

# Gratitude Counting

Grade Three & Four

PLAY

Gratitude Counting is a fun and engaging activity that promotes gratitude and reflection while enhancing concentration and social interaction. The game combines simple counting and squatting exercises to encourage physical activity alongside moments of gratitude sharing.



## Learning Intentions

**I can reflect on and express gratitude for the people, experiences, and things in my life:**

This game helps participants focus on the positive aspects of their lives, promoting a mindset of gratitude.

**I can maintain focus while performing physical exercises:**

By combining physical movement with mental reflection, players practice concentration and mindfulness.

**I can build stronger connections with others through sharing and active listening:**

Sharing gratitude and hearing others' reflections fosters connection and empathy in a group setting.



## Success Criteria

**I can participate actively and stay focused during the game:**

Students should remain engaged in counting and physical activity, practicing focus and mindfulness throughout the game.

**I can reflect on and share personal moments of gratitude in a meaningful way:**

Participants should be able to articulate their gratitude and connect it to the theme of the round, enhancing their self-awareness and communication.

**I can work together with my partner to achieve a high score and enjoy the game:**

The goal is to enjoy the process, share meaningful reflections, and collaboratively work to achieve the highest score possible.



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## Objective:

Gratitude Counting is a fun and engaging activity that promotes gratitude and reflection while enhancing concentration and social interaction. The game combines simple counting and squatting exercises to encourage physical activity alongside moments of gratitude sharing.

## Materials Needed:

- One six-sided dice
- Space for participants to squat comfortably

## Setup:

### 1. Partner Up:

Partner up the participants, ensuring that each pair has a chance to introduce themselves before starting the game.

### 2. Roll the Dice:

Roll the dice to determine the gratitude theme for the round. The dice roll will correspond to one of the following themes:

- 1 - People you are grateful for
- 2 - Skills or talents you are grateful to have
- 3 - Memorable moments you cherish
- 4 - Amazing places you have visited
- 5 - Acts of kindness you have experienced or observed
- 6 - Things you appreciate about your daily life

## Gameplay Instructions:

### 1. Squat Hold Position:

Each pair faces each other and assumes a squat hold position, which they will maintain for the duration of the game.

### 2. Counting and Gratitude Sharing:

Players take turns counting aloud, starting at 1. Each time a multiple of three (3, 6, 9, 12, etc.) or any number containing the digit 3 (e.g., 13, 23, 30) is reached, the player must:

- Stand up
- Share something related to the gratitude theme (as determined by the dice roll)
- Say their partner's name
- Return to the squat hold position



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### 3. Mistakes and Scoring:

The game continues until one player makes a mistake (e.g., forgetting to share their gratitude or not completing the correct action for the number). The highest number reached by the pair is recorded as their score.

### 4. Restart the Game:

After a mistake, restart the game, aiming to beat the previous score. Optionally, roll the dice again for a new gratitude theme.

### Winning the Game:

The game is not necessarily competitive, and the focus is on having fun, reflecting on gratitude, and staying engaged with the physical and mental tasks. However, you can track scores and try to beat the highest score from previous rounds.

### Modifications:

#### 1. Switch Themes or Activities:

As players become familiar with the game, you can modify the gratitude themes or introduce new elements. For example, you could change the theme to focus on:

- Empathy
- Kindness
- Vulnerability

#### 2. Incorporate Different Physical Movements:

In addition to squats, introduce other physical movements for different numbers. For instance:

- Jumping on multiples of five
- Turning 360 degrees for odd numbers
- Lunging for numbers ending in zero

#### 3. Timed Challenges:

Introduce a time element where pairs must complete their round in a set period of time, adding an element of pressure and excitement.



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## Additional Notes:

- **Gratitude Counting** is an excellent game for warm-ups, team-building activities, or simply connecting participants in any group setting. It promotes mindfulness, gratitude, and physical activity while fostering deeper connections among participants.
- The game's structure makes it adaptable for different age groups and fitness levels. You can adjust the complexity of the numeracy questions and physical exercises based on the participants' abilities.
- With the mix of physical activity and reflective gratitude, this game is perfect for enhancing mood, focus, and team dynamics.

