

PROJECT

Parents & Carers

Implementing GEM Chat at home - **Gratitude** Questions

These daily questions have been developed to help families practise the GEM principles. They are a great way to facilitate positive conversations as your family shares a meal either in the morning, afternoon or evening or at a time that works best.

Check out some great GEM CHAT questions here:

- What were three things that went well for you today?
- Who is someone you feel really grateful for today? Tell us why.
- What is it about our home that makes it our home/special family place?
- What is something you are looking forward to tomorrow?

Want to look further into the benefits of **Gratitude**? Follow this [LINK!](#)

