The Resilience Project delivers emotionally engaging presentations and programs to provide evidence-based, practical wellbeing strategies to build resilience.

We are grateful and proud to have worked with over 1000 schools across Australia, sharing positive mental health strategies with the whole school community – teachers, students, parents and carers – to support the implementation of our wellbeing curriculum to increase happiness and drive long-lasting mental health outcomes.

Gratitude
Paying attention to the things and moments we have right now, and not worrying about what we don’t have. We practise gratitude by noticing the positives that exist around us.

Empathy
Putting ourselves in the shoes of others to feel and see what they are. We practice this through being kind and compassionate towards other people.

Mindfulness
Our ability to be calm and in the present moment. We practice this through slowing down and concentrating on one thing at a time. This could be our breathing, colouring in, or noticing the noises we can hear.

Emotional Literacy
Our ability to label our emotions as we experience them. This helps us to manage our emotions (soften negative emotions and find positive emotions). We practice this by labelling our emotions as they arise.
Our mission is to teach positive mental health strategies to help people become more happy. Some of the mental health stats are scary, yet looking after our mental health doesn’t have to be.

Why The Resilience Project Exists

• 1 in 7 primary school kids experience mental health challenges
• 1 in 5 adults will experience mental health problems this year
• 1 in 4 adolescents experience mental health challenges
• 65% of adolescents will not seek help for mental illness

The Resilience Project is driven to share inspiring stories that make talking about mental health accessible, and practical activities that make looking after the wellbeing of ourselves and others easy and fun. We focus on Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy as the key strategies for resilience, because the research says they work.

Our Curriculum

- Designed by teachers for teachers
- Year-level specific lesson plans
- Mapped to the Australian Curriculum Framework
- Teacher Resources and Student Journals
- Evaluated by the University of Melbourne
- Focuses on Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy
- Online Teaching Resource Hub
- Implementation support from The Resilience Project Education Team

Our Partnership Program has been evaluated by the University of Melbourne, with six primary schools receiving the Program and six schools used for comparison data.

Focus groups and interviews conducted with students, parents and teachers showed that students benefited from the Program in different ways:

- Improved confidence and self-esteem, especially in relation to their peer relationships
- Improved wellbeing and ability to express emotions
- Improved knowledge and communication of emotions
- Improved relationships both at school and at home
- More supportive classroom environments
Partnership Schools experience all the GEM journey has to offer, embedding The Resilience Project’s wellbeing curriculum across the whole school community.

Teachers, students, parents and carers all receive tailored presentations that teach the GEM principles, and inspire regular practise. To support long term change, and embed mental health strategies, Partnership Schools deliver a year-long curriculum, mapped to Australian Curriculum Framework.

This curriculum includes teacher resources, student journals, access to an online teaching hub, and exclusive content released throughout the year.

In 2021, Partnership Schools working with presenter Martin Heppell will receive all presentations (teachers, students, parents and carers) in-person.

Partnership Schools working with presenter Hugh van Cuylenburg, will receive the Teacher Professional Development presentation in-person. Student presentations will be delivered through The Resilience Project’s Digital Program. This is a brand new program with age-specific videos of Hugh sharing his stories of resilience through interviews, animation, travel adventures and more. Parent and Carer presentations will be delivered via live webinar.
Step by step, this is how our Partnership Program works:

- **We engage STAFF** through professional development presentations and provide them with resources, activities and knowledge to support their work with students.

- **We inspire STUDENTS** across all year levels through the delivery of highly engaging presentations.

- **We empower PARENTS AND CARERS** with presentations that provide practical strategies to help build their children's resilience, and support their own wellbeing.

- **CURRICULUM** supports the ongoing practise of mental health strategies in the classroom with 15-30 lesson plans (depending on year level) outlined in our Teacher Resource and individual Student Journals.

- **Schools receive regular newsletters** with interesting and supportive approaches to teaching resilience in the school setting.

### Partnership Schools also receive the following benefits:

- **✓ All students complete** The Resilient Youth Survey; a scientifically validated student wellbeing survey completed by over 300,000 students across Australia. This data informs the content of a tailored presentation reflecting the Partnership School's data.

- **✓ A Resilience Profile Workshop** for staff, which focuses on the school's survey data and how it relates to The Resilience Project curriculum.

- **✓ Teachers have access to** an online Teaching Resource Hub, with access to additional lessons and curriculum support on current world events that explore resilience and mental health.

- **✓ Ongoing support is available** throughout the year from our Education Team to support program delivery and evaluation.
The Digital Program has been developed to extend the accessibility and reach of wellbeing presentations and curriculum across Australia. Developed with the brightest minds in education, psychology, film production and technology, the program includes a series of engaging videos and digital lessons for the classroom, staff room and home.

Program content covers the key wellbeing strategies of Gratitude, Empathy, Mindfulness and Emotional Literacy. Online lessons are complemented by year-long curriculum tailored to each year level, implemented via online Teacher Resources and hard copy Student Journals.

Housed online on an interactive, engaging and easy to use platform, the program includes access to a Teaching Resource Hub with additional activities, regularly updated content and support from our Education Programs team.

The Digital Program is available in Primary or Secondary options and consists of:

- Teacher presentations – 4 x 15 minute bite-size Professional Development sessions including videos and activities.
- Student presentations – Age-specific videos sharing storytelling, animations and GEM concepts (4 x videos each for P–3, 4–6, 7–9, 10–12)
- Parent/carer presentations – 4x videos and program information (no login for parents)
- Digital teacher resource – year-level specific curriculum with up to 30 lesson plans
- Online lessons – 4 x year-level specific, delivered into the classroom via smartboard
- Student journals* - Individual hard copy journals for each student linked to Teacher Resource. *purchased separately

Cost (exclusive of GST):
- Digital Program: $3000 (includes Digital Presentations, online Teacher Resources and access to Resource Hub)
- Student Journals: $19 each
  Lessons are available to be embedded in Student Planners for Secondary Schools at a reduced price.

Program bookings for 2021 are now open. There are limited places for some programs.
enquiries@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au/education
This immersive approach is for schools beginning the GEM journey in their community. The program includes in-person presentations for teachers, students and parents/carers; designed to educate, and inspire the ongoing practise of Gratitude, Empathy and Mindfulness.

- Teacher presentation: Teachers are provided with mental health and wellbeing resources, activities and knowledge to support their students.
- Student Presentation: Through tailored primary or secondary presentations, students are inspired through storytelling to practice the GEM strategies.
- Parent and carer presentation: Parents and carers are shown practical ideas and tools to support their children become happier and more resilient.

This 21 week program for Early Childcare and Education Centres is designed to build mental wellbeing amongst educators, children and parents. The curriculum has been mapped against The Early Years Learning Framework, and includes:

- A comprehensive Educator Resource which guides educators through the 21 week program
- Access to a 4-part educator Professional Development digital series
- Access to the online Resource Hub which contains up-to-date information, activity resources, newsletters and educator self-care activities
- A take-home Early Years Family Journal designed to link the key concepts into the home environment. This includes activities and ideas for connecting that families can complete together.

This program introduces GEM to teachers and students, with a range of The Resilience Project’s wellbeing lessons printed directly into student planners. Teachers are provided with detailed lesson plans and additional resources. Schools receive ongoing support from our Education Team.

The curriculum has been mapped against The Australian Curriculum Framework and includes:

- 15 of The Resilience Project’s engaging wellbeing lessons for students printed in individual planners
- A comprehensive Teacher Resource which guides educators through the lessons and daily reflections
- Access to a 4-part educator Professional Development digital series and online Resource Hub for those delivering the program
- Curriculum Professional Development session for teachers leading the program