

This or That Gratitude

Grade Three & Four

Gratitude

This fun and engaging game promotes reflection on gratitude by offering players two options to choose from. After making their choice, players share their thoughts with others who selected the same option, deepening connections and fostering positive reflection. This game can be played individually, in pairs, or in small teams, and is a great way to encourage gratitude sharing and mindfulness.



Learning Intentions

I can practice gratitude by reflecting on the things I am thankful for:

This game encourages students to pause and reflect on the positive aspects of their lives, helping them recognize the value of the people, experiences, and moments that contribute to their happiness.

I can connect with others by sharing personal gratitude reflections:

By discussing their choices with others, students practice empathy, enhance social connections, and learn to appreciate different perspectives and experiences.

I can foster mindfulness and positive reflection in a group setting:

Through sharing gratitude in a group, students engage in collective reflection, building a positive, supportive environment that enhances the well-being of everyone involved.



Success Criteria

I can share my gratitude reflections thoughtfully and with purpose:

Students will reflect deeply on the choices they make and express why they are grateful for those things, providing meaningful insights during discussions.

I can actively listen to others and appreciate their perspectives on gratitude:

Students will show empathy and respect by attentively listening to their peers' reflections and understanding the diversity of gratitude experiences shared.

I can contribute to a supportive and positive atmosphere by engaging in the game and encouraging others:

Students will engage fully in the activity, fostering a fun and inclusive environment where everyone feels comfortable sharing and reflecting on gratitude.



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Objective:

This fun and engaging game promotes reflection on gratitude by offering players two options to choose from. After making their choice, players share their thoughts with others who selected the same option, deepening connections and fostering positive reflection. This game can be played individually, in pairs, or in small teams, and is a great way to encourage gratitude sharing and mindfulness.

Setup:

1. Materials Needed:

- Printed "This or That" gratitude cards (can be created from the attached PDF).
- Create two sides of the room, one for Option A and one for Option B.
- Pen or pencil for each player (to write down their answers).
- Optional: A timer to keep each round fast-paced and engaging.

2. How to Play:

- The instructor presents one of the "This or That" cards. Each card will have two options related to gratitude (option A and option B)
- Players choose the option they feel most connected to (e.g., Option A - "A person who makes you laugh" vs. "A person who has supported you in tough times" - option B).
- Players will write down their choice and then move to the relevant side of the room (option A or B), then have players reflect briefly on why they chose it.
- Players who chose the same option are gathered together and can then share their reasons for their choice, discussing amongst themselves. This fosters conversation and deeper reflection on gratitude.
- Optional - the teacher can then ask students if anyone feels comfortable to share their choice and reasons why, or they can ask what were the similarities in people's reasoning for choosing that option.
- After sharing, move to the next round with a new "This or That" card.
- After completing all rounds, players can come up with a creative way to summarise the gratitude choices they made. This could include a story, a song, or a short poem about the things they are grateful for, incorporating the options from the game.



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Sample This or That Gratitude Cards:

1. Card 1:
 - **Option A:** A person who makes you laugh.
 - **Option B:** A person who has supported you in tough times.
2. Card 2:
 - **Option A:** A place that brings you peace.
 - **Option B:** A place that excites and energises you.
3. Card 3:
 - **Option A:** A talent you are grateful for.
 - **Option B:** A skill you've developed through hard work.
4. Card 4:
 - **Option A:** Your family.
 - **Option B:** Your friends.
5. Card 5:
 - **Option A:** The small everyday moments you cherish.
 - **Option B:** The big achievements that have shaped you.
6. Card 6:
 - **Option A:** The beauty of nature.
 - **Option B:** The warmth and comfort of home.
7. Card 7:
 - **Option A:** Moments of quiet reflection.
 - **Option B:** Moments of joyful celebration.
8. Card 8:
 - **Option A:** Someone who has taught you something important.
 - **Option B:** Someone who has shared their wisdom with you.
9. Card 9:
 - **Option A:** The ability to express yourself creatively.
 - **Option B:** The ability to connect with others emotionally.
10. Card 10:
 - **Option A:** A positive change you've made in your life.
 - **Option B:** Something you're looking forward to achieving.



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Game Variations for Different Settings:

1. For Younger Players:

Simplify the gratitude prompts to focus on more accessible topics, such as "Your favorite activity" or "A friend who makes you smile." You can also include visual aids (such as pictures of people, places, and objects) to help them understand the options.

2. For Larger Groups:

Split the group into pairs or small teams. Each team discusses their choices before sharing with the larger group, fostering community-building and deeper conversation.

3. For a Shorter Time Frame:

Limit the game to 5-6 cards instead of 10. Players still share their reflections, but with fewer rounds to keep things moving quickly.

End of Game Reflection:

At the end of the game, players can create a collective reflection that includes the key gratitude choices they made. This could be a short performance (like a song or skit) that incorporates the options from the cards, allowing players to reflect on how gratitude plays a role in their lives.

This or That Gratitude is an engaging and reflective activity that encourages players to pause, think about the people, experiences, and moments they are thankful for, and share their gratitude with others. It's ideal for building connections, increasing mindfulness, and promoting positive reflection.

