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.