

# GEM Chats

## Empathy

### CREATING WELLBEING HABITS & CONNECTION

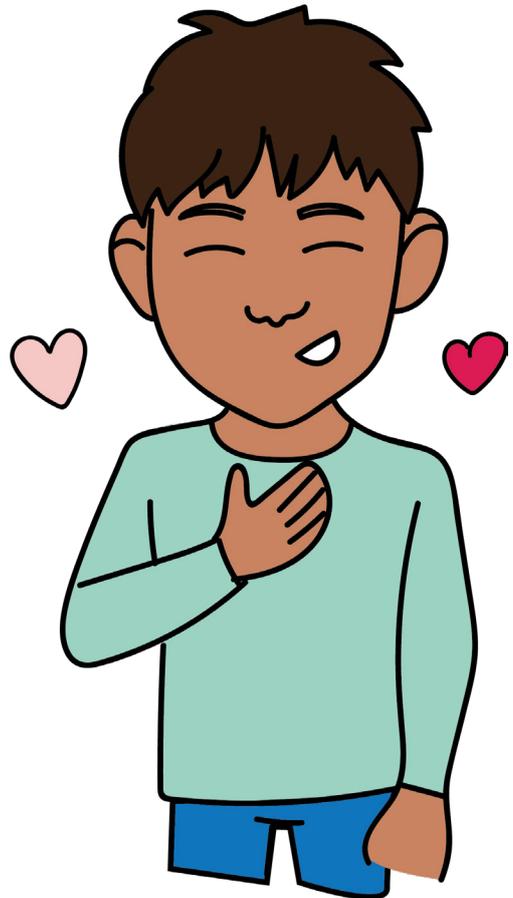
GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

### HOW TO USE GEM CHATS

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

Try these prompts:

- ★ Thank each family member for something they've **done or said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done **something kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared** for this week? What actions did they take?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO: