

# GEM Chats

# Mindfulness

## 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 mindfulness.

Try these prompts:



What **mindfulness tools** did you use today?



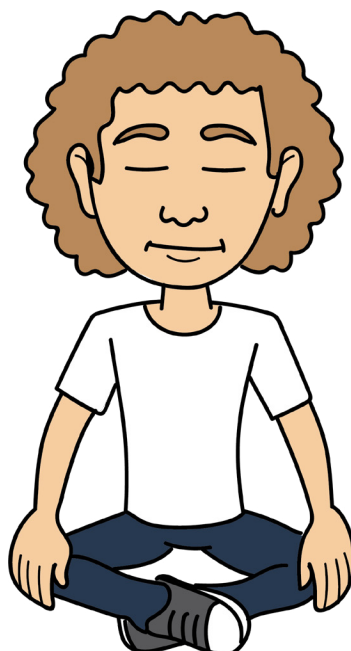
Take a moment to look out the window or around the room.

» 3 things you can see.

» 2 things you can hear.

» 1 thing you can feel.

» Notice how you feel after stopping for a moment.



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