






Gratitude Game

What You Need

Find five small objects – one of each colour in the chart below. Place them in a bag or box.

What To Do

Ask one member of the family to choose an object and answer the question relevant to the colour they have picked. Continue until all family members have answered a question.

	Can you tell us about a person you are grateful for?
	Can you tell us something about this extra time at home that you are grateful for?
	What toys are you grateful for?
	What are you grateful for at home?
	What has a friend done for you recently that you are grateful for?

