

Paddocks Gratitude

Gratitude

Paddocks Gratitude is a strategic and reflective twist on the classic game of Paddocks (Dots and Boxes). The goal is to claim the most squares on a grid by drawing lines strategically, while also engaging in meaningful conversations about gratitude based on dice-determined questions.



Family Objects

Enhancing Strategic Thinking:

Family members learn to plan and strategise by carefully drawing lines on the grid to complete as many squares as possible, sharpening their planning and problem-solving skills.

Promoting Gratitude and Reflective Thinking:

With every completed square, participants reflect on a gratitude question, fostering mindfulness and an appreciation for the positive aspects of life.

Encouraging Positive Social Interaction:

Playing together in pairs, family members share their gratitude reflections, listen to one another, and build stronger interpersonal connections through open, supportive communication.



Success Milestones

Effective Strategic Play:

Players successfully complete squares on the grid by drawing lines with foresight and precision, demonstrating an understanding of game strategy and effective planning.

Thoughtful Gratitude Responses:

Participants offer sincere and meaningful answers to the gratitude questions upon completing a square, showing their ability to reflect on and share positive experiences.

Positive Interaction and Communication:

Family members interact in a supportive manner, actively listening to each other's reflections and contributing to a collaborative, warm game environment.



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Objective:

Paddocks Gratitude is a strategic and reflective twist on the classic game of Paddocks (Dots and Boxes). The goal is to claim the most squares on a grid by drawing lines strategically, while also engaging in meaningful conversations about gratitude based on dice-determined questions.

Players:

- Played in pairs, making it ideal for family gatherings, classroom activities, or small group settings.

Materials Needed:

- Printed PDFs of the Paddocks game grid
- One six-sided dice per pair
- Pens for drawing lines and writing initials
- (Optional) A list of gratitude questions sorted by colour or number corresponding to dice outcomes

Setup:

1. Distribute Materials:

- Each pair receives a Paddocks game grid and a six-sided dice.
- Ensure each pair has a pen for drawing lines and marking completed squares.

2. Introduction:

- Explain the rules of the classic game of Paddocks (Dots and Boxes), emphasising that every time a player completes a square, they will also share a gratitude reflection based on a dice roll.

Gameplay:

1. Drawing Lines:

- Players take turns drawing a single line between two adjacent dots on the grid (either horizontally or vertically, but not diagonally).

2. Completing Squares:

- When a player draws the fourth line that completes a square, they write their initials inside the square to claim it and earn a point.

3. Gratitude Sharing:

- After completing a square, the player rolls the dice. The number (or the corresponding colour if using a colour-coded system) determines which gratitude question they must answer.
- The player then shares their answer, reflecting on a positive aspect of their life, a happy memory, or something they appreciate.

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4. Continued Play:

- The player who completes a square and shares their reflection earns an extra turn.
- Play continues until every square on the grid is completed.

Winning the Game:

- The game concludes when all squares on the grid have been filled.
- The winner is the player with the most completed squares (and points) at the end of the game.
- Emphasise that the real victory lies in the shared gratitude and positive reflections.

Variations for Different Settings:

- **Educational Edition:**

Adapt the gratitude questions to focus on learning experiences, academic challenges, or personal growth topics.

- **Therapeutic Edition:**

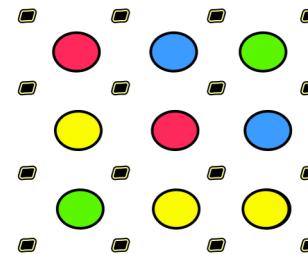
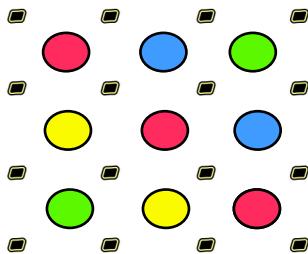
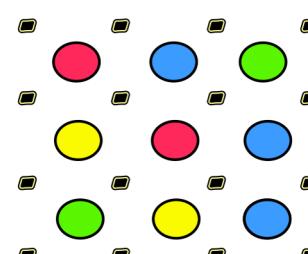
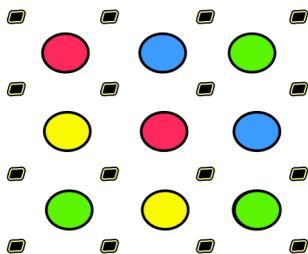
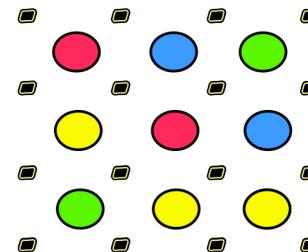
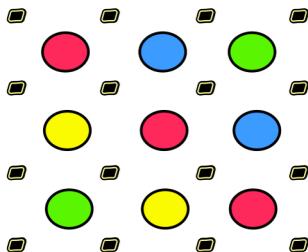
Use the game as a tool for reflection and positive affirmation, encouraging participants to explore deeper feelings of gratitude and support.

- **Team Building Edition:**

Emphasise open communication and shared experiences to enhance bonding among team members, with additional group reflection activities afterward.

Additional Notes:

Paddocks Gratitude – Family Edition combines the strategic challenge of a classic grid game with the uplifting practice of expressing gratitude. It's a fun and interactive way to encourage thoughtful reflection, strengthen relationships, and promote a positive mindset in a variety of settings. Enjoy the process of planning, playing, and sharing, and let the positive energy of gratitude brighten your day!



PADDOCKS GRATITUDE



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