

Gratitude Maze

Grade Three & Four

Gratitude

The goal of Gratitude Maze is for players to navigate through a maze of challenges by answering questions about gratitude. If they answer correctly, they move forward; if they get it wrong, their teammate gets a chance to play. This game promotes reflection on gratitude and teamwork while incorporating fun physical challenges.



Learning Intentions

I can reflect on and articulate what I am grateful for in my life:

This game encourages players to think about gratitude in a meaningful way and helps them express their thoughts through reflection questions.

I can work collaboratively with others to solve problems and move through challenges:

Players will need to rely on teamwork, communication, and strategy to navigate the maze, strengthening their ability to collaborate effectively.

I can practice mindfulness and physical activity together, integrating gratitude with movement:

By linking gratitude with fitness challenges, this game fosters physical engagement while promoting mental well-being.



Success Criteria

I can answer gratitude-related questions thoughtfully and correctly:

Players will demonstrate their understanding of gratitude by providing meaningful answers to the questions posed in the game.

I can collaborate with my team to successfully navigate the maze:

The team will work together to guide players through the maze, supporting each other in answering questions and completing fitness challenges.

I can participate in both the mental and physical aspects of the game:

Players will be engaged in both reflection on gratitude and completing physical challenges, creating a balanced experience that supports their overall well-being.



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Objective: The goal of **Gratitude Maze** is for players to navigate through a maze of challenges by answering questions about gratitude. If they answer correctly, they move forward; if they get it wrong, their teammate gets a chance to play. This game promotes reflection on gratitude and teamwork while incorporating fun physical challenges.

Materials Needed:

- **Gratitude Maze Grid:** Create a 5x5 grid (25 squares). Each square represents a challenge or question. These squares can be printed on paper or laminated for reuse. This is best done using a physical grid that players can walk on and through. Chalk on the concrete outside is perfect, or use cones to set up the grid. If playing inside create the grid on paper and use tokens to simulate the player 'walking' through the grid.
- **Answer Cards:** Each square on the grid has a corresponding gratitude-related question that players must answer before advancing (we have created one for you in the resource PDF).
- **Maze secret map:** This is the map that shows the correct pathway through the maze, create your own or we have created a few examples for you in the resource PDF section.
- **Fitness Challenge Cards:** When players answer a question incorrectly, they must complete a fitness challenge. You can use cards or a list of exercises with the corresponding number of reps, depending on the mistake (e.g., 1 burpee, 2 push-ups, etc.)
- **Markers or Tokens:** To mark the path or player progress through the maze.

Setup:

1. Create the Grid:

- Create a 5x5 grid with 25 squares (numbered 1-25). Chalk for drawing this grid outside is the best option.
- Each square is associated with a gratitude-related question (or challenge).
- When players land on a square, they will answer the question.

2. Team Formation:

- Divide players into teams of 4-5 players.
- Assign one player per team as the **Leader** who holds the secret map (a list of which path through the maze is correct). The Leader is only allowed to say **YES** or **NO** in response to the players' movements through the maze/grid. Players can only move one grid square in any direction at a time.



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3. Fitness Challenge Exercises:

- Have a set of fitness challenge exercises for players to complete if they make an incorrect move, such as:
 - 1st Mistake: 1 Burpee
 - 2nd Mistake: 2 Push-ups
 - 3rd Mistake: 3 Squats
 - 4th Mistake: 4 Star Jumps
 - 5th Mistake: 5 Lunges (per leg)
- Adjust the exercises based on the players' fitness level.

How to Play:

1. Start the Game:

- Players form a line at the start of the grid (the top row).
- The team Leader has the secret path map and directs their team through the maze using only **YES** or **NO** responses.

2. Answering Gratitude Questions:

- The team will take turns stepping on squares, starting from the top row.
- Each square has a corresponding gratitude-related question that the player must answer. If they answer **correctly**, they can move forward to the next square.
- If the answer is **incorrect**, the player must complete the corresponding fitness challenge (based on the level of error, e.g., 1 burpee for the first mistake). They then leave the grid and return to the back of the line and wait their next turn.
- The next player on the team must try to answer the question for the current square before moving onto the next square in the grid/maze.

3. Move Through the Maze:

- If a player answers a question correctly, they move forward. The Leader simply guides them through the maze by saying "yes" or "no" once they have made their move based on the pathway in the secret map.

4. Team Dynamics:

- The non-playing members of the team (those not currently in the maze) should observe the game closely, noting the correct and incorrect moves their teammates make, as they will need to help guide the next player if needed.
- This creates an active role for the entire team and helps them work together to successfully navigate the maze.

5. Winning the Game:

- The team that successfully navigates the Gratitude Maze the fastest (with the fewest mistakes) and answers all the questions correctly, while completing the fitness challenges, wins the game.



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Sample Gratitude Questions:

1. What's the nicest thing someone has done for you?
2. Who in your life inspires you with their kindness?
3. What's one thing you're grateful for today?
4. Name something you love about your family or friends.
5. What's a memory you cherish that makes you feel happy?
6. How does practicing gratitude improve your well-being?
7. Who is someone you're grateful to have in your life?
8. What is one small act of kindness you did today?
9. What is something in nature that you're grateful for?
10. What's an accomplishment you're proud of and grateful for?
11. How do you show gratitude to others around you?
12. What is a special moment you're grateful for in the last week?
13. What's one thing you appreciate about your school or classroom?
14. Who was the last person you said "thank you" to, and why?
15. What's something you are grateful for about yourself?
16. What is one thing in your home that you are thankful for?
17. What is a positive lesson you've learned recently?
18. Who is a friend that you are thankful to have?
19. What's a talent or skill you are grateful to have?
20. What's something in your community that you appreciate?
21. What's a book, movie, or show that makes you feel happy and grateful?
22. What's something funny that happened to you recently that made you smile?
23. Who or what makes you feel safe and cared for?
24. What's one thing that always cheers you up when you're feeling down?
25. What's a goal or dream you're grateful to be working towards?

Reflection:

- **Debrief:** After the game, gather the teams together for a brief discussion on gratitude and the importance of kindness.
 - How did it feel to reflect on things you are grateful for during the game?
 - How did working together as a team help you succeed in the maze?
 - What were some of the acts of kindness or gratitude shared by your teammates?

Additional Modifications:

- **Speed Round:** If time is limited, reduce the number of questions or allow each team to answer the questions in a race format to make the game more competitive.
- **Memory Challenge:** After each round, teams can recall and answer one of the questions they previously answered, increasing their ability to remember and reflect on gratitude.



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Benefits:

- **Gratitude Practice:** Encourages students to reflect on the things they are grateful for and appreciate in their lives.
- **Team Building:** Promotes teamwork, communication, and collaboration.
- **Fitness Integration:** Combines mental reflection with physical movement for a fun and engaging experience.

