

# Wheel of Fortune Wellness

Grade Three & Four

Gratitude

To promote physical fitness, mental well-being, gratitude, self-love, and empathy through a fun and interactive group workout, inspired by the classic "Wheel of Fortune" game show theme. Players will engage in physical exercises while reflecting on positive emotions, gratitude, and connections with others.



## Learning Intentions

**I can connect physical activity with mindfulness and gratitude:**

This game encourages participants to reflect on positive emotions while engaging in physical exercise, fostering a connection between body and mind.

**I can practice empathy and self-love through mindfulness tasks:**

Through reflective prompts and gratitude tasks, players learn to express empathy for others and cultivate self-compassion.

**I can work collaboratively in a team to complete physical and reflective challenges:**

Players collaborate to navigate through stations, supporting each other to complete physical tasks and share their gratitude reflections, fostering teamwork and cooperation.



## Success Criteria

**I can reflect on gratitude and personal growth during physical challenges:**

Players will demonstrate their ability to think about things they are grateful for while performing exercises, helping to deepen their appreciation for the positive aspects of their lives.

**I can express empathy and kindness through thoughtful answers to mindfulness prompts:**

Players will share meaningful and reflective answers to gratitude and kindness questions, fostering a supportive and kind atmosphere among teammates.

**I can contribute to a positive and inclusive team atmosphere while completing tasks:**

Players will contribute to the positive energy of the game, supporting each other both physically and emotionally, and creating a fun and motivating environment for everyone.



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## Objective:

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## Setup:

### 1. Wellness Stations:

Arrange 8 wellness stations in a circle around the play area. Each station should be marked by a cone or sign, and each station will have two components:

- A physical exercise
- A mindfulness task or gratitude prompt

### 2. Materials:

- Cones or signs to mark each station
- Printed wellness station signs with the physical exercise and corresponding mindfulness task (see below and resource found in PDF)
- Dice (optional for determining movement between stations)

### 3. Space:

Ensure that you have enough space for each station and for participants to perform the exercises. A large gym or outdoor space works well. Otherwise move the table and chairs to the outside of the room.

## Gameplay:

### 1. Participants:

Divide the players into teams of 3-5 people. Each team will begin at a different station and rotate to different stations after completing each challenge.

### 2. Movement:

The instructor (or a dice roll) will determine how many stations each player advances. Players move clockwise between stations.

### 3. Completing the Stations:

At each station, participants perform 5 repetitions of the assigned exercise and then complete the corresponding mindfulness task.

### 4. Gratitude Shuttle Runs: (Optional if you have space)

After completing their station's activities, participants will complete a 10m shuttle run, each time reflecting on something they are grateful for. They will earn one point for each successful shuttle run. If no space remove the shuttle run aspect but ensure players are reflecting on one thing they are grateful for before moving on.



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## 5. Scoring:

Teams note their points after each shuttle run or gratitude reflection and return to their stations for the next round. Keep track of the points accumulated throughout the game.

## 6. Game Duration:

After 8-10 minutes, gather the teams and tally the points. The team with the most points wins, celebrating their Wheel of Fortune victory.

### Wellness Stations:

#### 1. Station 1: Squats (Gratitude Squats)

- **Exercise:** Squats (10 repetitions)
- **Mindfulness Task:** Say out loud something you are grateful for with each squat.
- **Sample Gratitude Prompts:**
  - What is one thing in your life that you're deeply thankful for today?
  - What's the best thing that happened to you this week?
  - What is something simple that brings you happiness?
  - Who do you love in your family?
  - What is your favourite toy?
  - What is your favourite holiday spot?

#### 2. Station 2: Push-ups (Strength Affirmations)

- **Exercise:** Push-ups (10 repetitions)
- **Mindfulness Task:** Say an affirmation of self-love with each push-up.
- **Sample Affirmation Prompts:**
  - What is one strength you have that helps you in tough situations?
  - What positive trait do you admire in yourself?
  - What is a recent achievement that made you proud of yourself?
  - I love how kind I am
  - I like how resilient I can be
  - I treat everyone fairly and with respect

#### 3. Station 3: Lunges (Compassionate Lunges)

- **Exercise:** Lunges (10 repetitions)
- **Mindfulness Task:** Dedicate each lunge to someone you wish strength for.
- **Sample Questions:**
  - Who in your life needs strength and support right now?
  - How can you express empathy to someone close to you?
  - Who is someone who has shown you kindness, and how did it affect you?
  - I wish for my Dad to be healthy and happy
  - I wish for my sister to do well at school.



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## 4. Station 4: Empathy Plank (Unlucky Station)

- **Exercise:** Plank (hold for 30 seconds or until all participants are finished)
- **Mindfulness Task:** Reflect on empathy for others facing challenges.
- **Sample Questions:**
  - How have others shown you kindness in difficult times?
  - How can you show understanding to someone who is different from you?
  - How can I help someone who feels lonely?
  - How can I help someone who is upset?
  - What can I share with someone to make their day brighter?

## Station 5: Star Jumps

- **Exercise:** Star Jumps (10 repetitions)
- **Mindfulness Task:** Visualise sending positive energy into the world with each rep.
- **Sample Questions:**
  - What positive change would you like to see in the world today?
  - When did you feel positive energy recently, and how did it affect others?
  - How can you spread positivity within your community?
  - What is going awesome in my life at the moment?

## 5. Station 6: Sit Ups

- **Exercise:** Sit Ups (10 repetitions)
- **Mindfulness Task:** Reflect on a personal goal with each sit up.
- **Sample goals:**
  - What personal goal are you working on this year?
  - What do you envision for your future?
  - How can you take steps today to move closer to your goal?
  - What is one new thing I want to learn to do?
  - What is one new food I want to try?

## 6. Station 7: Tuck Jumps

- **Exercise:** Tuck Jumps (10 repetitions)
- **Mindfulness Task:** Reflect on a time when you showed resilience and overcame challenges.
- **Sample Reflections:**
  - What was a recent challenge you faced, and how did you overcome it?
  - What does resilience mean to you, and how do you practice it?
  - How do you bounce back from setbacks and stay strong?
  - What is one challenge you overcome?
  - What is the hardest thing you have done?



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## 7. Station 8: Burpees (Bountiful Burpees)

- **Exercise:** Burpees (5 repetitions)
- **Mindfulness Task:** Think of a different aspect of health you are thankful for with each burpee.
- **Sample prompts:**
  - What aspect of your health are you most grateful for?
  - How do you take care of your mental well-being, and why is it important?
  - What habits are you grateful for that contribute to your well-being?
  - How do you keep yourself healthy?
  - How can you keep yourself happy?
  - Why is sleep important?

## 8. Station 9: Sumo Squats (Wide-Angle Gratitude)

- **Exercise:** Sumo squats (10 repetitions)
- **Mindfulness Task:** Embrace the space and freedom around you with each squat.
- **Sample Questions:**
  - What is something in your environment you are grateful for?
  - How does having physical and emotional space help you grow?
  - What does freedom feel like, and how has it impacted your well-being?
  - What is your favourite thing to do outdoors?
  - What is your favourite outdoor space?
  - Do you love the beach or the mountains more?

### Reflection:

At the end of the game, gather the teams in a circle for a reflection activity. Share your thoughts and experiences about the gratitude questions, the physical exercises, and how the combination of both affected your mindset. Encourage players to share what they learned about themselves, the people around them, and the importance of gratitude and empathy.

### Optional Modifications for Different Settings:

#### 1. For Younger Participants:

Use simpler gratitude prompts or incorporate more playful movements (like dancing, hopping, or animal poses) into the wellness stations.

#### 2. For Larger Groups:

Split the group into smaller teams, or have multiple rounds of the game with rotating stations to keep things exciting.

#### 3. Competition Element:

If desired, score teams based on how quickly they complete the challenges and shuttle runs with points for the most thoughtful responses to gratitude prompts.





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**Wheel of Fortune Wellness** is a fun and impactful way to combine physical fitness with mindfulness, gratitude, and connection, making it ideal for building positive habits and team spirit in any group setting. Enjoy the game and the wellness journey it inspires!

