

GEM Chats Gratitude

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try these prompts:



What are you **grateful** for today?



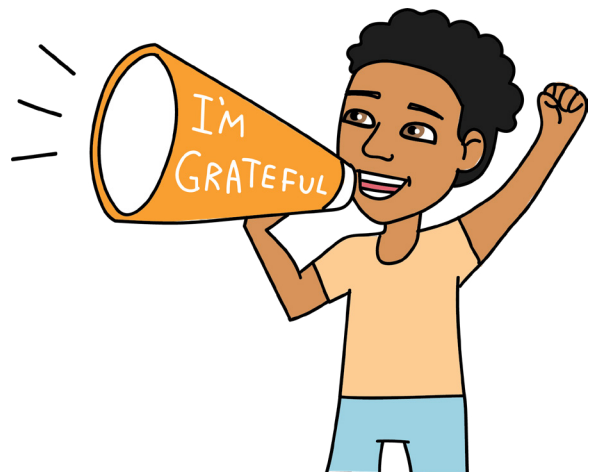
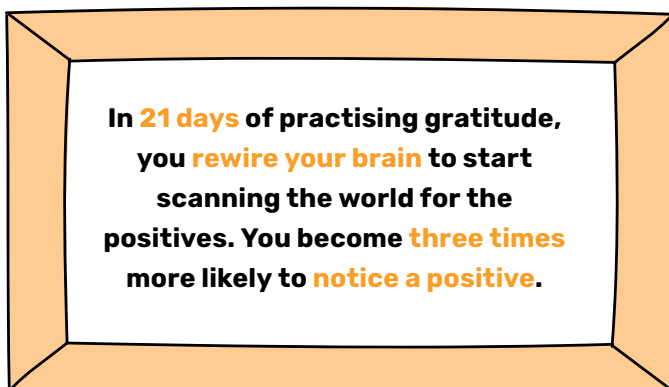
Share a moment that **made you smile.**



How can you **support** someone tomorrow?



What was the **best part** of your day?



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