

# Gratitude Counting

Quick and Easy

PLAY

Gratitude Counting is an engaging activity that blends physical movement, sequential counting, and reflective gratitude. The aim is to achieve higher counts through focused teamwork while sharing positive reflections on aspects of life, such as the people, skills, experiences, and everyday joys that bring gratitude.



## Family Objects

### Promote Gratitude and Reflection:

Family members take time to reflect on the positive aspects of their lives—whether it's the people they cherish, their skills, or memorable experiences—sharing these thoughts in a supportive setting.

### Enhance Concentration and Physical Fitness:

This activity combines sequential counting with squatting, helping everyone improve focus and engage in a fun, movement-based warm-up.

### Foster Social Interaction and Communication:

Participants build stronger social bonds and practice effective, positive communication by working in pairs and using each other's names while sharing reflections.



## Success Milestones

### Active Participation in Gratitude Reflection:

Participants thoughtfully share meaningful responses related to the gratitude theme determined by the dice roll, demonstrating personal insight and reflection.

### Engagement in Physical Activity and Counting:

Players maintain focus during the counting and squat activity, performing squats and stands correctly and with enthusiasm, showing both physical and mental engagement.

### Positive Interaction and Communication:

Family members actively interact with their partners, using names and encouraging one another, contributing to an overall positive and connected atmosphere.



# Gratitude Counting

Quick and Easy

PLAY

## Objective:

Gratitude Counting is an engaging activity that blends physical movement, sequential counting, and reflective gratitude. The aim is to achieve higher counts through focused teamwork while sharing positive reflections on aspects of life, such as the people, skills, experiences, and everyday joys that bring gratitude.

## Players:

- Played in pairs, making it ideal for family gatherings, classroom settings, or group activities of any size.

## Materials:

- One six-sided dice

## Setup:

### 1. Partner Up:

- Arrange participants in pairs.
- Begin with a brief introduction where each partner introduces themselves to ensure name recognition, which will be used during the game.

### 2. Determine the Gratitude Theme:

- Roll the dice to decide the gratitude theme for that round, based on the number rolled:
  - **1:** People you are grateful for
  - **2:** Skills or talents you appreciate
  - **3:** Memorable moments you cherish
  - **4:** Amazing places you have visited
  - **5:** Acts of kindness you've experienced or observed
  - **6:** Things you appreciate about your daily life

## Gameplay:

### 1. Counting and Squat Hold:

- Partners face each other and, if desired, start in a squat hold position.
- They take turns counting aloud sequentially, starting from one.

### 2. The Reflection Trigger:

- When a number that is a multiple of three (3, 6, 9, 12, etc.) or any number containing the digit three (such as 13, 23, or 30) is reached, the current player must:



# Gratitude Counting

Quick and Easy

PLAY

- Stand up from the squat hold
- Share a reflection related to the gratitude theme determined by the dice roll (e.g., if the theme is "People you are grateful for," the player might say, "I'm grateful for Mom because she always supports me.")
- Use their partner's name during the reflection
- Then return to the squat hold and resume counting from the next number.

### 3. Continuation and Scoring:

- The game continues until a mistake is made (for example, a wrong count, failing to perform the reflection, or forgetting to say the partner's name).
- The highest number reached before a mistake is recorded as that round's score.

### 4. Restarting the Game:

- After a round ends, the pair can start over, aiming to beat their previous score.
- Optionally, roll the dice again to select a new gratitude theme for added variety.

### Winning the Game:

- The focus is on personal and shared growth, fun, and meaningful reflection rather than strict competition.
- However, you can declare the pair with the highest count over several rounds as the winner, celebrating their focus, teamwork, and reflective insights.

### Variations for Different Settings:

#### • Alternate Themes:

Instead of gratitude, switch themes to topics like empathy, kindness, or vulnerability for fresh perspectives.

#### • Different Physical Actions:

Incorporate alternative physical movements (like a jump or a spin) on specific counts (for example, on multiples of five) to add more variety and challenge.

#### • Children's Edition:

Simplify the rules and reduce the counting range to make the game more accessible and fun for younger participants.

#### • Team Building Edition:

Encourage groups to work together in larger teams, with members taking turns and discussing their reflections as a group for added collaborative engagement.

### Additional Notes:

Gratitude Counting – Family Edition is a wonderful way to combine physical activity with emotional reflection. This engaging game encourages participants to focus on the positives in their lives while also working on balance, concentration, and teamwork. It's perfect for warm-ups, classroom activities, or family gatherings where fostering a positive mindset and strong connections is the goal. Enjoy the journey of counting, moving, and reflecting on all the good in your life!