

BREAKFAST GRATITUDE

Game



JUGAR | LIFE

BREAKFAST TABLE GRATITUDE GAME

INSTRUCTIONS

Starting the day with a positive intention and question is a proven way to improve your happiness. It's even better when you can share this with a family member, partner or friend while enjoying breakfast in the morning. Below you will see six different questions. This game works best if each participant has a six-sided dice and rolls to see what questions they will share with everyone around the table.

The dice makes this into a game, and it also makes it fun. You can, of course, complete the dice roll and answer the question that matches the number of the dice below by yourself. But just like kindness inspires more kindness, being around grateful people and hearing what they have to say will improve your mood and set you up for a beautiful day.

A follow-on from this activity is after you have shared your gratitude answer with the people around the dinner table, you write it on a post-it note and stick it on your gratitude wall. If this doesn't make sense, open our 'gratitude wall' activity. The six questions below will inspire everyone around the breakfast table to have a wonderful day.

Morning Reflection Questions:

1. What am I looking forward to today?
2. Who am I excited to see today, and why?
3. What am I going to do really well today?
4. When I woke up this morning, I was very grateful for...
5. What is something I can do to make someone else's day better?
6. What is something that is going to make me feel happy today?