

GRATITUDE GAME – An Idea to Support Family Practice in Recognition and Gratitude

It's NEVER easy to recognize enough of the things that demonstrate the effort, growth, and kindness of others in our household. Our role as caregiver requires that we participate in redirection and ensure the safety of our people. The judgement exercised in this role can easily cultivate a critical mindset. Our kiddos are continually receiving "top down" feedback and redirection from us which can likewise be expected to cultivate a critical mindset for them too. Between sibs --- well any of us who have siblings can probably remember the shifting sands of critique and worship in sibling relationships. Our family found this gratitude game helpful to remind us to be aware of each other's efforts and look appreciatively at one another.

This doesn't have to be a big commitment. We played our own version of the game with crazy cash. Any type of token or even a tally chart can be used. We did this on and off, usually a few weeks at a time. Sometimes we would start and find it wasn't the right time (usually because I wasn't really feeling it or too scattered to set the routine). When this happened, I would just collect the bills and we would plan a re-start later.