



Instructions for the Thanks Giving Game

Happy Life U because Happiness Can Be Learned



Object of the Game

The object of the Thanks Giving Game is to start positive conversations between two or more people about things the players are grateful for.

Number of Players

2 or more. If there is a very large group, you may want to break into groups of 8 or less just to facilitate the conversation.

Game Set Up

1. Start by printing out the cards below. If you want, fill in your own questions on the two blank cards before you print them out, or just write in your own questions if you want to.
2. There are 10 cards on each sheet. Cut them apart to make 10 individual question cards from each page.
3. Fold each question card in half and place all the questions in a large bowl, or hat. Any object that lets people pick a question at random will do. You could also put the cards in a stack and let everyone pick the top card if this is better for your group.
4. Be sure there are more cards than people.

How to play

1. Each person takes a turn answering their question out loud for the group.
2. Play proceeds from one person to the next and ends when everyone has had a turn answering a question.
3. People can volunteer to go first, or you can use a dice to decide. The person who rolls the highest number goes first.

The Thanks Giving Game

Describe something lucky that happened to you last year. What did you expect to happen? How was your life improved due to luck?

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The Thanks Giving Game

Describe a peak experience from the past year. What happened? How did it feel? What made that experience so special?

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The Thanks Giving Game

Describe a special favor you received over the past year? Who did this for you? How did it help you? How did it make your life better?

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The Thanks Giving Game

Describe a kindness someone did for you during the past year. How did this kindness make things better for you? Who was kind to you?

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The Thanks Giving Game

Describe a special gift or talent that you have? How do you use this talent? What can you do that others can not because of it?

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The Thanks Giving Game

Name someone you know who makes your life better? What qualities do they have that you appreciate most? How is your life better for knowing them?

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The Thanks Giving Game

What do you appreciate most about the person sitting next to you?

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The Thanks Giving Game

Think of something you used today that most people take for granted. Describe how it helped you today?

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The Thanks Giving Game

Describe a service someone performs for you regularly? How does that service help you? What would you do if that service was not available?

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The Thanks Giving Game

Describe something you are particularly grateful for in your life? Why are you grateful? How is your life better because of it?

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The Thanks Giving Game

Think of the food you ate today and all the things that went into the growing and preparation of it? What part are you happiest you did not have to do?

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The Thanks Giving Game

Describe something you do regularly that makes you happy? How often do you do it? What or who helps you do that activity?

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The Thanks Giving Game

Describe something that happened in the past week that you are particularly glad about? What was it and what makes you glad?

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The Thanks Giving Game

If you were stranded on a desert island with someone, who would you want that person to be? Why?

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The Thanks Giving Game

Describe something you know that helps you live a better life everyday? How does that knowledge help you? What helped you learn it?

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The Thanks Giving Game

Describe something pleasant you experience regularly? What is it and what feels good about it? What makes it possible for you to have this pleasure?

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The Thanks Giving Game

What is your happiest memory? What happened? Who was with you? What made this memory possible?

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The Thanks Giving Game

Describe something you did that you are particularly proud of? Why does it make you proud? Who or what helped you do it?

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