

# GRATITUDE

## Charades



the school of  
**PLAY**

# Gratitude Charades

## Instructions

### Objective:

Expressing and guessing different forms of gratitude through charades fosters a fun and positive environment.

### Players:

Suitable for small groups or teams.

### Materials:

- Pieces of paper with written gratitude prompts.
- A hat or bowl to draw from.

### Setup:

Write down various things and activities to be grateful for on separate pieces of paper and place them in a hat or bowl.

### Gameplay:

- Option One: Teams guess non-verbal expressions of gratitude acted out by one of their members. Points are awarded for correct guesses.
- Option Two: Each participant writes down three gratitude prompts. Players take turns acting out a drawn prompt for others to guess, with no points involved.

## **Winning the Game:**

The team with the most points wins in Option One. In Option Two, the focus is on sharing and experiencing gratitude.

## **Variations:**

- Encourage creative and outside-the-box gratitude expressions.
- Adapt the game for different age groups or settings.

## **Additional Notes:**

Gratitude Charades is an engaging way to reflect on the positive aspects of life and share them in a playful, interactive manner.

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