



WELLNESS
GUESS
Who

JUGAR | LIFE

WELLNESS GUESS WHO

INSTRUCTIONS

At the entrance of your house, classroom or workplace, has some pens and paper so that when participants arrive, they can write down a memory, activity or situation they are grateful for. Encourage participants to add a little bit of detail explaining their gratitude memory. Once they have finished writing this memory, they need to fold the piece of paper and put it in a jar, bowl or hat.

Once everyone has arrived and had time to do this, you are now ready to play wellness guess who. Like the classic board game, guess who, but instead of playing in pairs, everyone will have the chance to guess which gratitude note below to which person. Please take turns of participants opening a note and reading the memory to the group.

Once everyone has heard what was written, they need to work together to figure out who the author of the note was. Once the author is selected or if the group[is unable to, the author can put up their hand and own the quote. Once this happens, encourage the author to share a bit more about their memory top the group. This is a great way to learn more about each other and what matters to each individual while playing a fun guessing game.