

# Adapt & Appreciate

GRATITUDE

To help students develop gratitude for unexpected joys by reflecting on a recent change or surprise that they adapted to and enjoyed. Pluto, always orbiting on its own path, teaches us that being different or facing something new can lead to unexpected happiness.



## Learning Intentions

**I can think of something new or surprising that made me happy:**

This promotes gratitude and adaptability.

**I can share how I felt during a change or surprise:**

This builds emotional awareness and expression.

**I can draw on my experience and explain why I liked it:**

This supports reflection, creativity, and communication.



## Success Criteria

**I can name something that changed and turned out to be fun or interesting:**

This shows awareness of positive unexpected moments.

**I can talk about my feelings and what I learned:**

This builds language for emotional understanding.

**I can show appreciation for surprises through drawing or discussion:**

This reinforces flexible thinking and gratitude.



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## Objective:

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## Players:

Best as an individual reflection with optional group sharing

## Materials:

- A5 or A4 paper
- Coloured pencils
- Optional: stickers or stamps for celebration

## Time Required:

10–15 minutes

## Setup:

Begin by reading the Pluto page from *The Playful Astronauts* and reflecting on the previous activity, *Obstacle Switcheroo*.

## Discuss:

- “What’s something that surprised you this week?”
- “Did something change that made you feel unsure, but turned out to be fun?”
- “What does it mean to ‘adapt’ to change and still smile?”

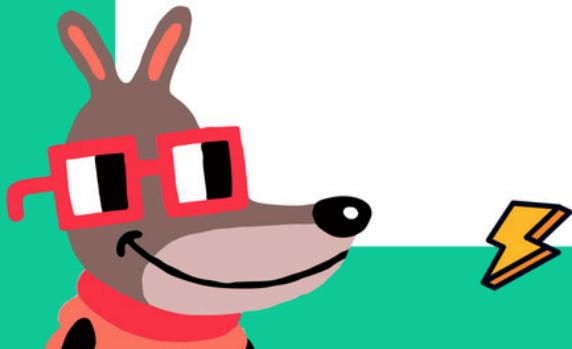
## Gameplay:

### Step 1 – Think and Share:

Invite students to quietly think of a recent moment at school, at home, or in a game when something unexpected happened but ended up being fun, special, or exciting.

#### Example prompts:

- “Did a friend surprise you with kindness?”
- “Did your family do something different for dinner?”
- “Did you play a new game or visit somewhere new?”



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## Step 2 – Draw It Out:

Students draw their surprise moment and colour it in. They can add happy faces, stars, or any symbols that show their appreciation.

Encourage them to label or title their drawing with a phrase like:

- “The Day We Ate Breakfast for Dinner”
- “When My Friend Let Me Join Their Game”
- “We Played Outside in the Rain!”

## Step 3 – Show and Appreciate:

Invite students to share their drawing with a partner or small group and explain why the moment was meaningful.

Celebrate the idea that adapting to new things can lead to wonderful memories.

## Winning the Game:

Everyone who finds something to appreciate in change is a winner. Pluto reminds us that the most unexpected journeys can bring the brightest discoveries.

## Additional Notes:

*Adapt & Appreciate* is a gentle way to bring gratitude and adaptability together. It helps students build positive associations with change, and encourages a lifelong habit of spotting the good in the unexpected, just like a tiny planet that became a beloved space mystery.

