

FAMILY RESILIENCE GAME

Conversational starters relating to gratitude, hope and optimism

These family conversation starters are perfect for helping us to feel optimistic in this uncertain time. Cut them out and pop them in a hat. Use them to prompt chats about things you and your children are grateful for or hopeful about.



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Thank goodness	l can't wait to	My favourite thing about where we live is
l am so glad that	I really hope to	My favourite thing about my bed is
I am so happy to know that	I am looking forward to	My favourite toy, which I am lucky to own is
I am relieved that	I am excited to	My favourite book that I am lucky to have is
I thank my lucky stars every day that	I seriously cannot wait to	When things return to normal, I can't wait to
I am pleased that	I feel blessed that	In the future, I would like to travel to
l am grateful for	One of the best things about my life is	In the future, I would like to change
As a family, we are lucky that	One of my favourite things to do in the world is	In the future, I would like to make sure that people understand



In the future, I hope that	In the future, I hope to live	I am confident that
In the future, I will be	In the future, I will try to	I will never let myself
In the future, I can imagine that	I really hope that we as a family	l will always try to
In the future, I dream of being	I hope that I will always	When I fail, I will
In the future, I hope to see	I dream of one day	When I make mistakes, I will always remember that
In the future, I know that I will be able to	I know that	I know that I am loved because
In the future, I can barely wait to	l feel that	No matter what happens
Who is your favourite author?	l envisage that	Whatever life throws at me, I will always remember that

