

Self-Love and Appreciation Snap

Grade Three & Four



This is a fun, interactive card game based on the classic game of Snap! but with a twist. The goal is to encourage self-love and appreciation through positive reflection. When a player gets a snap, they get to hear self-love and appreciation reflections from other players, which fosters positive thinking, connection, and encouragement.



Learning Intentions

I can practice self-love by reflecting on and appreciating my strengths and qualities:

The game encourages players to think about their personal strengths and what they love about themselves, fostering a positive self-image and reinforcing self-worth.

I can connect with others by sharing personal experiences of gratitude and self-love:

Players engage in meaningful conversations, sharing their reflections and encouraging others to appreciate their qualities and experiences.

I can foster a supportive and positive environment by offering encouragement and empathy to others:

Through answering reflective prompts and listening to others, players practice empathy and build a supportive atmosphere, strengthening their emotional connections with peers.



Success Criteria

I can reflect on and express what I love about myself:

Players will demonstrate the ability to identify and articulate positive aspects of themselves, answering the prompts with honesty and confidence.

I can actively listen and support others during their reflections:

Students will show respect and empathy by listening to others' answers attentively and offering supportive words or encouragement when necessary.

I can contribute to a fun and positive atmosphere by engaging with the game and encouraging others:

Players will actively participate in the game, celebrate each other's insights, and create a positive, uplifting environment for everyone involved.



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Objective:

This is a fun, interactive card game based on the classic game of Snap! but with a twist. The goal is to encourage self-love and appreciation through positive reflection. When a player gets a snap, they get to hear self-love and appreciation reflections from other players, which fosters positive thinking, connection, and encouragement.

Materials Needed:

- A standard deck of playing cards, you can simply use a regular deck of cards and assign each card a question (examples are below).

Setup:

- **Players:** 4 players
- Shuffle the deck of cards and deal the entire deck evenly among the players. Each player should keep their cards face down in a stack.

How to Play:

1. Taking Turns:

The players take turns flipping the top card from their deck and placing it face-up in the middle of the table.

2. Snap! Rules:

- When two players place matching cards (e.g., two 7s or two Kings), any player who notices it first shouts "Snap!"
- The player who calls "Snap!" wins the round and takes both cards. The winner then gets to ask the other three players to reflect on the card they won.
- **Reflection Prompt:** When a player wins a snap, they look at the card that matched and share the corresponding reflection prompt with the other three players. For example:
 - **Ace of Hearts:** "Share something you love about yourself right now."
 - **King of Clubs:** "What is something you are proud of achieving recently?"
 - **Queen of Diamonds:** "What is a kind thing you've done for someone else?"
 - **10 of Spades:** "What is one thing you are grateful for about yourself today?"
 - **2 of Hearts:** "What's something you like about your personality?"
 - **7 of Clubs:** "What is a strength you see in yourself?"
- Each of the three players who did not call "Snap!" must answer the reflection question related to the winning card.



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3. Answering Questions:

Players answer the questions honestly, encouraging self-love and appreciation. If a player has trouble answering, the other players can offer positive support, making the activity more uplifting.

4. Winning the Game:

The game continues until all cards have been played. The player with the most cards at the end is the winner. However, the true victory is the positive reflections and self-love shared during the game.

Reflection Prompts for Self-Love and Appreciation Snap:

Ace

"Share something you love about yourself right now."

King

"What is something you are proud of achieving recently?"

Queen

"What is a kind thing you've done for someone else?"

Jack

"Who is someone you admire and why?"

Ten

"What is one thing you are grateful for about yourself today?"

Nine

"When was the last time you felt truly confident in yourself?"

Eight

"What's one thing you enjoy doing for yourself to feel happy and at peace?"

Seven

"What is a strength you see in yourself?"

Six

"What is one thing that makes you feel proud of the person you are becoming?"

Five

"What is a trait in yourself that you love the most?"

Four

"Think of a recent challenge you overcame—what helped you get through it?"

Three

"Describe a time when you practiced self-compassion."

Two

"What's something you like about your personality?"



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Additional Variations for the Game:

1. Time Challenge:

Limit the game time (e.g., 10 minutes). After the timer ends, the player with the most cards wins. This keeps the game fast-paced and encourages players to reflect quickly and thoughtfully.

2. Themed Cards:

If you have a custom deck of cards with different themes (e.g., "Confidence," "Gratitude," "Courage"), tailor the reflection prompts to those themes. For example:

- **Confidence:** "When was the last time you felt confident in yourself?"
- **Courage:** "What is something you've done recently that required courage?"
- **Gratitude:** "What is something in your life that you feel especially grateful for?"

3. Group Reflection:

If the game has more than four players, consider using teams. The winning team can ask the other team to reflect on the card they won. This increases the sense of connection and shared self-reflection.

4. Self-Care Version:

In each round, the question could relate to self-care practices. For example:

- **Joker:** "What's a self-care routine you practice regularly?"
- **9 of Hearts:** "How do you relax and take care of your emotional health?"
- **5 of Spades:** "What is your favorite way to show yourself kindness?"

Reflection:

At the end of the game, gather in a circle and invite players to share any positive insights or self-love thoughts that came up during the game. Discuss how the game made them feel and how they can continue practicing self-love and appreciation in their daily lives.

Self-Love and Appreciation Snap is a creative and fun way to build self-esteem, create meaningful connections, and practice self-love and gratitude in a relaxed and interactive setting. It can be used in a variety of contexts such as classrooms, workshops, or even family gatherings.

