



EduTrend Contents

G4C · GRATITUDE AND POSITIVE THINKING GAMES · PRIMARY

Gratitude Pass-the-Ball

Roll a ball round a circle and name one small good thing,
with a “pass” always allowed

Ages 4–8

Level: Foundation

15 minutes

Circle of 4–30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Gratitude Pass-the-Ball

Players sit in a circle. The adult names a category, such as “something that made you smile today” or “someone who helped you this week”. Whoever holds the ball says one thing, then rolls it to another player. Anyone may say “pass” once. Answers are kept small and specific: a friend who shared a rubber, a sunny playtime, finishing a hard puzzle.

Learning outcomes

By the end of the session pupils can:

- notice small good things;
- name people who helped;
- speak and listen in turn;
- feel comfortable to pass.

KEY WORDS

gratitude · notice · specific · thank · circle · pass

CURRICULUM LINKS

PSHE: wellbeing and relationships.
English: speaking and listening.
Circle time.

1**SETTLE**

Calm start

2**EXPLAIN**

One game, clear rules

3**PLAY**

Invented characters

4**NOTICE**

Clues and feelings

5**TALK**

Different views are fine

6**CLOSE**

Calm and positive

Materials (whole group)

- One soft ball
- Picture prompts for younger players
- Worksheets 1, 2 and 3

Before the session

- Choose three categories.
- Prepare picture prompts.
- Agree the pass rule.
- Model an answer.

SAFETY

Always allow a pass. Keep answers everyday and light.

ACTIVITY 01 · SESSION PLAN

Step by step

Short and regular works better than long and occasional.

Time	What happens	Say or ask
0–2 min Settle	Sit in a circle.	<i>"Can everyone see the ball?"</i>
2–4 min Explain	Category and pass rule.	<i>"What if you can't think of one?"</i>
4–12 min Play	Two or three categories.	<i>"Something small that made you smile?"</i>
12–15 min Close	Make a thank-you chain.	<i>"Who could we thank?"</i>

CHALLENGE CARD (print or copy onto the board)

Name a small, specific good thing each round and listen for one you had not noticed yourself.

ACTIVITY 01 · FACILITATOR NOTES

The gratitude game know-how in brief

Gratitude games help children notice small good things and the people behind them.

Allowing a pass keeps the game safe; no one is put on the spot.

Common ideas to listen for

- “Gratitude is only for big things.” Small things count.
- “You must always feel happy.” Gratitude sits alongside other feelings.
- “Passing is failing.” Passing is allowed.

Adapting the activity

Support

Use picture prompts: food, weather, people, toys.

Stretch

Add why it mattered or how to thank the person.

WORKSHEET 1

Good things

Name: _____

Class: _____ Date: _____

Record the circle.

Good things

Category	My good thing

WORKSHEET 2

Thank-you chain

Write on strips.

Thank-you chain

Strip	Thank you to	For

WORKSHEET 3

Someone to thank

Draw or write.

I would like to thank... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Names specific good things	Listens to others	Takes part comfortably

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Gratitude Pass-the-Ball is a sample activity from the EduTrend Contents G4C Gratitude and Positive Thinking Games programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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