

# Dice Sevens Positive Reflection

Gratitude

The "Dice Sevens Positive Reflection" game is designed to encourage family members to reflect on positive experiences and express gratitude. By combining a strategic dice game with reflective discussions, the activity promotes empathy, strengthens connections, and fosters a supportive family environment.



## Family Objects

### Enhancing Gratitude Awareness:

Family members will reflect on various aspects of their lives, expressing thankfulness and recognising everyday blessings.

### Promoting Positive Reflection:

Participants will engage in discussions that encourage sharing of joyful memories, achievements, and personal growth, fostering a positive family environment.

### Strengthening Family Bonds Through Shared Activities:

The game provides a structured yet enjoyable setting for family members to connect, promoting unity and mutual respect.



## Success Milestones

### Thoughtful Reflection:

Each participant engages in meaningful reflection, sharing personal experiences and expressing gratitude during each round.

### Active Participation:

All family members actively participate in both the dice game and the subsequent discussions, ensuring an inclusive and engaging experience.

### Strategic Engagement:

Participants demonstrate strategic thinking during the dice rolls, aiming to minimise their scores while maximising opportunities for reflection.



# Dice Sevens Positive Reflection

Gratitude

## Objective:

The "Dice Sevens Positive Reflection" game is designed to encourage family members to reflect on positive experiences and express gratitude. By combining a strategic dice game with reflective discussions, the activity promotes empathy, strengthens connections, and fosters a supportive family environment.

## Materials Needed:

- Six six-sided dice.
- Reflection journals or notepads and pens for each participant.

## Setup:

1. **Seating Arrangement:** Family members sit in a circle or around a table to facilitate interaction.
2. **Distribution of Materials:** Provide each participant with a reflection journal or notepad and a pen.

## Instructions:

1. **Game Structure:** The game consists of seven rounds, each followed by a reflection prompt.
2. **Rolling the Dice:**
  - In each round, a player rolls all six dice.
  - After each roll, the player removes any pairs of dice that add up to seven (e.g., a 3 and a 4).
  - The player may choose to re-roll the remaining dice up to two more times, continuing to remove pairs that sum to seven after each roll.
  - After a maximum of three rolls, or if the player chooses to stop earlier, the sum of the remaining dice is recorded as the player's score for that round.
3. **Reflection Prompts:**
  - After each round, based on their score, players engage in a reflection activity corresponding to that round's prompt.
  - For example, if a player's score is 5 in Round 1, they would list five people they are grateful for.
4. **Recording Scores and Reflections:**
  - Participants record their scores and reflections in their journals after each round.
  - Encourage sharing of reflections to foster deeper family connections.



# Dice Sevens Positive Reflection

Gratitude

## Reflection Prompts by Round:

1. **Round 1:** "Who are people you are grateful for?"
2. **Round 2:** "Name places you have been that make you happy."
3. **Round 3:** "What hobbies bring you joy?"
4. **Round 4:** "Recall memories that make you smile."
5. **Round 5:** "What achievements are you proud of?"
6. **Round 6:** "What lessons have you learned that you are thankful for?"
7. **Round 7:** "Who has significantly impacted your life, and why?"

## Ending the Game:

After seven rounds, tally each player's cumulative score. The player with the lowest total score is acknowledged for their strategic success. Conclude with a group reflection, discussing the shared gratitude and positive experiences highlighted during the game.

## Strategy Tips:

- **Dice Pairing:** Focus on removing pairs that add up to seven to minimise your score each round.
- **Risk Assessment:** Decide whether to re-roll remaining dice to potentially remove more pairs or to accept the current sum to avoid the risk of higher scores.
- **Reflective Depth:** Engage sincerely with reflection prompts, as the true value of the game lies in the shared positive experiences and gratitude.

## Additional Notes:

The "Dice Sevens Positive Reflection" game offers a unique blend of strategic gameplay and meaningful reflection, making it an ideal activity for family bonding. By integrating positive reflection into a fun and interactive format, families can deepen their connections and foster a culture of gratitude and appreciation.



# DICE SEVENS POSITIVE REFLECTION

## INSTRUCTIONS

### **Bonus Game - Positive Affirmations:**

**Round 1:** "What is a skill that you excel at?"

Players list as many skills as their score for this round.

**Round 2:** "What is a personal trait you love about yourself?"

Players list as many traits as their score from this round.

**Round 3:** "What do you consider your biggest strength?"

Players name as many strengths as their score for the round.

**Round 4:** "Share a talent that you are proud of."

Players share as many talents as their score for the round.

**Round 5:** "What positive impact do you believe you have on others?"

Players discuss as many impacts as their score for the round.

**Round 6:** "What makes you a good friend or partner?"

Players list as many qualities as their score for the round.

**Round 7:** "What are you most proud of about your personal growth?"

Players reflect on as many aspects of their growth as their score for the round.

Each round encourages players to affirm and appreciate their positive qualities, fostering self-love and confidence throughout the game.