

Gratitude Game

Big-T Journal



HOW TO PLAY: Print and assemble the dice on page 2, or use your own. Roll one die or two dice and add up the numbers to match the sum with the prompt below. Take turns sharing what you are thankful for with your family and friends.

- 1 Name a **PERSON** you are thankful for
- 2 Name a **PLACE** you are thankful for
- 3 Name a **THING** you are thankful for
- 4 Name a **FOOD** you are thankful for
- 5 Name a **HOLIDAY** you are thankful for
- 6 Name a **SONG** you are thankful for
- 7 Name a **SKILL** you are thankful for
- 8 Name a **THING IN NATURE** you are thankful for
- 9 Name a **TRADITION** you are thankful for
- 10 Name a **SCENT** you are thankful for
- 11 Name a **GAME** you are thankful for
- 12 Name **ANYTHING** you are thankful for



I am Strong



I can do HARD things



I am COURAGEOUS



My ideas are UNIQUE



I reach for the Stars



I BELIEVE IN myself



I can make good choices



I always do my best



I am HELPFUL



I am LOVED



FEELING ANGRY?

A CHECKLIST FOR YOUNG PEOPLE

- ☐ WALK AWAY
& cool down



- ☐ TAKE A BREAK
& use a calming tool
like a stress ball



- ☐ TAKE STEADY
BREATHS
& focus on
exhaling slowly



- ☐ PUSH AGAINST
THE WALL
or floor &
then relax



- ☐ COUNT TO 20
or more until
I feel calmer

1234...



- ☐ MOVE, EXERCISE
stretch, do yoga
or play a sport



- ☐ USE I-MESSAGES
& say what I
need & how I
want to be
treated



- ☐ SCRIBBLE ON PAPER
then rip or
crumple it up



If speaking
Kindly
to plants helps
them GROW,
imagine what
speaking
kindly to humans
can do.

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