

Positive Reflection Battleships

Gratitude

Positive Reflection Battleships is a creative twist on the classic Battleships game that blends strategic gameplay with personal reflection and positive interaction. The goal is to strategically locate and "sink" your opponent's fleet while exchanging compliments and reflective insights, making the game as much about emotional well-being as it is about winning.



Family Objects

Encourage Positive Interaction and Reflection:

Family members engage in meaningful dialogue by sharing compliments and reflecting on personal experiences throughout the game, helping to build a positive, supportive atmosphere.

Promote Communication and Social Skills:

Players take turns thoughtfully responding to reflective questions and compliments, which enhances their conversational skills and deepens interpersonal connections.

Combine Strategic Thinking with Emotional Engagement:

While planning and guessing grid coordinates like in classic Battleships, family members also integrate positive emotional exchanges, balancing mental strategy with heartfelt reflection.



Success Milestones

Active Participation in Positive Exchanges:

Players consistently share sincere compliments and thoughtful reflections when prompted, showing engagement in the positive aspects of the game.

Strategic Engagement with the Game:

Participants effectively place their battleships and guess opponent coordinates, demonstrating strategic thinking alongside positive communication.

Fostering a Supportive Environment:

Family members contribute to a caring and encouraging environment by appreciating each other's qualities and sharing meaningful positive remarks during gameplay.



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Objective:

Positive Reflection Battleships is a creative twist on the classic Battleships game that blends strategic gameplay with personal reflection and positive interaction. The goal is to strategically locate and "sink" your opponent's fleet while exchanging compliments and reflective insights, making the game as much about emotional well-being as it is about winning.

Players:

- Best played with two players to foster deeper personal connections and meaningful exchanges.

Materials:

- A printed game card (grid format) from the provided PDF
- A pen for marking the grid
- Two six-sided dice

Setup:

1. Fleet Sketching:

- Each player uses their grid to sketch out their fleet, which includes:
 - One four-square ship
 - One three-square ship
 - Two two-square boats
- Mark your ships discreetly so your opponent cannot see their locations.

2. Arrange the Play Area:

- Ensure both players have a clear, quiet space for playing and reflecting.

Gameplay:

1. Rolling for Coordinates:

- Players take turns rolling the dice to determine grid coordinates for their attack.
- The dice roll corresponds to a specific coordinate on the grid.

2. Positive Reflection on a Hit:

- If a player's attack hits part of an opponent's ship, the attacked player must share a compliment or positive remark about the attacker before marking the hit on their grid.

3. Reflective Questions on a Miss:

- If the attack misses, the attacking player asks their opponent a reflective question based on the grid square (e.g., "What is one thing you appreciate about your day?").
- This encourages both players to share and reflect on positive experiences.



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4. Continued Play:

- Players alternate turns, continuing to roll for coordinates and exchange positive feedback until either all battleships are sunk or a predetermined time limit is reached.

Winning the Game:

- The winner is the player with the most hits on their opponent's fleet at the end of the game.
- However, the primary focus is on the positive exchanges and meaningful reflections shared during gameplay, celebrating the supportive atmosphere created by both players.

Variations for Different Settings:

• Educational Edition:

Adapt the reflective questions to focus on academic experiences, personal growth, or learning milestones.

• Team Building Edition:

For larger groups, organize a tournament where teams or pairs compete, then share group reflections to build collective positivity and communication skills.

• Family Edition:

Use the game in family gatherings to encourage discussions about what makes each person special, reinforcing bonds and mutual appreciation.

Additional Notes:

Positive Reflection Battleships is a unique, engaging way to combine strategy with personal reflection. By blending the classic challenge of Battleships with meaningful exchanges, this game fosters positive communication, empathy, and supportive interactions. Perfect for breaking the ice at family gatherings, classroom activities, or team-building sessions, it creates an atmosphere where both minds and hearts are engaged. Enjoy the game, celebrate each thoughtful compliment, and let the positive reflections make your battleships truly unforgettable!

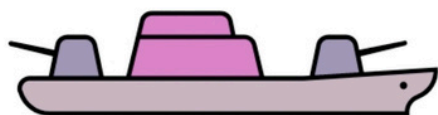


6	What is one thing you accomplished in the last six months that you're really proud of? Why does it matter to you?	What is one thing you did for your health and wellbeing in the last six months that you're proud of?	Who has been your biggest support in the past six months and why?	Share a time when you felt genuinely happy for someone else's success.	Describe a moment of personal bravery in the last six months. What led to it?	What's one habit you've developed recently that has improved your life?
5	What is one personal strength you've used to positively influence your life recently?	What's one situation where you found yourself feeling incredibly grateful recently? What sparked this feeling?	How have you used your creativity in a meaningful way recently?	Describe a moment when you overcame a fear. How did you feel afterwards?	What's a book, article, movie, or song that deeply moved you or changed your perspective recently? How did it impact you?	Can you remember a time when you were really patient with someone else? How did it make you feel?
4	Recall a time when you felt a deep sense of peace. What brought about that feeling?	Recall a moment of unexpected joy in the last six months. What led to it?	Can you remember a time when someone showed you unexpected kindness in the last six months? How did it make you feel?	Can you remember a time in the last six months when you were able to help someone else? How did it make you feel?	What is a skill or talent you've developed or improved in the last six months?	What is something you did in the last six months that brought you closer to achieving your dreams?
3	Who did you forgive, and how did it feel to let go of the resentment?	What is a personal achievement that you are proud of? How did you accomplish it?	How have you shown empathy to others in the last six months? What was the situation?	What's a challenge you faced and overcame in the past six months? What did you learn from it?	Describe a beautiful moment you witnessed. How did it affect you?	Share a moment when you felt truly present. What made you feel this way?
2	Share an instance when you chose a positive response over a negative one. How did it affect the outcome?	What is something you started doing for yourself that had a positive impact on your life?	What was a moment of laughter or fun you experienced recently?	In what ways have you grown personally in the last six months?	Can you share a moment when you felt really connected to someone else? What brought about that connection?	Who is someone that has had a positive impact on your life in the past six months? How so?
1	Who or what inspires you? How have you channeled that inspiration in the last six months?	Recall a time when you were able to resolve a conflict effectively. What strategy did you use?	Can you recall a moment when you were the receiver of empathy? How did it make you feel?	How have you expressed love or kindness to someone else in the last six months?	Share a time when you took a risk that paid off. What did it feel like?	Describe a time when you felt really appreciated by someone else. What made you feel appreciated?
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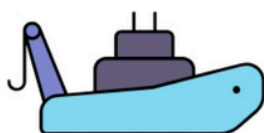
POSITIVE REFLECTION BATTLESHIPS



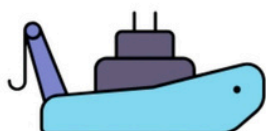
Four square ship



Three square ship



Two square ship



Two square ship

EXAMPLE OF FOUR SHIPS

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