

The Giving Scale

Ask one question, listen to the answer, then find one way to move their number higher.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Choose someone in your life — at home, at school, or anywhere — and ask them how they are feeling on a scale of 1 to 10.
- 2 Listen to their number without judgement. A low number is a gift — it means they trust you enough to be honest.
- 3 Ask the follow-up question: 'How can I make that number higher for you?'
- 4 Do whatever you can to help — even small acts like making a cup of tea, listening, or offering to help with a task can move the needle.

Ways to play

Two versions for every occasion

Way 1 — One to One

Best for 2 players · Home, school, or anywhere

- Pick someone you care about and find a quiet moment to connect.
- Ask them: 'On a scale of 1 to 10, how are you feeling right now?'
- When they answer, say: 'How can I make that number higher for you?'
- Listen carefully and follow through on whatever they say, however small.
- Check back in later and ask the scale question again to see if it moved.

Way 2 — Family Check-In

Best for 2–6 players · Dinner time or end of day

- Make it a family ritual at dinner — everyone shares their number for the day.
- Go around the table: each person says their number and one reason why.
- For anyone below a 7, the family collectively asks: 'What can we do to move your number up?'
- Decide on one small thing as a family to do for that person before bedtime.
- Next dinner, check back in — did the number move?

TIP FOR PARENTS**Try this at home**

Model it first by asking your child the question before they ask you — when kids see a parent genuinely curious about their number, they open up more readily and start asking others the same question naturally.

**THE SCIENCE OF
PLAY****Why it works**

Asking someone how they feel and actively working to improve it is one of the most powerful forms of social support. The scale removes the pressure of explaining emotions in words, making it accessible for all ages — and the act of giving measurably boosts the wellbeing of the giver as much as the receiver.

SCHOOL ' HOME**The connection**

The Giving Scale was practiced at school today as a way to notice and care for the people around us — bringing it home means your family becomes part of that same circle of care.