

# Master Chef Group Gratitude

# GRATITUDE

To promote gratitude and appreciation within a group through a creative and reflective activity inspired by the spirit of a cooking competition. The activity focuses on acknowledging the positive impacts individuals have had on each other's lives.



## Learning Intentions

**I can express gratitude by reflecting on positive people in my life:**

Students will identify and express gratitude for individuals who have positively impacted them.

**I can share my appreciation in a creative way:**

Students will reflect on meaningful actions or qualities that have inspired them, and share these reflections with others.

**I can build connections and strengthen friendships through gratitude:**

Students will recognise the importance of supporting and appreciating each other, fostering a sense of community and connection.



## Success Criteria

**Reflective Thinking:**

Students thoughtfully consider the people and actions they are grateful for, using prompts to guide their reflections.

**Creative Expression:**

Students creatively express their gratitude through drawing, writing, or sharing, contributing to the group's atmosphere of appreciation.

**Positive Interaction with Peers:**

Students engage with others in a positive and supportive way, listening to their peers' reflections and responding with kindness and respect.



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## Objective:

To promote gratitude and appreciation within a group through a creative and reflective activity inspired by the spirit of a cooking competition. The activity focuses on acknowledging the positive impacts individuals have had on each other's lives.

## Players:

Any group size is suitable, including small teams, classrooms, or family gatherings.

## Materials:

- Paper and pens for each participant.
- Printed 10 Gratitude prompts worksheet (found in resource PDF).

## Setup:

1. Distribute paper and pens to each participant.
2. Briefly explain the activity, letting students know they will be reflecting on individuals who have positively impacted their lives and sharing their thoughts with the group.

## Gameplay:

### 1. Reflecting on Gratitude (The Master Chef Challenge):

- Each student will think about and write down responses to the following **ten gratitude prompts** (you can adapt the wording to suit younger students):
  - Who is someone who always makes you feel happy?
  - Who helped you when you were feeling sad?
  - Who is someone you look up to?
  - What is something special that someone did for you?
  - Who always shows kindness to you?
  - Who helps you learn new things?
  - Who has been there for you when you needed a friend?
  - Who makes you feel safe and cared for?
  - Who inspires you to try your best?
  - Who has shared or created a fun memory with you?
- Encourage students to write their answers down on their paper or, if needed, draw pictures to represent their reflections.



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## 2. Sharing Reflections (Cooking up Gratitude):

- Once everyone has completed their reflections, they then pick 5 of their reflections and create a storyline using the people and the prompts to inspire it. The storyline can be playful, it doesn't need to be realistic, let them have fun with it, mixing and matching the prompts and people to create their own "Masterchef Gratitude Recipe". Students can either write their story out or draw pictures to create a cartoon-like story.
- Each student will take turns sharing their stories with the group.
- After sharing, students can respond with kind words like, "That's a great story!" or "I loved when that happened!" to encourage a supportive and positive atmosphere.

### Winning the Game:

The focus is on appreciation and fostering a culture of gratitude rather than competition. The goal is for everyone to feel recognised and valued, creating a positive and connected group environment.

### Variations for Different Settings:

#### 1. Modified Edition:

Use the prompts as a fun classroom activity to start or end the day, creating a sense of positivity and connection.

#### 2. Family Edition:

Family members can participate by sharing their reflections, strengthening family bonds through appreciation.

#### 3. Outdoor Edition:

Take the activity outside, allowing students to enjoy nature while reflecting on the positive people in their lives.

#### 4. Art Edition:

Encourage students to draw pictures of the people they are grateful for, adding extra creativity to their reflections.

### Additional Notes:

**Master Chef Group Gratitude** is a reflective and bonding activity that helps students build stronger relationships, appreciate the people around them, and practice the valuable skill of gratitude. It's a wonderful way to encourage positive thinking and create a supportive, connected community, all while having fun!

