

# Mr Squiggle Gratitude

Gratitude

Inspired by the beloved Australian children's TV show "Mr Squiggle," Mr Squiggle Gratitude is a creative and reflective activity designed to help family members express gratitude through art. Participants use pre-drawn random shapes and lines on provided sheets to create drawings that answer gratitude-related questions, promoting self-expression, reflection, and meaningful sharing.



## Family Objects

### Encourage Creative Expression of Gratitude:

Family members use their imagination to transform random shapes and lines into meaningful drawings that represent what they're grateful for, fostering creativity and reflective thinking.

### Promote Positive Reflection:

Participants reflect on meaningful moments and the people they appreciate, deepening their awareness of the positive aspects of their lives through artistic expression.

### Foster Group Sharing and Connection:

By sharing their drawings and the stories behind them, family members build a sense of community and engage in open, supportive conversations about gratitude.



## Success Milestones

### Creative Interpretation of Shapes and Lines:

Each participant successfully transforms the provided random shapes and lines into a unique drawing that answers the gratitude question on their sheet, demonstrating imaginative and original thinking.

### Meaningful Reflection on Gratitude:

Family members provide thoughtful, personal responses to the gratitude questions, clearly expressing what or who has positively influenced their lives.

### Active Participation in Sharing:

Everyone enthusiastically shares their artwork and the story behind it, contributing to a warm and supportive atmosphere that enhances group connections.



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## Objective:

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## Players:

- Suitable for individuals of all ages.
- Perfect for family gatherings, classroom settings, workshops, or team-building activities.

## Materials Needed:

- Printed sheets with pre-drawn random shapes and lines, each accompanied by a gratitude question (three different sheets provided).
- Drawing materials such as pens, pencils, or markers.

## Setup:

### 1. Distribute Materials:

- Give each participant a Mr Squiggle Gratitude sheet along with the necessary drawing materials.

### 2. Create a Comfortable Space:

- Ensure everyone has a quiet and comfortable space to reflect and draw.

### 3. Introduction:

- Explain the purpose of the activity: to creatively express gratitude by interpreting random shapes and lines to answer a thought-provoking question.
- Emphasise that the goal is self-expression and sharing, not competition.

## Gameplay:

### 1. Interpretation and Drawing:

- Participants read the gratitude question printed on their sheet.
- Using the random shapes and lines as a starting point, each person creates a drawing that represents their answer.
- There are no limits—let your imagination run wild!

### 2. Creative Expression:

- Encourage everyone to be as creative and personal as possible, incorporating details that reflect their unique experiences and feelings.

### 3. Sharing and Reflecting:

- After the drawing phase, each participant shares their artwork and explains the story behind it with the group.



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- This sharing session encourages open dialogue about what makes each person grateful, deepening connections among family members.

## Winning the Game:

- There is no competitive “winner” in Mr Squiggle Gratitude – the focus is on self-expression, reflection, and building meaningful connections.
- The true success is measured by the depth of sharing and the positive impact of reflecting on gratitude together.

## Variations for Different Settings:

### • Educational Edition:

Adapt the gratitude questions to focus on academic experiences or personal growth related to school subjects.

### • Staff Edition:

Use prompts that centre on workplace gratitude, such as appreciating colleagues or reflecting on professional achievements, to promote team bonding.

### • Family Edition:

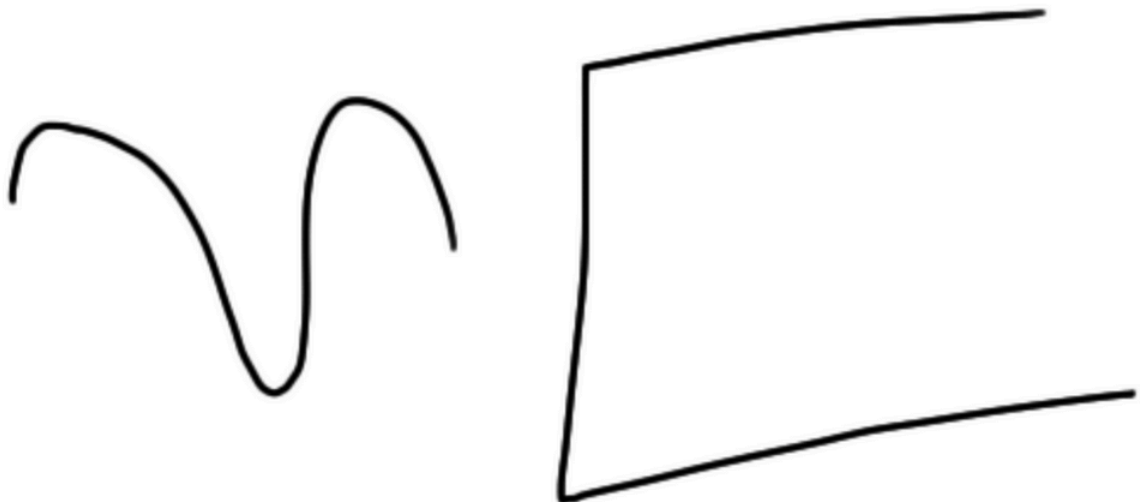
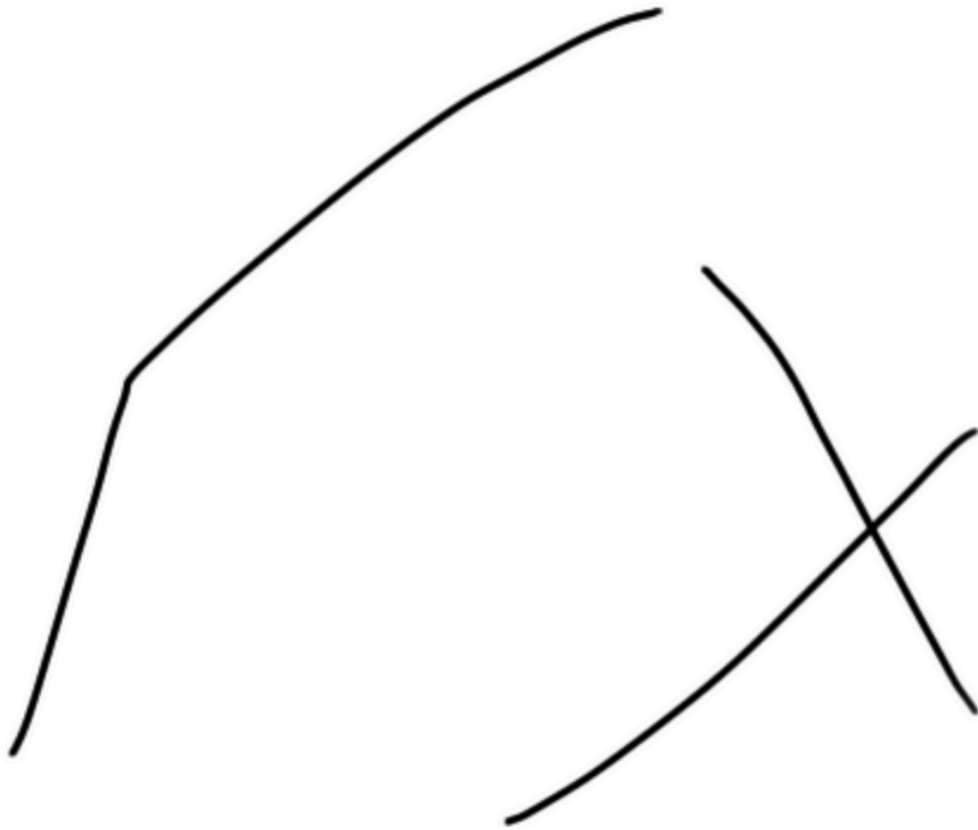
Encourage family members to share personal stories and memories that highlight the positive influences in their lives, making the activity a bonding experience.

## Additional Notes:

Mr Squiggle Gratitude – Family Edition is a unique and engaging way to combine art with emotional reflection. This activity not only inspires creativity but also opens the door to meaningful conversations about gratitude. By creatively interpreting random shapes and lines, participants can express their feelings in innovative ways, forging deeper connections and building a positive, supportive atmosphere. Enjoy the process of drawing, sharing your story, and celebrating the wonderful things that bring joy and gratitude into your life!



**WHATS YOUR PROUDEST MOMENT IN YOUR CAREER TO DATE?**



**WHATS A MEMORY THAT MAKES YOU SMILE?**



**WHATS YOUR FAVOURITE PLACE OR LOCATION IN THE WORLD?**

