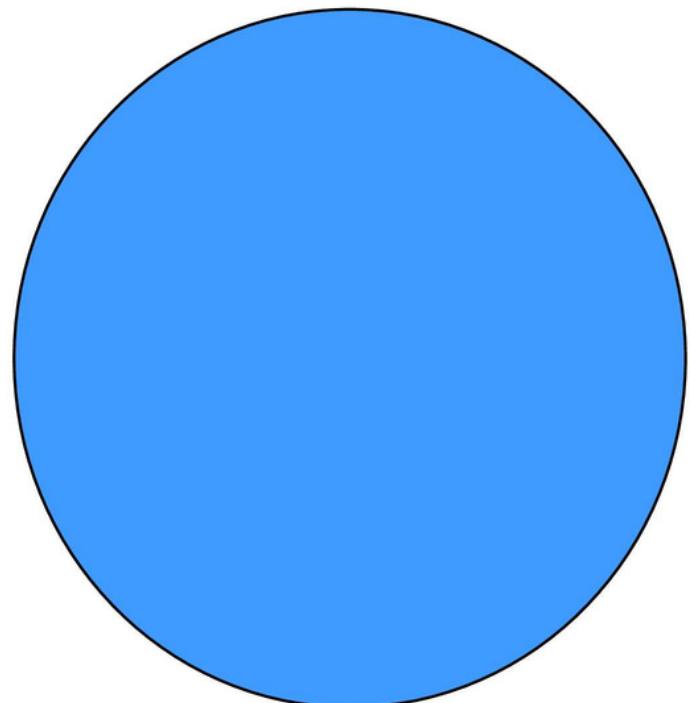
### RUBIX CUBE GRATITUDE

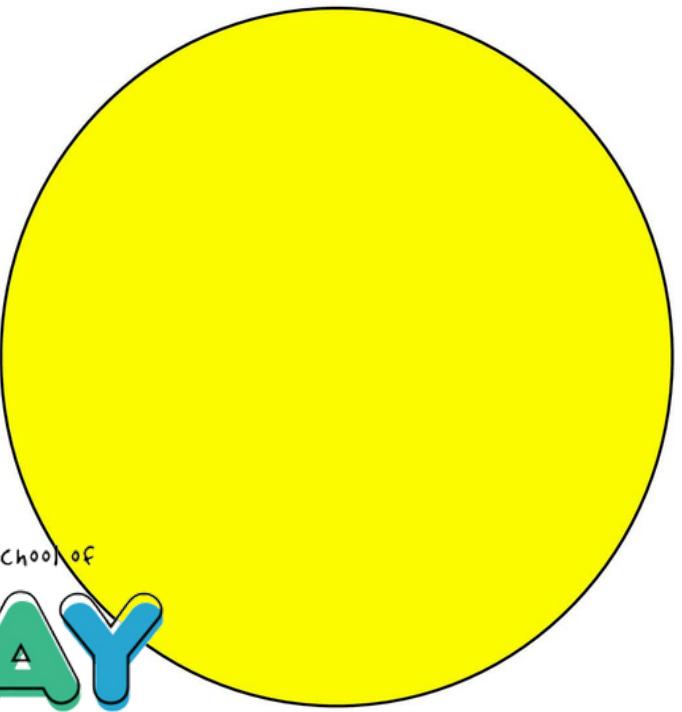
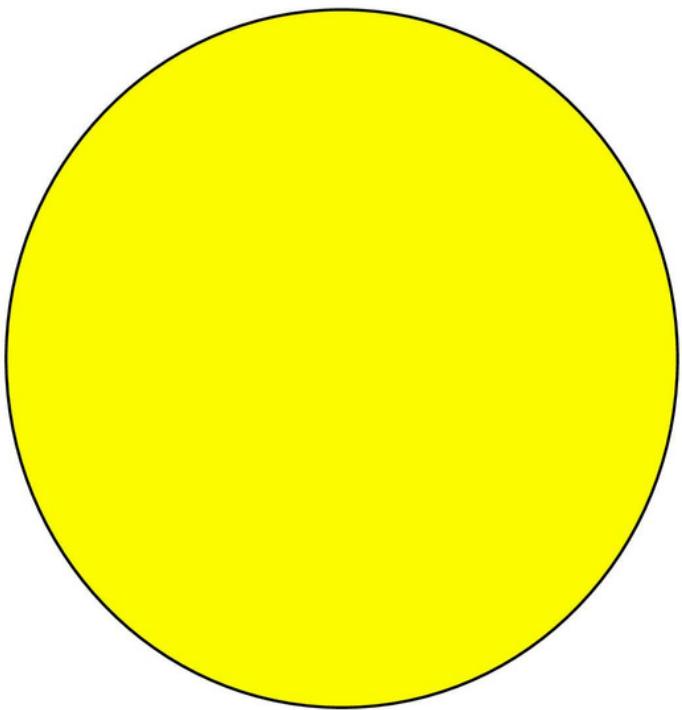
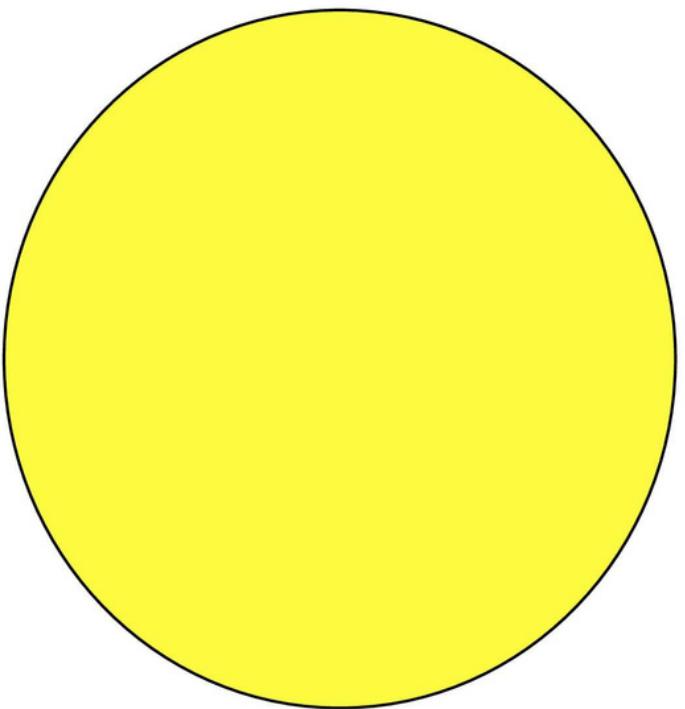
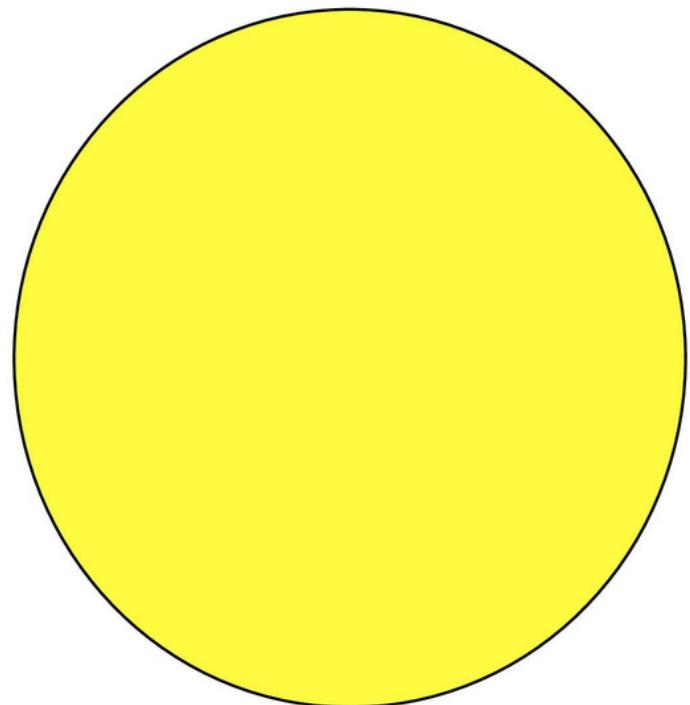
<p>●</p> <ol style="list-style-type: none"><li>1. If you had to describe your year in 3 words, what would they be?</li><li>2. Which new skills have you learnt in the past year?</li><li>3. In the past six months which mental block(s) did you overcome?</li><li>4. What was your favourite compliment that you received this year?</li><li>5. What was your favourite moment spent with your friends in the last three months?</li><li>6. What one event, big or small, are you going to tell your grandchildren about?</li></ol>	<p>●</p> <ol style="list-style-type: none"><li>1. In the last 12 months what new things did you discover about yourself?</li><li>2. What, or who, are you most thankful for?</li><li>3. What 5 people did you most enjoy spending time with?</li><li>4. What little things did you most enjoy during your day-to-day life?</li><li>5. What major goal did you lay the foundations for recently?</li><li>6. What was your favourite place that you have ever visited?</li></ol>	<p>●</p> <ol style="list-style-type: none"><li>1. What single achievement are you most proud of?</li><li>2. If someone wrote a book about your life this year, what kind of genre would it be?</li><li>3. What was your biggest break-through moment career-wise or at school?</li><li>4. What cool things did you create in the last six months?</li><li>5. What experience would you love to do all over again?</li><li>6. Which of your personal qualities turned out to be the most helpful this year?</li></ol>	<p>●</p> <ol style="list-style-type: none"><li>1. What was the best news you received in the last three months?</li><li>2. What was the most important lesson you learnt last year?</li><li>3. What book or movie affected your life in a profound way?</li><li>4. Was there anything you did for the very first time in your life this year?</li><li>5. What do you deserve a pat on the back for?</li><li>6. Who is your number one go-to person that you could always rely on?</li></ol>
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