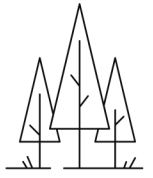


Gratitude Power Up



No Child Left Inside Activities | Bryn Lottig

Reflect on how to increase your gratitude level while getting in a bit of movement

PREP:

Mark a line on the floor with rope (natural line on the ground, tiles, edge of carpet, etc.) then divide the line with ten pieces of tape (or other space markers) evenly spaced.

Step-by-Step Instructions for PLAY:

- Show the marks on the floor representing levels 1 to 10 and ask participants to choose where they think they are in expressing gratitude, "1" being "I don't express gratitude at all" and "10" being "I live gratitude!".
- Each person stands beside the tape marker representing how they feel.
- Ask participants to step forward to the next level and share what they feel they could do or change so that they would rate themselves at this higher level of gratitude.
- Ask participants to step 2 spaces back and share what are some of the barriers they may face in expressing gratitude.
- Repeat steps 3 and 4 with different numbers of steps to explore what other ideas come out.
- End the game on a positive celebratory note like "Everyone moves to 10!"

Reflect:

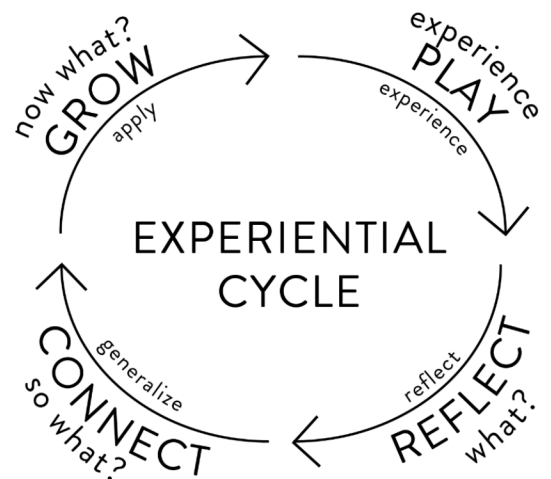
- How did you feel moving up/ down the line?

Connect:

- What is one thing you would commit to doing or changing to express more gratitude?
- What are some barriers to expressing gratitude?
- How can they be overcome?

Grow:

- How can we get everyone to a "10"?



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