

# GRATITUDE GIANT *Jenga*



# Giant Gratitude Jenga

## Instructions

### Objective:

To encourage gratitude expression through a fun and interactive game. Players remove blocks from a Jenga tower, each associated with a specific gratitude prompt based on the block's colour.

### Players:

Suitable for individuals or groups.

### Materials:


- A giant Jenga set (54 blocks).
- Four coloured markers: red, yellow, green, and blue.
- A list of gratitude questions or tasks grouped by colour.
- A six-sided dice.

### Setup:

Mark each Jenga block with a coloured circle. Stack the blocks in rows of three to build the tower.


### Gameplay:

- Players take turns removing a block from the tower.
- The block's colour corresponds to a category of gratitude questions or tasks.

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- Players roll a dice to select a specific question or task within that category.
  - After addressing the question or task, the player places the block atop the tower.
  - The game continues until the tower falls.

### **Winning the Game:**

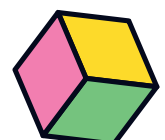
The focus is on the journey of gratitude rather than winning. The player causing the tower to fall ends the game, but the shared experiences and expressions of gratitude are the real victory.



### **Variations:**

Adapt the gratitude tasks and questions to fit different group dynamics or themes.

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





# GIANT JENGA GRATITUDE

## INSTRUCTIONS

### Gratitude tasks:

#### Red Dot Questions:

1. What is something I can see at this moment that makes me happy?
2. What's the best thing I have done in the last week?
3. Today I am excited to see... Because....
4. I get excited when I....
5. If I had one wish today, I would wish for....
6. Today I am very proud of....

#### Yellow Dot Questions:

1. What's the nicest thing someone has done for you without wanting anything in return?
2. What's the kindest thing you have done for someone in the previous month?
3. What could you do in the next five minutes to make someone smile?
4. Who is the kindest person you know and why?
5. What feelings do you have when someone goes out of their way to be kind to you?
6. What's the most amazing act of kindness you have seen, read or heard about?

#### Blue Dot Questions:

1. Who was most influential in your life as a kid?
2. Having a caring and kind nature is very attractive to be around. Who in your life inspires you with these traits?
3. Laughing every day is so important. Who in your life makes you LOL and why?
4. Admiration is something we all have, when you think of people in your life who do you admire the most?
5. If you're having a rough day or things are not going well who is the person you call and why?
6. If you could invite one person to dinner who would it be and why?





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### Green Dot Questions:

1. My proudest moment at school was?
2. My proudest moment during an individual sporting activity or team event was?
3. If you could only remember one achievement in your life, what would it be and why?
4. When my family talk about me, what would they be most proud of?
5. Nothing comes easy in life, what is something that took a lot of hard work and commitment that you were able to complete or achieve?
6. If someone wrote a book about your life, what would the title be?

Remember, the goal of Gratitude Giant Jenga is to have fun while expressing gratitude. So enjoy the game and the opportunity to connect with others positively.

These questions come from the Daily Mission Cards you can purchase here - <https://www.jugar.life/daily-mission-cards/>