

Weekly Celebration

Grab a pen, answer four questions, and close the week feeling genuinely good.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Grab a pen and paper or a journal — everyone in the family gets their own sheet.
- 2 Set a timer for 5 to 10 minutes and work through the four questions at your own pace.
- 3 Spend one minute drawing or writing about the best part of the last seven days.
- 4 Share answers with each other at the end — no judgement, just celebration.

Ways to play

Two versions for every occasion

Way 1 — Solo Reflection

Best for 1 player · Sunday evening or Monday morning

- Find a quiet spot with a pen and paper or journal.
- Question 1: Write or draw about the best part of your last seven days.
- Question 2: Write one thing you did for someone else as an act of kindness.
- Question 3: Write one thing you did in the last seven days that added value to your life.
- Question 4: Write one thing you are looking forward to in the future.
- Read back what you wrote and sit with it for a moment before closing your journal.

Way 2 — Family Round Table

Best for 2–6 players · Sunday dinner or family evening

- Sit together at the table — everyone gets paper and a pen.
- Set a timer for 5 minutes and each person answers all four questions silently.
- Once the timer ends, go around the table and each person shares one answer they feel comfortable with.
- Celebrate each other's wins out loud — even small ones count.
- Keep the papers in a jar or folder and read them back together at the end of the month.

TIP FOR PARENTS

Try this at home

Don't skip Question 2 — the kindness question. Children who regularly identify something kind they did tend to seek out more kind acts throughout the week, creating a powerful positive cycle.

THE SCIENCE OF PLAY

Why it works

Research consistently shows that regularly writing down positive experiences and acts of kindness rewires the brain toward noticing good things more often, reducing stress and increasing life satisfaction over time. Five minutes once a week is enough to shift how your whole family feels.

SCHOOL ' HOME

The connection

Your child took part in a moment of celebration and reflection at school this week — doing this together at home means that habit of noticing good things grows in both directions.