

Wellness Guess Who

GIVING

To encourage students to reflect on and share positive memories or situations that they are grateful for. Through guessing, students will foster empathy, build connections, and promote gratitude within the group.



Learning Intentions

I can reflect on and express things I am thankful for:

Students will think about positive memories or situations in their lives and express their gratitude through writing or drawing.

I can work with my classmates to guess who shared each memory:

Students will collaborate with their peers to guess who shared which memory, fostering teamwork and communication.

I can listen and share my story with others to build connections:

Students will share their memories with the group, allowing them to connect and understand each other better.



Success Criteria

Thoughtful Reflection:

Students will reflect on and write or draw something they are grateful for, focusing on positive memories.

Active Participation in Guessing:

Students will actively participate in guessing whose memory is being shared, demonstrating attentiveness and engagement.

Clear Sharing of Gratitude:

Students will clearly share their memories when their note is read aloud, helping the group understand the meaning behind their gratitude.



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Objective:

To encourage students to reflect on and share positive memories or situations that they are grateful for. Through guessing, students will foster empathy, build connections, and promote gratitude within the group.

Players:

Ideal for small groups, classrooms, or family gatherings.

Materials:

- Pens and paper for writing or drawing.
- A jar, bowl, or hat to collect the notes.

Setup:

1. Set up a space where participants can write or draw their gratitude memory on a piece of paper.
2. Place a jar, bowl, or hat at the entrance where students can drop their completed notes as they arrive.

Gameplay:

1. Writing or Drawing Gratitude Memories:

- As students arrive, give them paper and pens to write down or draw a memory they are grateful for.
- Encourage them to think of something that made them happy, like a fun day with family, a favourite toy, or a kind friend.

2. Drawing and Guessing the Note:

- Once everyone has completed their memories and placed them in the bowl or jar, have one student draw a note from the jar or bowl and read it aloud to the group.
- The rest of the group will guess who wrote the memory or drew the picture.

3. Revealing the Author:

- After the group guesses, the author will reveal themselves and share a little more about the memory or situation they are grateful for.

4. Continue the Game:

- The game continues until all notes have been read and the authors have shared their memories.



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Winning the Game:

There are no winners in this game. The objective is to foster connection, understanding, and gratitude within the group. Success is measured by the group's ability to guess, listen, and appreciate each other's positive experiences.

Variations for Different Settings:

1. Modified Edition:

- Focus on memories related to school, learning, or personal growth. For example, "What was a time you felt proud of your schoolwork?"

2. Family Edition:

- Share family memories, fun holidays, or personal milestones, allowing everyone to connect over shared experiences.

3. Outdoor Edition:

- Play outside with students, sharing memories of fun outdoor adventures or games they enjoy.

4. Classroom Edition:

- Create a "Gratitude Wall" where students write their memories, then guess which classmate's memory it is, enhancing classroom connection.

Additional Notes:

Wellness Guess Who is a fun and interactive way for students to practice gratitude and empathy. It encourages them to listen, share, and connect with each other, making it a great tool for building positive group dynamics. This activity is versatile and can be adapted for various group sizes, settings, and ages, making it an excellent choice for creating a supportive and appreciative environment.

