

# Giant Gratitude Jenga

PLAY

Giant Gratitude Jenga is an engaging twist on the classic Jenga game that integrates gratitude challenges. The aim is to build the tower while expressing thankfulness by answering colour-coded gratitude questions determined by a six-sided die roll. Although the game ends when the tower falls, the true focus is on the shared positive reflections and the connections formed through the activity.



## Family Objects

### Promote Gratitude and Reflection:

Family members use each turn to reflect on and share what they are thankful for. By linking each block's colour to a unique gratitude question, everyone is encouraged to acknowledge the positive aspects of their lives.

### Enhance Physical Coordination and Patience:

Players carefully remove and replace blocks in the Jenga tower, which improves their motor skills, concentration, and patience while engaging in a fun, physical challenge.

### Foster Social Interaction and Connection:

As participants take turns and share their gratitude reflections, they build deeper interpersonal connections, create a supportive atmosphere, and enjoy a shared, positive experience together.



## Success Milestones

### Thoughtful Gratitude Reflections:

Each player shares a sincere response to the gratitude question prompted by their block's colour, demonstrating self-reflection and a focus on the positives in their lives.

### Active and Careful Gameplay:

Family members participate actively by carefully removing and placing blocks without knocking over the tower, showing good coordination and patience.

### Positive Group Engagement:

Players listen to and celebrate each other's reflections, contributing to a warm, supportive environment that enhances overall group connection and empathy.



# Giant Gratitude Jenga

PLAY

## Objective:

Giant Gratitude Jenga is an engaging twist on the classic Jenga game that integrates gratitude challenges. The aim is to build the tower while expressing thankfulness by answering colour-coded gratitude questions determined by a six-sided die roll. Although the game ends when the tower falls, the true focus is on the shared positive reflections and the connections formed through the activity.

## Players:

- Suitable for individuals, pairs, or larger groups.
- Ideal for family gatherings, classroom sessions, or team-building events where fostering positive interaction is key.

## Materials:

- A giant Jenga set with at least 54 blocks
- Four coloured markers (red, yellow, green, and blue) to mark each block
- A printed list of gratitude questions or a set of “Jugar Life Daily Mission Cards – Connect, Share and Breathe”
- A six-sided die (for determining the gratitude challenge)

## Setup:

### 1. Preparing the Blocks:

- Using a marker, draw a coloured circle on each Jenga block. The circles should be in one of four colours: red, yellow, green, or blue. Each colour corresponds to a specific set of gratitude questions.

### 2. Building the Tower:

- Stack the blocks in rows of three (with each row perpendicular to the one below) to build a stable tower at least 18 levels high.

### 3. Arrange the Materials:

- Keep the six-sided die and the printed gratitude questions nearby so they are ready for gameplay.



# Giant Gratitude Jenga

PLAY

## Gameplay:

### 1. Taking Turns:

- Decide who goes first. On each turn, the current player carefully removes one block from the tower.

### 2. Reading the Block and Rolling the Die:

- Before placing the block on top of the tower, the player looks at the colour on the block and rolls the six-sided die.
- The number on the die selects a specific gratitude question from the list associated with that colour.
- For example, a red block might prompt questions about what makes you happy at that moment, while a yellow block could ask about the kindest thing someone has done for you.

### 3. Completing the Gratitude Task:

- The player then completes the gratitude challenge by answering the question or performing the task.
- Sharing your reflection helps build a positive atmosphere and deepens connections among players.

### 4. Replacing the Block:

- After completing the gratitude task, the player carefully places the block on the top of the tower.

### 5. Game Progression:

- Play continues daily (or as frequently as desired), with each participant taking a turn to remove a block, roll the die, and share their gratitude reflection.
- The game goes on until the tower eventually falls. Although the player who causes the tower to fall loses that round, the emphasis is on the continuous process of reflection and connection rather than on winning.

## Winning the Game:

- There is no strict winning in Giant Gratitude Jenga; the focus is on enjoying the process, sharing meaningful reflections, and building positive relationships.
- The real “win” is the deeper connection and the positive mindset fostered through the activity.



# Giant Gratitude Jenga

PLAY

## Variations for Different Settings:

- **Educational Edition:**

Adapt the gratitude questions to focus on academic achievements, learning experiences, or personal growth topics relevant to students.

- **Staff Edition:**

Tailor the prompts to reflect on professional experiences, team achievements, or ways to support colleagues, promoting a collaborative workplace culture.

- **Family Edition:**

Use the game to teach children about gratitude and kindness, creating a fun and interactive way to share family memories and values.

## Additional Notes:

Giant Gratitude Jenga is an excellent tool for combining fun, physical play with emotional reflection. It provides a unique opportunity to express gratitude in a tangible way and to celebrate the positive influences in our lives. Enjoy the playful challenge of building the tower, cherish the reflections shared, and let this game foster a supportive and joyful environment for everyone involved!

