



EduTrend Contents

G4C · GRATITUDE AND POSITIVE THINKING GAMES · HIGH SCHOOL

Thank-You Project Leaders

Plan a gratitude games week for children aged 4 to 10 that ends with a real thank-you action

Ages 14–18

Level: Advanced

75 minutes

Teams of 3–4 · up to 24

Activity 05

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

ACTIVITY 05 · AT A GLANCE

Thank-You Project Leaders

Teams plan a week of five-minute games for children aged 4 to 10: Pass-the-Ball, a thank-you chain, Flip It with invented setbacks, and a final thank-you note project for a lunchtime supervisor, caretaker or librarian. Plans include a pass rule, picture prompts for younger children and guidance to accept feelings. Teams rehearse two games on peers and revise.

Learning outcomes

By the end of the session students can:

- plan short gratitude games;
- build in choice and passes;
- link talk to a real kind action;
- revise from rehearsal.

KEY WORDS

gratitude · plan · pass · setback ·
thank-you · project

CURRICULUM LINKS

PSHE: wellbeing and community.
Child development. English: letter
writing.

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 (per team)

- Planning template
- Card and pens
- Setback cards
- Worksheets 1, 2 and 3

Before the session

- Print templates.
- Brief on safeguarding.
- Contact staff who will receive notes.
- Plan teams.

SAFETY

Keep games light and optional. Staff supervision and safeguarding approval needed with younger children.

ACTIVITY 05 · SESSION PLAN

Step by step

Remind leaders never to correct a child’s feelings.

Time	What happens	Say or ask
0–10 min Brief	What makes gratitude games work?	<i>“Why allow a pass?”</i>
10–40 min Plan	Five days and thank-you project.	<i>“Is it short and specific?”</i>
40–60 min Rehearse	Lead peers in role.	<i>“Did people feel free to pass?”</i>
60–75 min Revise	Improve plans.	<i>“What will you change?”</i>

CHALLENGE CARD (print or copy onto the board)

Plan a gratitude week so gentle and fun that every child joins in and ends by thanking someone real.

ACTIVITY 05 · FACILITATOR NOTES

The gratitude game know-how in brief

Short, regular gratitude practice with specific examples tends to be more effective than long, occasional sessions.

Linking gratitude to a real action, such as a thank-you note, helps children see the people behind good things.

Common ideas to listen for

- “Gratitude should be compulsory.” Allow passes.
- “Big examples are better.” Specific small ones work best.
- “Helpful thinking means ignoring feelings.” Accept feelings first.

Adapting the activity

Support

Provide a partly completed plan.

Stretch

Add a family version for home.

WORKSHEET 1

Week plan

Name: _____

Class: _____ Date: _____

Five days.

Week plan

Day	Game	Adaptation

WORKSHEET 2

Thank-you project

Plan.

Thank-you project

Step	Details
Who to thank	
Materials	
How children choose words	
Delivery	

WORKSHEET 3

Our revisions

After rehearsal.

We changed... because...

FOR THE TEACHER

Assessment checklist

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

Student	Plans short games	Builds in choice	Links to real action

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

ABOUT THIS ACTIVITY

Thank-You Project Leaders is a sample activity from the EduTrend Contents G4C Gratitude and Positive Thinking Games programme (high school, level: advanced). 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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