

Tic Tac Toe Ten

Gratitude

Tic Tac Toe Ten is a fun, movement-based game where the aim is to be the first to form a row, column, or diagonal on a tic tac toe grid with numbers that add up to ten. After each round, the winner reflects on a positive gratitude question while the loser performs a physical exercise, making this a holistic game that blends strategic thinking, physical fitness, and positive reflection.



Family Objects

Developing Strategic Thinking and Maths Skills:

Family members learn to plan their moves carefully by placing numbers on a tic tac toe grid to reach sums of ten. This playful challenge helps sharpen problem-solving skills and reinforces basic numeracy.

Promoting Physical Activity and Well-Being:

Every round involves a fun burst of movement—either through positive exercises or energetic bodyweight challenges—keeping everyone active and boosting overall fitness.

Encouraging Gratitude and Positive Reflection:

After each round, participants reflect on aspects of their lives that make them happy and thankful, fostering mindfulness and a positive mindset that brings the family closer together.



Success Milestones

Accurate and Strategic Placement of Numbers:

Family members successfully place numbers on the grid to create rows, columns, or diagonals that add up to ten, demonstrating sound strategic thinking and a solid grasp of basic maths.

Active Participation in Physical Challenges:

Everyone takes part with enthusiasm, completing the assigned exercises—whether squats, push-ups, or burpees—with energy and commitment.

Meaningful Engagement in Reflection:

Participants thoughtfully respond to reflection questions, sharing heartfelt insights about gratitude and future aspirations, thereby deepening family connections and self-awareness.



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Objective:

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Players:

- Suitable for any number of players, ideal for pairs or small groups.
- Works well in larger groups with multiple pairs playing simultaneously.

Materials Needed:

- One six-sided dice
- A 3×3 tic tac toe grid (drawn on paper)
- Pen and paper for scorekeeping
- A printed list of reflection questions and exercise assignments (or a prepared cheat sheet)

Setup:

- 1. Prepare the Grid:**
 - Draw a 3×3 tic tac toe grid on a sheet of paper.
- 2. Gather the Dice and Scorekeeping Tools:**
 - Have a six-sided dice ready and provide each participant or pair with a score sheet.
- 3. Review the Rules:**
 - Explain that players will take turns rolling the dice and placing the number rolled into an empty square on the grid.
 - The goal is to be the first to achieve three numbers in a row, column, or diagonal that add up exactly to ten.



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Gameplay:

1. Rolling and Placing Numbers:

- Players take turns rolling the dice.
- Upon rolling, the player chooses an empty square in the tic tac toe grid to place the number rolled.
- They must work strategically to try and form a line where the total equals ten.

2. Scoring and Round Outcomes:

- If a player places a number that causes the sum in a row, column, or diagonal to exceed or fall short of ten, the opponent wins that round and gains one point.
- Play continues for 10 minutes or until all rounds are completed.
- At the end of the playing time, the player with the most points wins the game.

3. Post-Game Reflection and Exercise:

◦ For the Winner:

Roll the dice and answer the corresponding positive reflection question. For example:

- 1: "Who is someone you are grateful for in your life, and why?"
- 2: "What recent experience made you feel grateful, and how did it impact you?"
- 3: "What are three things you often take for granted but are truly thankful for?"
- 4: "Can you think of a challenge you faced that later brought something positive into your life? What are you grateful for in that situation?"
- 5: "What place makes you feel happy and grateful, and what do you love most about it?"
- 6: "How has someone's kindness or support recently changed your life, and how did you express your gratitude?"

◦ For the Loser:

Roll the dice and complete the corresponding bodyweight exercise:

- 1: Squats (10 reps)
- 2: Sit-ups (10 reps)
- 3: Push-ups (10 reps)
- 4: Lunges (10 reps)
- 5: Star jumps (10 reps)
- 6: Burpees (10 reps)

4. Additional Reflection (Optional):

- For repeated play, consider additional reflection questions that promote self-esteem and future planning, such as:
 - "What are three qualities you love about yourself, and how do they positively impact your life?"
 - "Think of a time when you accomplished something you are proud of. How did that make you feel?"
 - "What is one long-term goal you have for yourself, and what steps are you taking to achieve it?"



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Winning the Game:

- The aim is to accumulate points by winning rounds through strategic placement on the grid.
- The player with the most points at the end of the set time (10 minutes) is declared the winner.

Variations for Different Settings:

- **Children's Edition:**

Use simpler movements such as jumping jacks or hops instead of more challenging exercises.

- **Fitness Edition:**

Switch up the exercises with sit-ups, burpees, or star jumps to provide a robust workout.

- **Educational Edition:**

Incorporate counting in a foreign language or add maths puzzles that determine the number of reps.

Additional Notes:

Tic Tac Toe Ten – Family Edition is a brilliant way to blend strategic thinking, physical fitness, and positive reflection into one engaging game. Perfect for starting or wrapping up a family session, this game encourages active participation, mindful reflection, and a lot of laughs along the way. Enjoy playing, reflecting, and staying active as you build stronger bonds with your family!

