

# Guidelines for Making Healthy Choices

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



## GRADE 3 ACTIVITY - Playing the game Gratitude Snakes and Climbing Walls

**OBJECTIVE:** Student will identify a few things or people that they appreciate and practice calming strategies.

Game rules are included on the page following the game board. You will want to print out the game board and will need a die and small playing pieces to move as you play. During play students will be thinking about things they are grateful or happy about. They will also have the chance to practice a few ways to relieve stress such as stretching and breathing. As play progresses the adult can offer suggestions if students are unable to think of something asked for on the game board.

Ex: Something that I own that I really like is a recipe my grandma gave me. Do you have something that you really like or are proud of?

Other types of questions can help students make the connection between gratitude and mental health.

Ex: How does it make you feel to think about something you enjoy?

Do you think it would help you to think about something that made you laugh if you were feeling sad?

If you or your child need support with mental health, reach out to a mental health professional.

You can find resources and assistance at [FastTrackerMN.org](http://FastTrackerMN.org).



# Gratitude

Studies have shown that practicing gratitude can help a person balance out negative thoughts and feelings. In fact, being thankful can increase hope and joy while lessening anxiety and depression. When children start practicing gratitude early, they can rely on positive thoughts even in the face of challenges they may face. This may also help them build resiliency.

This game will give the adult a chance to talk about gratitude with a student or allow students to discuss it together while playing the game.

Students might think of gratitude only as saying thank you to someone but it is important to bring in appreciation for our own abilities and the everyday things that make us happy or proud.

Name \_\_\_\_\_

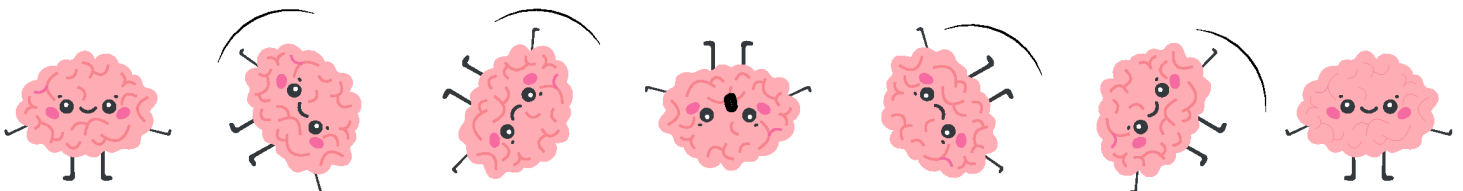


# Playing Gratitude Slides and Climbing Walls

## What you need to play:

- 2 game pieces - colored chips or pieces of paper will do
- a six sided die

**INSTRUCTIONS FOR PLAY:** The players take turns rolling the die and moving the number of spaces indicated. The player then answers the question or follows the directions on the space where they land. If a player lands on the bottom of a climbing wall, they then "climb" up to the top of the wall and follow the directions on that space. If they land on the top of the slide they must slide down to the bottom of the slide and follow the directions on that space. If a player must repeat a space they can try to think of new responses or they can repeat ones they already made.



Name 2 things you can hear right now.



Name something you like to do outside.



What made you laugh or smile today?



On the playground I like to \_\_\_\_\_.



# Gratitude Slides & Climbing Walls



Special days in my family are \_\_\_\_\_.



What's one thing you do really well?

Stretch and touch the sky.



# FINISH



Take 4 deep breaths.

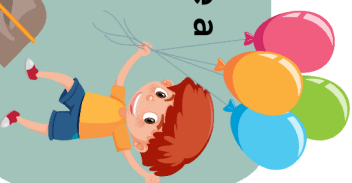
What is better chocolate or strawberry? Why?



Think of a great smell.



Name a color you like?

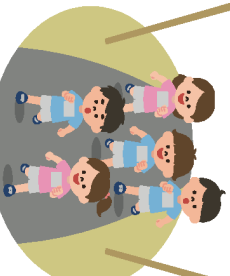


Bike or scooter?



Who is the most important person to you?

# START



What is something you own that you are grateful for? Why?

Think of a friend you are thankful for.



What is your favorite weather?



Tap your knees 3 times then tap your elbows 2 times.