

GEM Chats

Emotional Literacy

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 emotional literacy.

Try these prompts:

- ★ What **emotion** do you feel right now and why?
- ★ What are **some emotions** you have felt today/this week? How did you **identify** them?
- ★ Describe a moment from your day when you **felt excited**.
- ★ What emotions have you noticed today in your **friends, teachers** or **family members**? How did you recognise these emotions?
- ★ What could you do today/tomorrow to **experience a positive emotion**?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO: