

A white ceramic plate with a gold rim is the central focus. A gold leaf decoration is placed on the left side of the plate. A gold fork, knife, and spoon are arranged diagonally at the bottom of the image. The background is a soft, light-colored surface.

# EVENING GRATITUDE

*Game*

JUGAR | LIFE

# EVENING MEAL GRATITUDE GAME

## INSTRUCTIONS

Reflecting on your day with positive thoughts and questions 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 dinner together. 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 allow you to focus on the positives in your day instead of the negatives, no matter how bad your day was.

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 dinner table whether they have had a fabulous or average day. What we focus on is what we feel. This activity will allow you to remember the good and forget the bad.

### **Evening Reflection Questions:**

1. What was something I did well today?
2. What was the biggest win I had today?
3. What did I learn today about myself and others?
4. What are two things I am grateful for after today?
5. What are you most looking forward to about tomorrow?
6. How did I make someone's day better with an action or gesture?