

Jenga Reflection Game

Grade Three & Four



Jenga Reflection is a fun, interactive game that encourages players to reflect on gratitude, kindness, and positive moments in their lives while playing a game of Jenga. Each block represents a different gratitude task or question. Players take turns removing a block and completing the corresponding gratitude task. The game fosters connection, self-reflection, and positivity in a light-hearted environment.



Learning Intentions

I can reflect on personal gratitude and positive experiences:

This game encourages players to think about what they are grateful for and reflect on positive moments in their lives.

I can engage in meaningful conversations and share acts of kindness:

Players will share thoughtful reflections on kindness, gratitude, and their personal experiences, strengthening connections with others.

I can participate in a collaborative activity that promotes self-reflection and connection with others:

This game promotes both individual reflection and group connection, fostering an environment of support and positivity.



Success Criteria

I can share thoughtful answers related to gratitude, kindness, and positivity:

Players will demonstrate their ability to reflect meaningfully on personal experiences and share these reflections with others.

I can actively listen and appreciate others' reflections, contributing to a positive group dynamic:

Players will engage in active listening, showing respect and empathy for the reflections and answers of others.

I can create a fun and reflective environment by participating actively in the game and encouraging others:

Players will contribute to a light-hearted and positive atmosphere, celebrating each other's reflections and creating a supportive space for connection.



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Objective:

Jenga Reflection is a fun, interactive game that encourages players to reflect on gratitude, kindness, and positive moments in their lives while playing a game of Jenga. Each block represents a different gratitude task or question. Players take turns removing a block and completing the corresponding gratitude task. The game fosters connection, self-reflection, and positivity in a light-hearted environment.

Materials Needed:

1. Jenga Set:

A standard Jenga set (or any similar block tower game). If a Jenga set isn't available, you can use any set of stackable blocks or build a tower with books or other objects.

2. Markers or Stickers:

To mark each block with a different colour or number. You can use coloured markers or sticky dots in red, yellow, green, and blue.

3. Gratitude Questions List:

A printed list of gratitude and reflection questions based on the coloured dots or categories.

4. Die (Optional):

A six-sided die to determine the specific question or challenge to answer.

Setup:

1. Marking the Blocks:

On each block, mark it with a coloured dot (red, yellow, green, or blue) or number. There should be an equal distribution of the colours/dots (e.g., 12 red, 12 yellow, 12 green, 12 blue) or numbers for variety.

2. Building the Tower:

Stack the blocks in the typical Jenga formation with rows of three blocks. Make sure to build a stable tower to ensure it doesn't collapse too quickly.

3. Print the Gratitude Questions:

Print the list of gratitude questions, divided by colour, and keep them nearby. These will correspond to the colours marked on the blocks.

Gameplay:

1. Turn Order:

Players take turns in order, starting with one person. On their turn, a player must carefully remove one block from the tower.



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2. Complete the Gratitude Task:

Before placing the block on top of the tower, the player must look at the colour or number on the block they removed. They will then answer the corresponding gratitude question or complete the challenge. If a die is used, players can roll it to determine the specific question or challenge for that colour.

3. Gratitude Questions by Colour:

◦ Red Dot Questions (Self-Reflection):

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

◦ Yellow Dot Questions (Kindness and Acts of Kindness):

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

◦ Blue Dot Questions (Connection and Inspiration):

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

◦ Green Dot Questions (Achievements and Gratitude):

- My proudest moment at school was?
- My proudest moment during an individual sporting activity or team event was?
- If you could only remember one achievement in your life, what would it be and why?
- When my family talks about me, what would they be most proud of?
- 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?
- If someone wrote a book about your life, what would the title be?



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4. Replacing the Block:

After completing the gratitude task or answering the question, the player places the block on top of the tower as per the regular Jenga rules. The game continues in this way until the tower falls.

Winning the Game:

- The game ends when the tower falls. While there is no official winner, the goal is to complete the gratitude tasks and reflect on positive experiences, leading to a fun and reflective group activity.
- Optional: Keep a scoreboard if you'd like to create a friendly competition, but the main objective is to have fun and connect with others.

Modifications for Schools Without a Jenga Set:

1. Alternative Towers:

If a Jenga set isn't available, use stackable items such as:

- Books
- Plastic cups
- Cereal boxes
- Shoe boxes

2. Printable Tower:

You can print out a large grid or use a whiteboard to represent the Jenga tower. As players answer questions, they can "remove" a piece by erasing or crossing off a section, making it more creative.

3. Activity Variation for Large Groups:

For larger groups, play a version where players take turns answering the gratitude questions without the Jenga element, making it a reflection activity instead of a physical challenge.

Additional Notes:

- **Encourage Creativity:** Players should be encouraged to be creative with their answers, helping foster a positive and reflective environment.
- **Reflection Time:** After the game, allow participants to reflect on the gratitude questions and share any insights they learned from the activity.
- **Age-Adaptable:** The questions can be adapted for different age groups or difficulty levels by simplifying or deepening the questions.

Gratitude Jenga is an excellent activity for fostering a positive atmosphere, promoting gratitude, and building connection among participants. Enjoy the game and the reflective journey!

