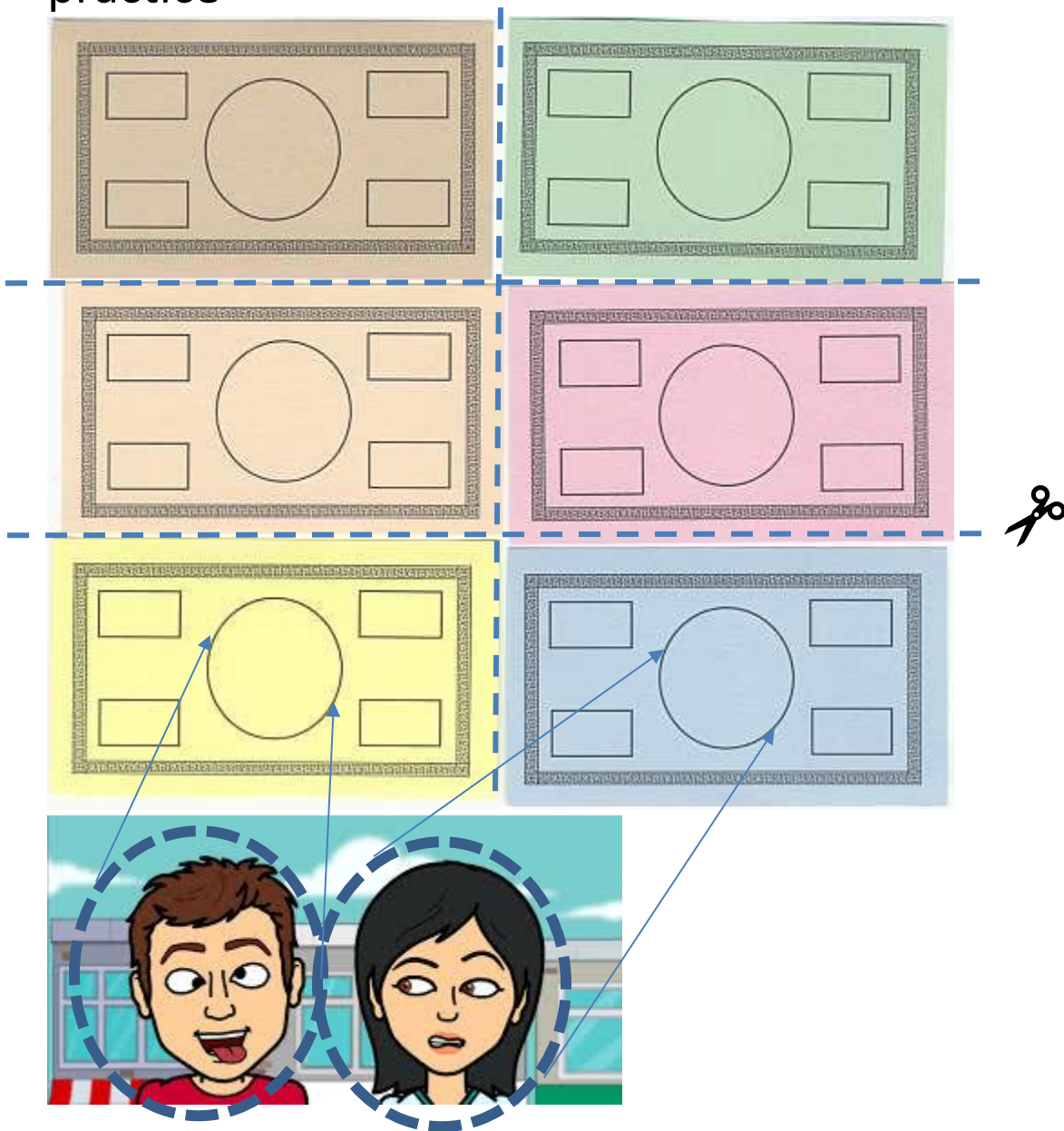


# GRATITUDE GAME -Recognition and gratitude take practice



**Make “CRAZY CASH” or use any other token you like -**

- 1) Our nuclear family faces were cut and pasted into bills to be reused over and over.
- 2) These were printed out on sheets and cut apart.

*NOTE:* There is NO NEED to make customized bills, any token like: pennies, marbles, M&M’s, monopoly money, or any play cash can be used.

**Distribute crazy cash or tokens –**

- 3) Every family member gets some bills/tokens each week (we did 25).

- 4) Each evening after dinner or before bedtime, each family member recognizes members of the family by giving them a token or bill and telling them why they deserve gratitude or recognition. (we had each person do three recognitions per night)
- 5) Each bill or token given, represents an single point of gratitude or recognition and is given with a short statement about why it matters. Recognition can be spread among family members or more than one bill or token can be given to any one family member.

e.g. “**I appreciate** (or recognize) my brother **because** he walked the dog for me today when I didn’t have time before soccer. This was important to me because I was in a hurry and it helped me relax” or

“**I recognize** my mom for making my favorite macaroni and cheese yesterday. This was important to me **because** it’s my favorite and she knows I love it.”

#### **Keeping and counting the bills or tokens -**

- 6) Each family member keeps the bills/tokens they receive in a chosen location.
- 7) At the end of the week the family member with the most bills gets to choose the family time activity for that weekend.
- 8) We had a mutually developed list of family time activities and no one person could veto a chosen activity, but all activities were supported by most family members and every family member had a couple of favorites included.

e.g. My daughter LOVED basketball, so her selection was almost always to go play a family game of basketball or “HORSE.” I was not a basketball lover, but I went along when it was her pick. I LOVED to do a walk together near our house. Which my daughter didn’t love but would do when I had the choice. My son LOVED playing the Lego board game for awhile so we would often do that together when he had the choice.