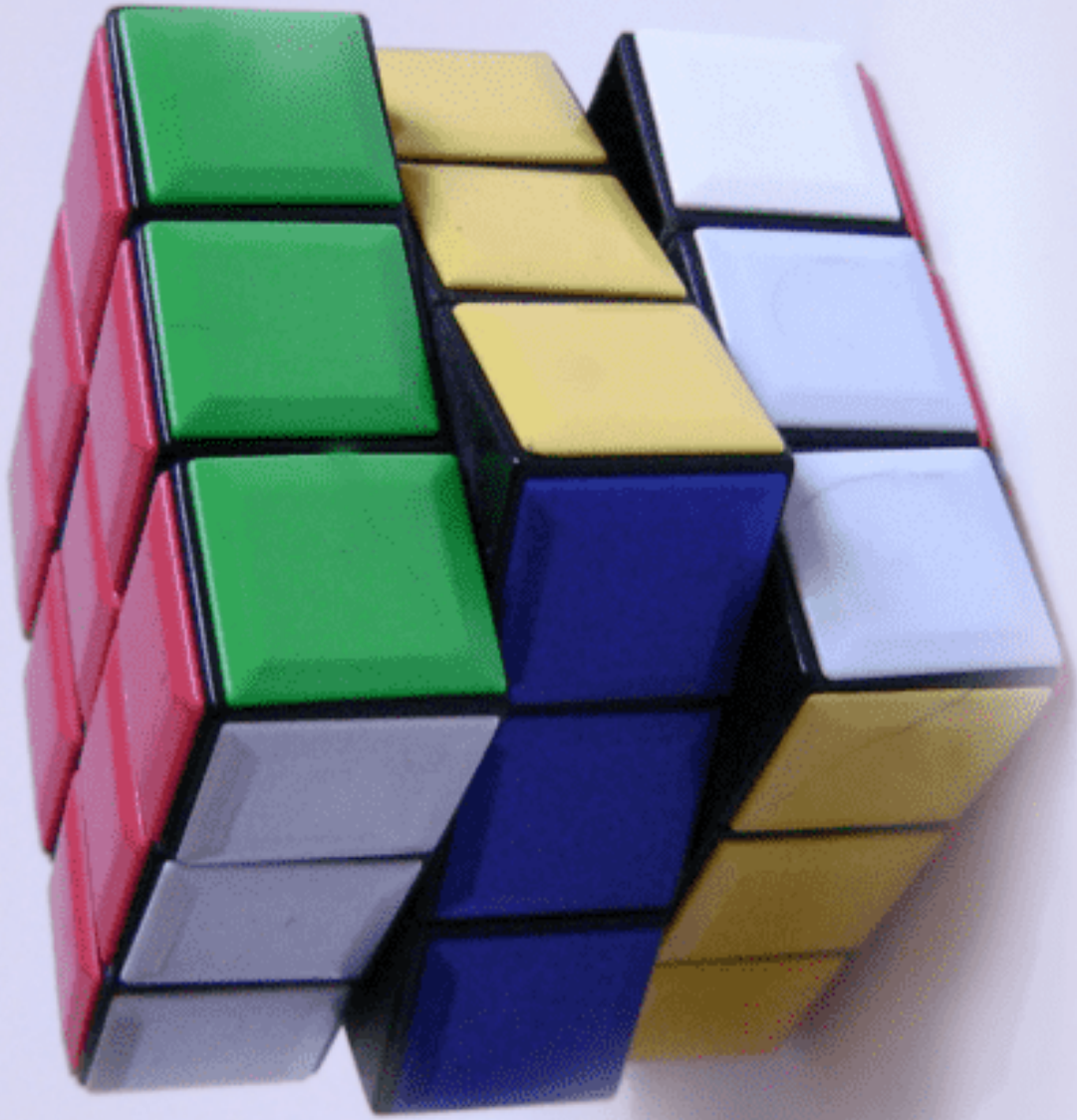


# RUBIX CUBE

## 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.

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- **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.




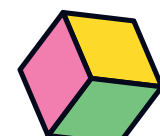

## **Winning the Game:**

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

## **Variations for Different Settings:**

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- **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:**

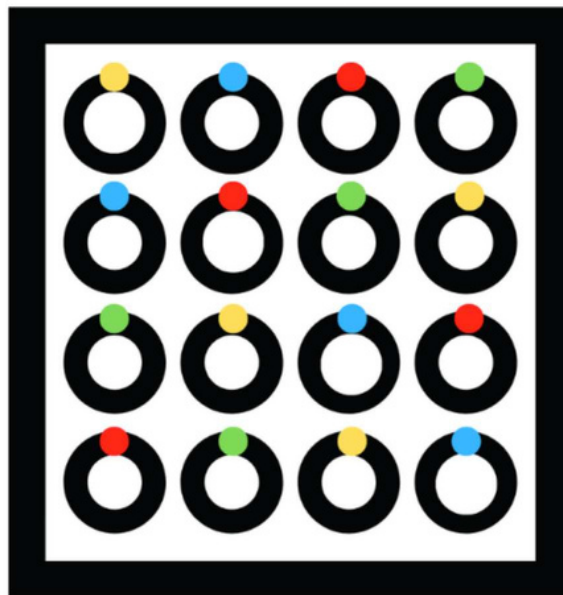
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- Rubix Cube Gratitude blends the challenge of a physical puzzle with reflective and meaningful conversations.
  - It's an excellent way to encourage teamwork, strategic thinking, and gratitude in a fun and interactive setting.
  - The game can be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

## INSTRUCTIONS

Starting positions of cones:

### RUBIX CUBE GRATITUDE



Gratitude question for each colour:

### RUBIX CUBE 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?

