

THE GIVING Scale



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Instructions

Objective:

To facilitate open communication and offer support by understanding and responding to someone's current emotional state.

Players:

Ideal for individual interactions within personal, educational, or professional environments.

Materials:

None required.

Setup:

No physical setup is needed. The game is based on personal interaction and communication.

Gameplay:

- Ask someone to rate their happiness on a scale from 1 to 10, where one is extremely unhappy and ten is elated.
- After receiving their rating, inquire about how you can help improve their happiness level.
- Offer support or assistance based on their response to help them move to a higher number on the scale.

Winning the Game:

The goal is not to win but to foster empathy, offer support, and strengthen relationships.



Variations:

- Adapt the scale for different emotional aspects like stress or anxiety levels.
- Use in various settings like family discussions, team check-ins, or peer support in schools.

Additional Notes:

The Giving Scale is a straightforward yet impactful way to show care and initiate meaningful conversations, encouraging a culture of empathy and support.

Download the video to share [HERE](#).

