

# Gratitude Wall

Gratitude

The Gratitude Wall is a fun, uplifting activity designed to encourage daily reflection and thankfulness. It transforms a space at home into a vibrant display of positive thoughts, reminding us of the good in our lives and strengthening our family bonds.



## Family Objects

### Building a Habit of Thankfulness:

Each family member will learn to recognise and express gratitude, forming a regular practice of reflecting on the good things in our lives.

### Boosting Positivity and Well-Being:

By focusing on positive moments and experiences, we create a warm and uplifting atmosphere at home that helps everyone feel happier and more connected.

### Strengthening Family Bonds:

Together, we'll build a collective Gratitude Wall, sharing our thoughts and celebrating each other's joys to create a strong sense of community and connection within the family.



## Success Milestones

### Regular Participation in Gratitude Reflections:

Family members consistently take part by rolling the dice, answering the corresponding question, and adding their heartfelt responses to the Gratitude Wall.

### Thoughtful and Personal Contributions:

Everyone writes meaningful and genuine notes on Post-it notes, sharing personal experiences and moments that truly highlight what they're grateful for.

### Active Engagement with the Gratitude Wall:

Family members not only add their own notes but also take time to read and reflect on the messages shared by others, appreciating the collective positivity and support.



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## Objective:

The Gratitude Wall is a fun, uplifting activity designed to encourage daily reflection and thankfulness. It transforms a space at home into a vibrant display of positive thoughts, reminding us of the good in our lives and strengthening our family bonds.

## Players:

Suitable for all family members, regardless of age. This activity can be enjoyed daily, weekly, or whenever you feel like spreading a bit more joy at home.

## Materials Needed:

- Post-it notes (feel free to use different colours for a visually stunning display)
- A pen
- A six-sided dice
- A designated wall or a prominent space in your home (e.g., a corkboard or a section of the fridge)

## Setup:

### 1. Choose Your Wall:

Pick a spot in your home where the Gratitude Wall will be displayed—this could be in the living room, kitchen, or any area where the family gathers.

### 2. Prepare Your Materials:

Have a stack of colourful Post-it notes and pens ready. Keep the six-sided dice handy for when you're ready to roll.

## How to Play:

### 1. Roll the Dice:

At a time that suits you—whether daily, weekly, or during a family catch-up—roll the six-sided dice. The number you roll corresponds to one of the following questions:

- **1:** What is something I can see at this moment that makes me happy?
- **2:** What's the best thing I have done in the last week?
- **3:** Today, I am excited to see... Because...
- **4:** I get excited when I...
- **5:** If I had one wish today, I would wish for...
- **6:** Today, I am very proud of...





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## 2. Answer the Question:

Take a moment to think about the question and write your response on a Post-it note. Let your answer be as thoughtful and personal as you like.

## 3. Add to the Wall:

Stick your Post-it note on the Gratitude Wall. Encourage others in the family to add their own notes so that the wall becomes a beautiful collage of gratitude and positivity.

## 4. Reflect and Enjoy:

Each time you pass by the Gratitude Wall, take a moment to read the notes. Reflect on the shared expressions of joy and gratitude, and let them serve as a reminder of all the wonderful things in your life.

## Variations for Different Settings:

- **Themed Days:**

Spice things up by having themed gratitude days (e.g., "Memory Monday" or "Thankful Thursday") where you focus on specific aspects of your lives.

- **Family Discussion:**

Occasionally gather as a family to discuss the notes, share stories behind them, and celebrate your collective gratitude.

- **Artistic Touch:**

For a creative twist, use different coloured Post-it notes to represent different types of gratitude (e.g., blue for personal achievements, green for family moments, red for random acts of kindness).

## Additional Notes:

The Gratitude Wall – Family Edition is more than just a fun activity; it's a continuous practice that cultivates mindfulness, boosts emotional well-being, and fosters a deep sense of connection within your family. As the wall fills up with colourful notes, it becomes a beautiful reminder of all the joy and positivity in your lives—an ever-present source of inspiration and comfort. Enjoy the process and celebrate every little moment of gratitude together!

