

My Family Gratitude Card



To create a personalised Family Gratitude Card featuring six thoughtful questions designed by the students. The card is used at home as a tool for sparking deep, meaningful conversations around gratitude and positive experiences within the family.



Family Objects

Develop Gratitude Awareness:

Family members reflect on what they're thankful for by creating thoughtful questions that spark deep conversations about the positive aspects of their lives.

Enhance Communication and Connection:

By designing a personalised gratitude card, everyone learns to share meaningful reflections and engages in open discussions that bring the family closer together.

Promote Family Engagement:

This activity encourages regular gratitude practices at home, creating a positive and supportive environment where every family member feels valued.



Success Milestones

Creation of Thoughtful Questions:

Each student creates six meaningful gratitude questions on their card—one for every number on a six-sided dice—designed to prompt reflection and heartfelt conversations at home.

Personalisation and Presentation:

Students decorate and personalise their gratitude cards, ensuring that each card is uniquely theirs and clearly communicates its purpose to their family.

Reflection on Family Impact:

After using the card, students reflect on how the activity deepened family connections and contributed to positive interactions, sharing these insights with the class or on a classroom reflection wall if appropriate.



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Objective:

To create a personalised Family Gratitude Card featuring six thoughtful questions designed by the students. The card is used at home as a tool for sparking deep, meaningful conversations around gratitude and positive experiences within the family.

Players:

Ideal for individual reflection that's later shared with the family—suitable for students of all ages and adaptable for home or classroom use.

Materials Needed:

- A six-sided dice (one per student)
- A printed PDF sheet with six blank spaces, each labelled with a number from 1 to 6
- Pens or pencils for writing questions
- **Optional:** Markers, coloured pencils, or stickers for decorating the card

Setup:

1. Preparation:

- Distribute the printed PDF sheets to each student. Each sheet should have six blank spaces labelled 1 through 6, corresponding to the sides of a dice.

2. Introduction:

- Explain the concept of gratitude and how creating a Family Gratitude Card can help spark meaningful conversations at home. Emphasise that the activity is designed to encourage everyone to reflect on the positive aspects of their lives and share those reflections with their family.

Gameplay:

1. Question Creation (10–15 minutes):

• Brainstorming:

Start by asking students to think about what they're grateful for and consider questions that would help their family reflect on those positive moments. Encourage them to think of personal, meaningful questions.

• Writing Questions:

Students write one gratitude question in each of the six spaces on the PDF sheet. Each question should correspond to a number on the dice. For example, questions might include:

- "What is something kind someone did for you today?"
- "What moment from today made you smile?"
- "Who in our family are you grateful for and why?"



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- "What's one thing you achieved this week that you're proud of?"
- "What challenge did you overcome today?"
- "What's a place you visited recently that made you feel happy?"

2. Personalisation:

- After writing their questions, students decorate their cards with markers, stickers, or any creative materials they have, making each card unique and special for their family.

3. Sharing the Gratitude Card:

• Family Instructions:

Explain that at home, each night a family member will roll the dice. The number that comes up corresponds to one of the questions on the card, and the person answers the question. Rotate the dice roll among family members so everyone gets a chance to share.

• Class Sharing (Optional):

If time allows, students may share one or two of their questions with the class, discussing why they chose them and how they think it will impact their family.

4. Reflection and Discussion:

• Follow-Up Reflection:

After using the card at home for a while, students can reflect on the experience. They might consider:

- How did the activity bring your family closer?
- What were some memorable responses or moments?
- Did you learn anything new about your family?

• Classroom Reflection Wall (Optional):

Create a classroom reflection wall where students post brief notes or drawings about their experiences using the gratitude card. This serves as a way to share and celebrate the positive impact of the activity.

5. Debrief and Follow-Up:

- Conclude with a group discussion about the value of sharing gratitude and how it can strengthen family bonds. Encourage students to consider other ways they can promote gratitude in their everyday lives.
- Consider making the Family Gratitude Card a recurring activity, with new questions added each month or season, to keep the practice fresh and ongoing.

Additional Notes:

My Family Gratitude Card is more than just an assignment—it's a tool for fostering gratitude, mindfulness, and deeper connections within the family. By taking the time to reflect on what makes them happy and thankful, students can help create a positive home environment that celebrates the good in everyday life. Enjoy creating your card, sharing your reflections, and watching your family bond grow stronger through the power of gratitude!

