

Wellness Guess Who

Gratitude

The goal of "Wellness Guess Who" is to encourage family members to reflect on positive experiences and express gratitude. By sharing these moments and guessing their origins, the activity promotes empathy, strengthens connections, and fosters a supportive family environment.



Family Objects

Cultivating Gratitude Awareness:

Family members will reflect on and express aspects of their lives for which they are thankful, enhancing appreciation for everyday moments.

Promoting Empathetic Listening:

Participants will actively listen to each other's shared memories, fostering empathy and strengthening familial bonds.

Encouraging Collaborative Interaction:

Through guessing and discussion, family members will engage in a collective activity that promotes unity and mutual respect.



Success Milestones

Thoughtful Expression:

Each participant articulates a meaningful memory or situation they are grateful for, contributing to a shared sense of appreciation.

Active Engagement in Guessing:

Family members attentively participate in guessing who shared each memory, demonstrating interest and involvement.

Open Sharing and Connection:

Participants openly share the stories behind their memories upon revelation, deepening mutual understanding and connection.



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Objective:

The goal of "Wellness Guess Who" is to encourage family members to reflect on positive experiences and express gratitude. By sharing these moments and guessing their origins, the activity promotes empathy, strengthens connections, and fosters a supportive family environment.

Materials Needed:

- Paper and pens for writing or drawing.
- A container (such as a jar or bowl) to collect the notes.

Setup:

1. **Preparation:** Provide each family member with a piece of paper and a pen.
2. **Writing or Drawing:** Ask each participant to write or draw a memory or situation they are grateful for. Encourage them to think of moments that brought them joy or contentment.
3. **Collection:** Once completed, have each person fold their paper to conceal its content and place it into the container.

Instructions:

1. **Initiate the Activity:** Gather the family in a comfortable space and place the container within reach.
2. **Drawing a Note:** Select a family member to draw a note from the container and read (or describe) its content aloud to the group.
3. **Guessing:** The rest of the family discusses and guesses who they believe authored the note.
4. **Revealing:** After guesses are made, the author reveals themselves and shares more about the memory or situation, providing context and details.
5. **Continuing the Activity:** Repeat the process until all notes have been drawn and discussed.

Reflection:

After completing the activity, engage the family in a discussion with prompts such as:

- How did sharing and hearing these memories make you feel?
- What new insights did you gain about each other?
- How can we continue to practice gratitude and open communication in our daily lives?



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Variations for Different Settings:

- **Themed Sharing:** Focus on specific themes, such as "Childhood Memories" or "Recent Achievements," to guide the reflections.
- **Artistic Expression:** Encourage participants to draw their memories instead of writing, adding a creative element to the activity.
- **Outdoor Adaptation:** If weather permits, conduct the activity outdoors, perhaps around a campfire or during a picnic, to create a relaxed atmosphere.

Additional Notes:

"Wellness Guess Who" offers a meaningful way for families to connect, fostering an environment of gratitude and understanding. By sharing personal experiences and engaging in collective guessing, family members can deepen their bonds and create lasting positive memories.

