

# Gratitude Charades

# GRATITUDE

To encourage students to reflect on and express gratitude in a fun and interactive way through charades. The game promotes creativity, teamwork, and the appreciation of positive things in life.



## Learning Intentions

**I can express gratitude through creative movements:**

Students will act out various forms of gratitude using their body, improving their ability to communicate emotions without words.

**I can recognise and appreciate the positive aspects of life:**

Students will identify things they are grateful for and share these feelings with others through charades.

**I can work as part of a team to guess and understand expressions of gratitude:**

Students will develop teamwork and communication skills while guessing what others are acting out.



## Success Criteria

**Creative Expression of Gratitude:**

Students will use their body language, facial expressions, and movements to creatively express gratitude.

**Active Participation and Engagement:**

Students will actively participate in the game, whether they are acting out or guessing, with enthusiasm and attention.

**Recognition of Gratitude Prompts:**

Students will successfully identify the gratitude being acted out by their peers, fostering understanding and appreciation of positive emotions.



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## Objective:

To encourage students to reflect on and express gratitude in a fun and interactive way through charades. The game promotes creativity, teamwork, and the appreciation of positive things in life.

## Players:

Perfect for small groups or pairs of students. Ideal for classrooms or group activities.

## Materials:

- Pieces of paper with gratitude prompts written on them (e.g., "I'm grateful for my family," "I'm grateful for a sunny day"), (we have created some more examples in the PDF resource for you). Alternatively you could lead a class brainstorm and involve the students in creating these prompts, this will help them to be able to successfully guess what each student is acting out as they helped to create them.
- A hat or bowl to draw the prompts from.

## Setup:

1. Write various gratitude prompts on separate pieces of paper (one prompt per piece) or print and cut out provided gratitude charades prompts from the PDF resource.
2. Place the pieces of paper in a hat or bowl.
3. Decide on whether you will play Option One (with points) or Option Two (without points).

## Gameplay:

### Option One: Teams Guess Gratitude Charades

1. **Teams:** Divide the students into two or more teams.
2. **Draw a Prompt:** One player from the first team draws a gratitude prompt from the bowl and begins acting it out using only body language and facial expressions—no words allowed!
3. **Guessing:** The team has one minute to guess what the player is expressing. Points are awarded for correct guesses.
4. **Repeat:** Teams take turns acting out gratitude prompts and guessing until all prompts have been acted out.
5. **Winning:** The team with the most correct guesses at the end wins the game.



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## Option Two: Individual Gratitude Charades

1. **Write Prompts:** Each participant writes down three things they are grateful for on pieces of paper.
2. **Act It Out:** Players take turns drawing a gratitude prompt from the bowl (or from the list they wrote down) and acting it out for the group to guess. No points are given; this version focuses on sharing and appreciating gratitude.
3. **Guessing:** The group guesses what the player is acting out.
4. **Sharing:** After each round, the player shares why they are grateful for that particular prompt, fostering deeper reflection on gratitude.

## Winning the Game:

- In **Option One**, the team with the most points at the end of the game wins.
- In **Option Two**, the goal is not to win but to enjoy the experience of sharing and expressing gratitude with others.

## Variations for Different Settings:

1. **Creative Charades:** Encourage students to act out their gratitude in fun and creative ways—like pretending to be an animal they're grateful for or miming an everyday activity like eating their favorite food.
2. **Family Edition:** Family members can play together, acting out gratitude prompts like "I'm grateful for my parents" or "I'm grateful for family time."
3. **Classroom Edition:** Adapt the prompts to focus on school-related things, like "I'm grateful for my friends," "I'm grateful for recess," or "I'm grateful for learning."
4. **Outdoor Edition:** If you're playing outside, encourage more dynamic movements like pretending to be animals or actions like running or jumping to show gratitude.

## Additional Notes:

**Gratitude Charades** is a fun and playful way for young students to reflect on the things they're thankful for while practising non-verbal communication. It helps build social and emotional skills and encourages positive thinking, teamwork, and appreciation of the good things in life! This game can be a wonderful addition to any classroom or group activity, fostering both creativity and gratitude.

