

GRATITUDE SCOOT

MATERIALS NEEDED

- Print the Gratitude Scoot cards.
- Timer.

HOW TO PLAY

1. Start the Game:

- Gather the family and explain the objective of the game.
- Each family member will visit a station, read the prompt, and write their response on the card.

2. Scoot:

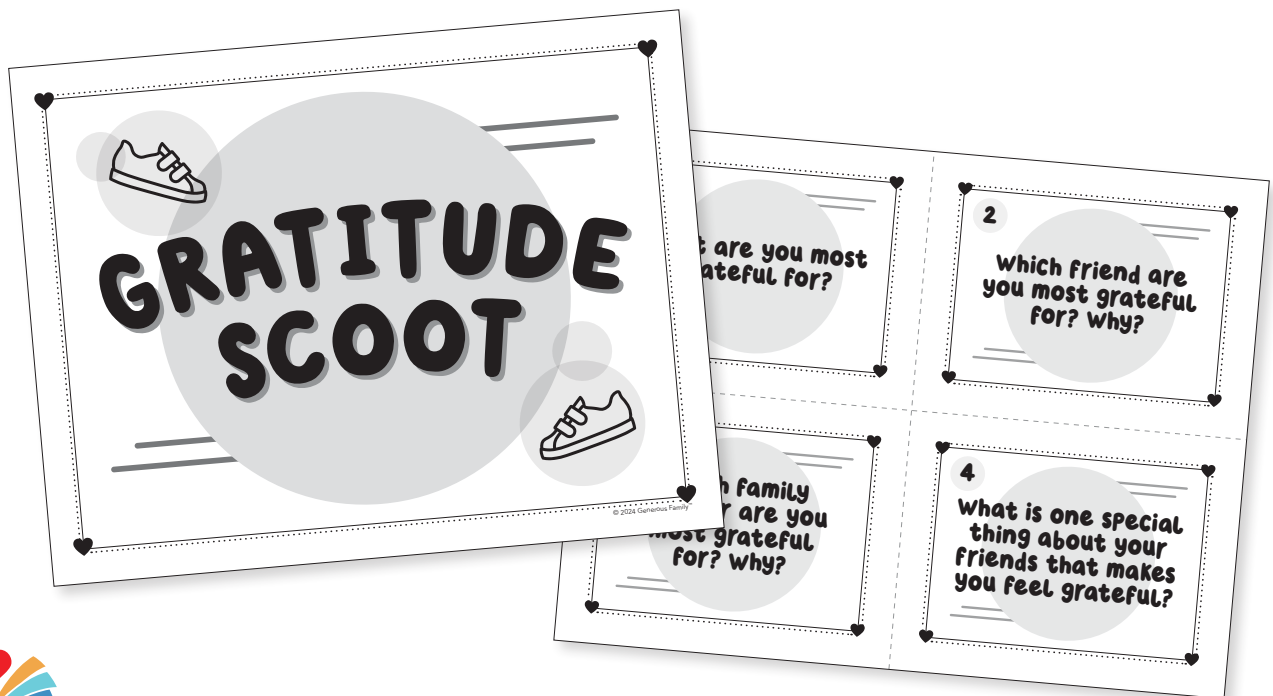
- Set a timer for a fixed amount of time (e.g., 2 minutes) for each station.
- When the timer goes off, everyone moves to the next station, leaving their written response behind.

3. Rotate:

- Continue rotating until all family members have visited each station and responded to all prompts.

4. Share and Reflect:

- Once everyone has completed all stations, gather together and take turns reading the responses.
- Discuss the responses and share any thoughts or feelings that arise.





GRATITUDE SCOOT



The Gratitude Scoot provides a fun and motivating way for your family to reflect on all they have to be grateful for. It's a great activity for encouraging an attitude of gratitude at any time of year. The questions on these cards are also perfect to use as writing prompts or prompts for a gratitude journal.

The rules are just like your usual Scoot games, and there are 28 question cards in all. Break cards are also provided, giving you a way to adjust the number of cards used for fewer or more players. There are blank cards provided as well for you to add some questions unique to your plan for your family.

The responses can be used later as your family discusses and writes about all the ways they are grateful. The responses to these questions will also give you another way to get to know your family. Optional pages are included to use for making a gratitude journal. Just print front to back with blank four-card pages and then cut apart. Attach with a staple or plastic ring.

DIRECTIONS FOR GRATITUDE SCOOT ACTIVITY

1. Print cards on cardstock.
2. Print backs on cards (optional), laminate if you wish, and cut.
3. Place one card at each desk or station around the room.
4. Family members each begin at one station with a card and answer sheet. You say, "Begin!" and they write their response to the question on the card.
5. After a period of time suitable for your family (one to five minutes), announce, "SCOOT!" Family members then move on to the next card.
6. Continue until all family members have answered all cards. Use the BREAK cards wherever you like, mixed in, or at the end.

1

What are you most grateful for?

2

Which friend are you most grateful for? why?

3

Which family member are you most grateful for? why?

4

What is one special thing about your friends that makes you feel grateful?

5

What is one special thing about your family that makes you feel grateful?

6

What do you think you have enough of?

7

What parts of nature are you grateful for?

8

What season are you grateful for? Why?

9

What sounds make you grateful when you hear them?

10

When are you grateful for quiet? Why?

11

When did someone make you feel grateful by being kind?

12

Which of your senses are you most grateful for?

13

**What help have
you received from
someone that you
are grateful for?**

14

**What is one thing
about life that
you are grateful
to know?**

15

**What is one thing
that you are
grateful to have
learned this year?**

16

**What is another
thing that you are
grateful to have
learned this year?**

17

What is one thing
that you are
grateful to be
able to do well?

18

What is one thing
that you are grateful
to have the chance
to improve on?

19

What holiday are
you most grateful
to celebrate?

20

What gift have you
received that you
are grateful for?

21

**What special place
always makes
you grateful to
be there?**

22

**What moment have
you had that you
are grateful for?**

23

**What special
talent or skill are
you grateful for?**

24

**What are you
grateful to be able
to share with others?**

25

**What are you
grateful for
in school?**

26

**What are you
grateful for
at home?**

27

**What are you
grateful for in
your city or town?**

28

**What are you
grateful for in your
state or country?**







