

THE

RESILIENCE PROJECT™

COZY KOALA'S GEM ADVENTURES

WITH:

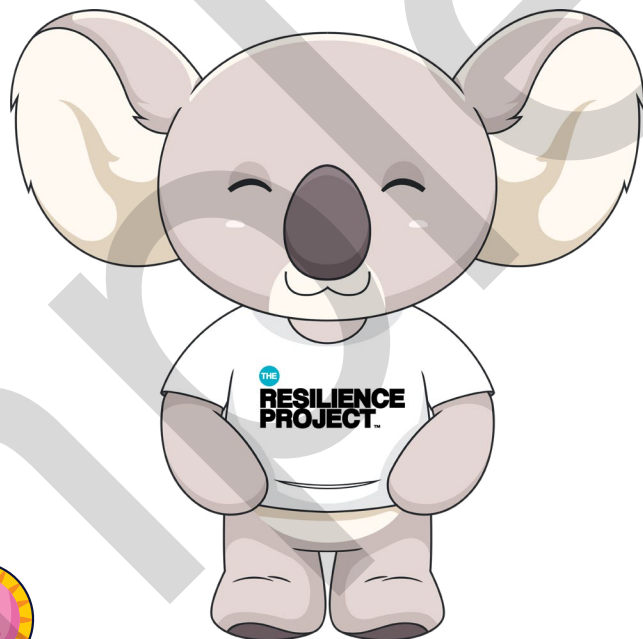
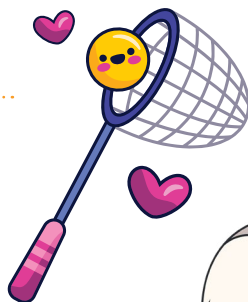


COZY KOALA'S ADVENTURES WITH



GRATITUDE

Working on **gratitude** helps us to **be thankful and appreciate what we have in our lives**, rather than focusing on what we don't have, or what we want. When we practise being grateful, we start to scan the world to look for positives—this only takes 21 days!



SOMETHING TO THINK ABOUT...

Practising **gratitude** every day **increases** our levels of **energy**, helps us to **feel happier** and more **focused, determined** and **optimistic**. It even helps us have a **better sleep**, **lowers** levels of **anxiety** and **depression** and we are less likely to get sick. So many benefits – **let's all try to be grateful for the things and people in our lives every day!**



LET'S PRACTISE...

Together as a family, ask each person to share **3 things that went well for them that day**. Think about things/people that make you **happy**, things that make you **excited** or things you **feel very lucky** to have.





COZY KOALA



Show Cozy Koala some of the things that you and your family are grateful for. Draw or glue in some pictures of Cozy Koala with your family and the things you are grateful for.

