

Gratitude Monopoly

Gratitude

Gratitude Monopoly – Family Edition is a unique and interactive twist on the classic Monopoly game designed to promote gratitude, self-appreciation, and learning. Teams earn points by moving around a game board and engaging in activities, discussions, and exercises based on gratitude. The game encourages positive reflection, teamwork, and creative thinking in a fun, active environment.



Family Objects

Foster Gratitude and Self-Appreciation:

Family members reflect on what they're thankful for and build a deeper sense of self-worth by engaging in gratitude-based activities throughout the game.

Promote Teamwork and Collaboration:

Participants work together in teams to navigate the game board, complete gratitude challenges, and support one another, strengthening communication and group cohesion.

Encourage Critical Thinking and Learning:

Players engage in meaningful discussions and creative problem-solving as they progress around the board, enhancing both their emotional well-being and intellectual growth.



Success Milestones

Completion of Gratitude-Based Activities:

Participants actively complete the tasks or answer questions on each board square, demonstrating thoughtful reflection on gratitude and learning.

Effective Team Collaboration:

Family teams communicate effectively and work together to complete challenges, ensuring that everyone's ideas and contributions are valued.

Positive Attitude and Engagement:

Players consistently participate with enthusiasm, showing a genuine interest in the gratitude and self-appreciation activities, and fostering a supportive group atmosphere.



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Objective:

Gratitude Monopoly – Family Edition is a unique and interactive twist on the classic Monopoly game designed to promote gratitude, self-appreciation, and learning. Teams earn points by moving around a game board and engaging in activities, discussions, and exercises based on gratitude. The game encourages positive reflection, teamwork, and creative thinking in a fun, active environment.

Players:

- Suitable for classroom or outdoor settings.
- Can be played in pairs or teams, making it adaptable to various group sizes.

Materials:

- A printed and laminated copy of the Monopoly Gratitude game board (PDF format)
- A six-sided dice
- A deck of playing cards
- Monopoly-style game cards and markers for each team

Setup:

1. Arrange the Game Board:

- Place the laminated Monopoly Gratitude squares on the ground as outlined on the game card.

2. Central Materials:

- Place the dice and deck of playing cards in the centre of the game layout for easy access.

3. Team Starting Position:

- Each team starts at the “GO” square with their game card and marker.

Gameplay:

1. Movement:

- Teams roll the dice and move forward along the board the number of spaces indicated by the roll.

2. Activity Squares:

- Each square on the board contains instructions—such as a gratitude question, a reflective exercise, or a physical challenge—that must be completed before the team can move on.
- For example, a square might instruct a team to share a moment of gratitude for a family member, or complete a brief exercise like 10 star jumps if a question feels too challenging.

BEST STREET

What is the best thing that has happened to you this week?



Complete a 50 metre jog, or run on the spot for 10 seconds

IMPORTANT COURT

Who made you feel important today? how did they do this?

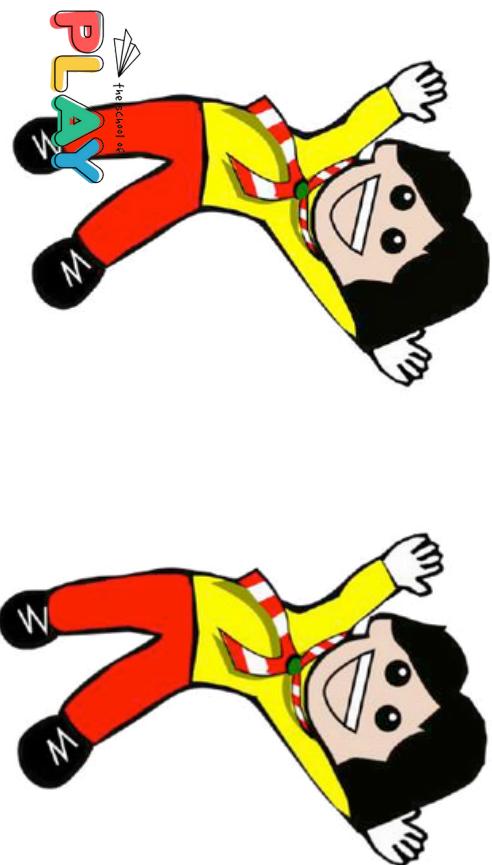
Complete 5 moving hops on your left leg and also 5 on your right leg.



MAGIC MOUNTAIN

if you had a magic wand what would you fix if you had one wish?

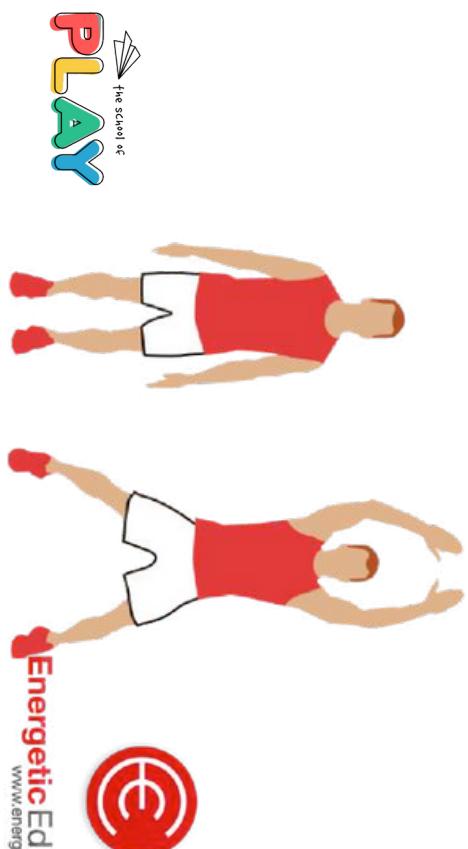
complete 10 big jumps as high as you possible can.



HAPPY HILL

What is your favourite thing to do at the moment that brings you happiness in your life?

complete 10 star jumps on the spot



GENTLE

What's one thing you can do to be gentler and more caring to yourself?

complete a 10 big moving jumps, landing on both feet.



PLAY
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HIGH

What is one thing you can do today that will put a smile on someone else face? It could be a compliment or a random act of kindness?

give five people a high five in your group before moving to the next question.



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LOVE LAUGH

what is one thing you love smelling, one you loving touching and one you love tasting? why do you love these things?

Complete 10 metres of bear

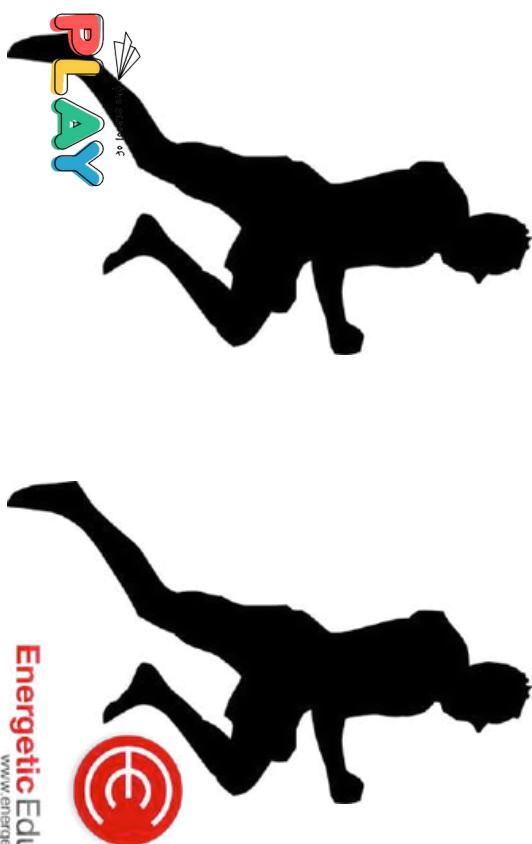
crawls or crab crawls.

PLAY
the school of



What is something amazing that you did yesterday that you are grateful for?
Run 100 metres before rolling the dice again.

GRATEFUL STREET



PLAY UP

STATION

What is something that you are looking forward to doing tomorrow?

complete 5 push ups before

you all the dice again.

what is your favourite form of exercise? And how does it make you feel after you have completed this?

Complete 5 sit ups before
rolling the dice again.



STATION

what memory are you most grateful for? Why is this special to you?

Complete 5 squats before rolling the dice again.



STATION

who in your life are you grateful for? and why?

Complete 10 lunges before rolling the dice again.

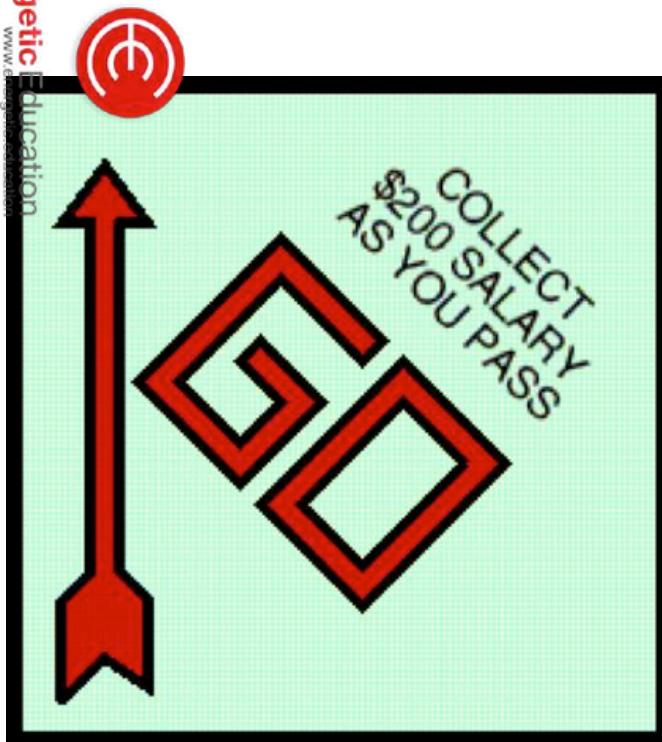
STEP 1

STEP 2

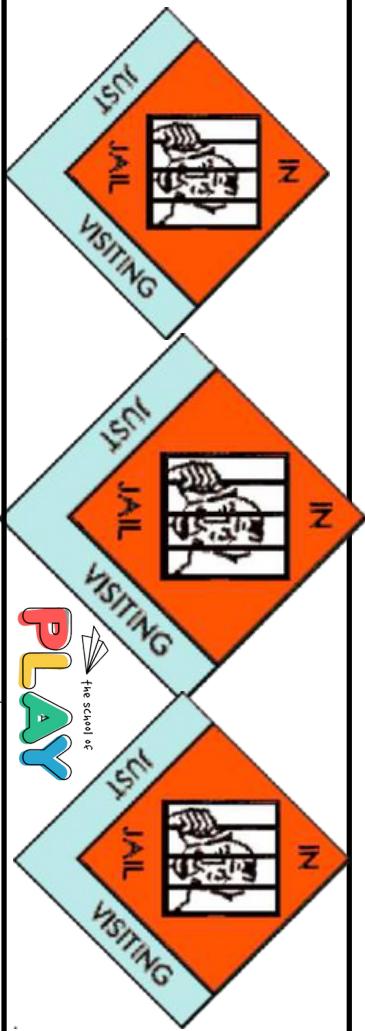
STEP 3

STEP 4





PLAY
the School of



Maximum of three dice rolls before you have to complete the maximum of 15 star jumps to leave jail.

One point for your team.

Roll the dice again.

Complete 15 star jumps individually, or roll the dice to get a 6.

GO

JAIL

FREE PARKING



Grab a drink of water and a get out of jail free card while you rest your engine.

GO TO JAIL



Do not pass go, and do not collect the point for your team.

DSPT Chance

THIS CARD MAY BE KEPT
UNTIL NEEDED OR SOLD

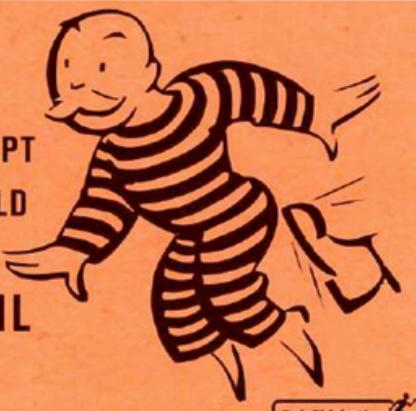
GET OUT OF JAIL
FREE



DSPT Chance

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GET OUT OF JAIL
FREE



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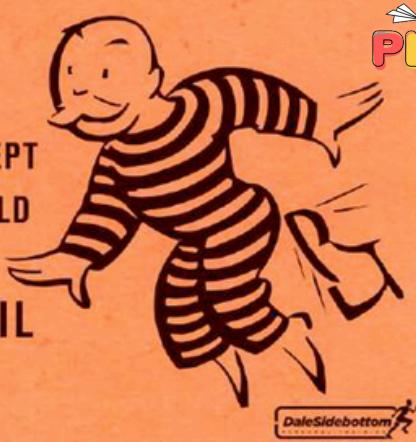
GET OUT OF JAIL
FREE



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PLAYERS GRATITUDE CARD

SIT-UP-SITUATION

SQUAT-SITUATION

STRETCH-SITUATION

HANG-UP-SITUATION

LOVE-LINE

GRATEFUL-STREET

PUSH-UP-SITUATION

HAPPY-HILL

CENTER-GROVE

HIGH-HANDS

BEST-STREET

IMPORTANT-COURT

MAGIC-MOUNTAIN