

Rubix Cube Gratitude

PLAY

Rubix Cube Gratitude is a team-based activity inspired by the classic Rubik's Cube puzzle. In this game, teams compete to arrange coloured cones (red, blue, yellow, and green) in a straight line.

Each time a team swaps two cones, they roll a six-sided dice and answer a corresponding gratitude question from a printed sheet. If a question is repeated, the team performs a physical challenge (e.g., ten star jumps or a 50-meter run) before continuing. The goal is to be the first team to align all four colours correctly while reflecting on gratitude and building positive connections.



Family Objects

Foster Strategic Thinking and Collaboration:

Family members work together to align coloured cones in a straight line, practising teamwork and planning to solve the puzzle efficiently.

Promote Reflection and Gratitude:

Each move is paired with a gratitude reflection, encouraging players to consider what they're thankful for and to share positive experiences with their teammates.

Encourage Physical Activity and Fun:

The game incorporates physical challenges—such as star jumps or runs—adding an energetic and playful element that keeps everyone active and engaged.



Learning Intentions

Enhance Strategy and Problem-Solving:

Players learn to plan their moves, coordinate with teammates, and think critically as they work to align the coloured cones, much like solving a Rubik's Cube puzzle.

Cultivate Gratitude and Empathy:

By answering gratitude-related questions during the game, participants reflect on positive aspects of their lives, fostering a mindset of appreciation and empathy.

Build Teamwork and Communication:

Collaborative play and shared challenges help family members improve their communication skills and build stronger connections through mutual support.



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Success Criteria:

1. Effective Cone Alignment:

Teams successfully align red, blue, yellow, and green cones in a straight line, demonstrating strategic thinking and effective coordination.

2. Thoughtful Gratitude Responses:

Family members provide meaningful answers to gratitude questions based on the dice roll and cone colour, showing deep reflection and personal insight.

3. Active Participation and Positive Engagement:

Players actively participate in both the puzzle-solving and the physical challenges, displaying enthusiasm, teamwork, and good sportsmanship throughout the game.

Objective:

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Players:

- Suitable for small to medium-sized teams.
- Ideal for family gatherings, classrooms, or team-building sessions.

Materials:

- Coloured markers or cones in red, blue, yellow, and green
- A six-sided dice for each team
- A printed gratitude question sheet with prompts corresponding to each cone colour
- (Optional) A printed instruction sheet detailing exercise challenges (e.g., star jumps or runs)



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Setup:

1. Arrange the Cones:

- Set up the coloured cones in a grid or sequence that resembles the sides of a Rubik's Cube. They should be arranged so that teams can easily see and manipulate them.

2. Team Preparation:

- Divide the participants into teams, and provide each team with a dice and a copy of the gratitude question sheet.

3. Explain the Game:

- Briefly explain that each team's goal is to align the red, blue, yellow, and green cones in a straight line.
- Describe the rules: each time a team swaps two cones, they roll the dice to determine which gratitude question to answer.
- Clarify that if a question is repeated (i.e., already answered), the team must perform a physical challenge (like ten star jumps or a 50-meter run) before continuing.

Gameplay:

1. Cone Manipulation:

- Teams work together to strategically swap cones, aiming to line up the four colours (red, blue, yellow, green) in a straight line.

2. Dice Roll and Gratitude Question:

- Every time a team swaps two cones, they roll the dice.
- The dice roll corresponds to a specific gratitude question linked to the colour of the cone involved in the swap (e.g., red might prompt a question about a moment of passion or care, blue for a time of calm or sadness, yellow for joy or anxiety, and green for growth or envy).
- The team discusses and answers the question together, sharing personal reflections and acknowledging positive aspects of their lives.

3. Physical Challenge for Repeated Questions:

- If a team ends up with a repeated gratitude question, they must perform a predetermined physical challenge (for example, ten star jumps or a 50-meter run) before proceeding with the game.

4. Progress and Strategy:

- Teams continue to swap cones, roll the dice, and answer gratitude questions, all while coordinating their moves to achieve the correct alignment as quickly as possible.

5. Completion:

- The game ends when one team successfully aligns all four coloured cones in a straight line.

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Winning the Game:

- The first team to correctly align the red, blue, yellow, and green cones in a straight line wins the game.
- While winning is celebrated, the primary focus is on the shared experience of reflection, teamwork, and the positive insights gained during play.

Variations for Different Settings:

- **Educational Edition:**

Tailor the gratitude questions to focus on academic themes, historical events, or personal growth topics relevant to the students.

- **Wellness Edition:**

Emphasise physical and emotional well-being by incorporating mindfulness exercises and additional reflective prompts that encourage holistic self-care.

- **Corporate/Team Building Edition:**

Adapt the prompts to relate to workplace experiences and team dynamics, fostering communication, collaboration, and appreciation among colleagues.

- **Youth Edition:**

Use age-appropriate language and simpler tasks to ensure that younger participants can easily engage with the game while still reflecting on gratitude.

Additional Notes:

Rubix Cube Gratitude – Family Edition is a creative, interactive game that uniquely combines the challenge of a physical puzzle with meaningful reflection on gratitude. It's an excellent way to foster teamwork, stimulate strategic thinking, and build stronger interpersonal connections through shared positive experiences. Enjoy the process of building, reflecting, and celebrating the things that bring joy and growth to your lives, and let each move inspire more gratitude within your family or group!

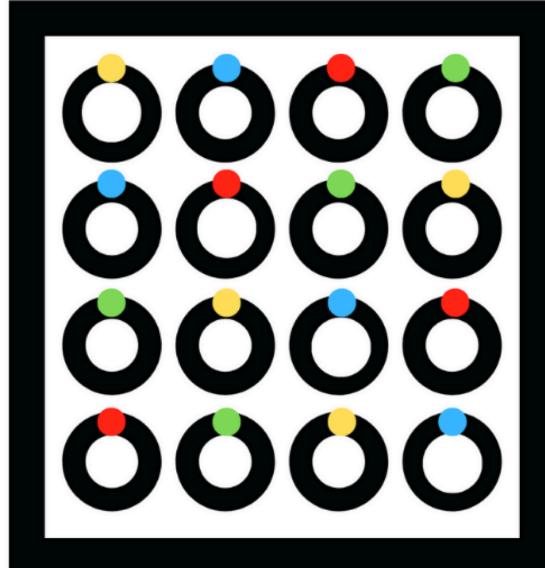


RUBIX CUBE GRATITUDE

INSTRUCTIONS

Starting positions of cones:

RUBIX CUBE GRATITUDE



Gratitude question for each colour:

RUBIX CUBE GRATITUDE

1. If you had to describe your year in 3 words, what would they be?	1. In the last 12 months what new things did you discover about yourself?	1. What single achievement are you most proud of?	1. What was the best news you received in the last three months?
2. Which new skills have you learnt in the past year?	2. What, or who, are you most thankful for?	2. If someone wrote a book about your life this year, what kind of genre would it be?	2. What was the most important lesson you learnt last year?
3. In the past six months which mental block(s) did you overcome?	3. What 5 people did you most enjoy spending time with?	3. What was your biggest break-through moment career-wise or at school?	3. What book or movie affected your life in a profound way?
4. What was your favourite compliment that you received this year?	4. What little things did you most enjoy during your day-to-day life?	4. What cool things did you create in the last six months?	4. Was there anything you did for the very first time in your life this year?
5. What was your favourite moment spent with your friends in the last three months?	5. What major goal did you lay the foundations for recently?	5. What experience would you love to do all over again?	5. What do you deserve a pat on the back for?
6. What one event, big or small, are you going to tell your grandchildren about?	6. What was your favourite place that you have ever visited?	6. Which of your personal qualities turned out to be the most helpful this year?	6. Who is your number one go-to person that you could always rely on?

