

# Puzzle Gratitude

Grade Three & Four

Gratitude

Teams work together to complete challenges around expressing gratitude. Each completed challenge gives the team a piece of the puzzle. Once all eight pieces are collected, the team can solve the puzzle and win the game!



## Learning Intentions

**I can express and practice gratitude by reflecting on and sharing the positive aspects of my life:**

Through the various challenges, students will focus on expressing appreciation for themselves, others, and their experiences.

**I can collaborate and work effectively as a team to complete challenges and reflect on gratitude together:**

The game encourages teamwork, helping students communicate and support one another to achieve shared goals.

**I can engage in positive self-reflection and share my experiences of gratitude, kindness, and future aspirations:**

This game encourages teamwork, friendly competition, and a positive environment, allowing students to support and encourage each other.



## Success Criteria

**I can actively participate in the challenges and share meaningful reflections on gratitude:**

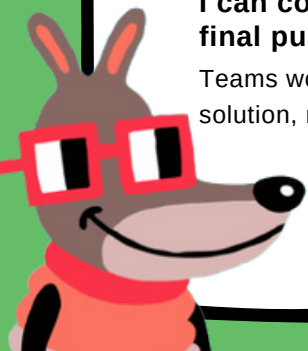
Students demonstrate thoughtful contributions during each challenge, whether through actions, words, or creative expressions of gratitude.

**I can listen attentively to my teammates and celebrate their expressions of gratitude and kindness:**

Students will practice empathy by listening actively to others and respecting their feelings and experiences.

**I can collaborate creatively with my team to solve challenges and assemble the final puzzle, demonstrating teamwork and gratitude:**

Teams work cohesively, with each player contributing to the completion of the puzzle and the final solution, reinforcing the value of teamwork.



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**Objective:** Teams work together to complete challenges around expressing gratitude. Each completed challenge gives the team a piece of the puzzle. Once all eight pieces are collected, the team can solve the puzzle and win the game!

## Materials Needed:

- 6 puzzle pieces (we have created one for you to print and cut out, feel free to create your own, found in resource section of PDF)
- A list of gratitude challenges (from the ones below)
- Timer
- Paper and markers for drawing or writing challenges
- A board or space to assemble the puzzle at the end of the game

## Setup:

- Divide participants into teams of 3-6 players.
- Place the puzzle pieces in a safe spot where the teams can't see them until they earn them. Be organised here, cut out the puzzle pieces and have them stored in an envelope or zip lock bag, one for each team.
- Set up the space for each of the challenges.

## Challenge 1: Gratitude Charades

### Objective:

To express gratitude through body language and actions, while teammates guess what you're showing.

### Instructions:

Each team selects a person to act out something they are grateful for (without speaking). It could be an action (e.g., giving a hug, helping someone) or a concept (e.g., family, friendship). Other team members have one minute to guess what it is. Once they guess correctly, they earn a puzzle piece!

## Challenge 2: Create a Team Gratitude Song

### Objective:

To work together to create a fun song that expresses gratitude for each other and what you're grateful for.

### Instructions:

The team has three minutes to come up with a short (30-60 seconds) gratitude song. They can choose any tune or create their own. The lyrics must express gratitude (e.g., for each other, for school, for good health, fun things in the future or fun memories). Once the song is performed, the group earns a puzzle piece!



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## Challenge 3: Team Greeting Handshake

### Objective:

To build a special greeting that reflects the gratitude each team member feels for one another.

### Instructions:

In this challenge, the team must work together to create a unique greeting handshake. It can include claps, fist bumps, or any gesture that feels fun and connected. The handshake must symbolise gratitude and teamwork.

Once completed and demonstrated, the team earns a puzzle piece!

## Challenge 4: Sharing Round - Best Memories of People in Your Life

### Objective:

To express gratitude for the important people in your life by sharing memorable experiences.

### Instructions:

Each member of the team shares their best memory of a person they are grateful for. They should explain why that memory is meaningful to them and how that person made a positive impact in their life.

Once everyone shares, the team receives a puzzle piece.

## Challenge 5: Future Aspirations Round

### Objective:

To express gratitude for the opportunities ahead and share future goals.

### Instructions:

Each team member shares one personal aspiration for the future and explains why they are grateful for the opportunity to pursue it. They can talk about personal goals, sporting goals, academic aspirations, or future career dreams.

After sharing, the team earns a puzzle piece.

## Challenge 6: Gratitude Pictionary

### Objective:

To express gratitude visually by drawing what you love about yourself.

### Instructions:

One player from the team will draw something that represents what they love most about themselves (e.g., a skill, a talent, a hobby). The rest of the team has one minute to guess what it is. If they guess correctly, the team earns a puzzle piece!

Note: The focus here is on positivity and self-love.



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## Final Puzzle Challenge:

### Objective:

To assemble the puzzle with the pieces collected from each challenge and solve it.

### Instructions:

Once teams have completed all six challenges and collected the puzzle pieces, they come together to assemble the puzzle.

The team that completes the puzzle first and solves the "Magic Gratitude Word" (hidden in the puzzle) wins!

### Winning the Game:

- The team that assembles the puzzle and solves the magic word first wins the game and is crowned the **Gratitude Champions!**

### Variations:

- If time is limited, reduce the number of challenges to 4-6, or give each team one puzzle piece for each challenge they complete.
- For a more competitive version, teams can race against each other to complete the challenges first. The first team to finish all challenges and solve the final puzzle wins.

**Additional Notes:** This game promotes teamwork, communication, self-expression, and gratitude while keeping things fun and engaging. It encourages participants to focus on the positive aspects of their lives and express appreciation for themselves, others, and the world around them. Perfect for classrooms, family gatherings, and team-building exercises!

