



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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EVIDENCE-BASED APPROACHES TO PARENTING

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Thank goodness...	I can't wait to...	My favourite thing about where we live is...
I 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...
I 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...

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Conversational starters relating to gratitude, hope and optimism.



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...	I 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...	I feel that...	No matter what happens...
Who is your favourite author?	I envisage that...	Whatever life throws at me, I will always remember that...