



THE

RESILIENCE PROJECT

Digital Program

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.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness (GEM)**, with **Emotional Literacy** being a foundational skill to practising these strategies.

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.





Digital Program

The Resilience Project 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.



Digital presentations with Martin



Whole school community approach: teachers, students, parents and carers



Year-long curriculum, 15-30 lesson plans



Online Teaching Resource Hub



Suggested delivery: dedicated hour time slot each week (for Primary years) or during pastoral care periods or Health & PE lessons (for Secondary years)

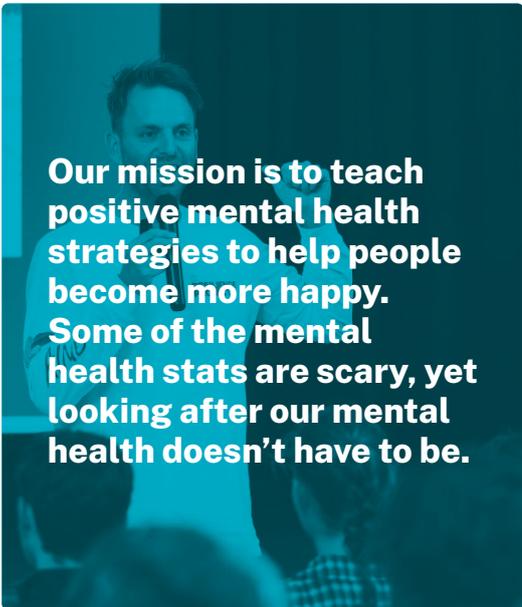
Cost (exclusive of GST):

- 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.

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

Why The Resilience Project Exists



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.

- **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



Evaluated by the University of Melbourne



Year-level specific lesson plans



Focuses on Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy



Mapped to the Australian Curriculum Framework



Online Teaching Resource Hub



Teacher Resources and Student Journals



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**

Program bookings for 2021 are now open. There are limited places for some programs.

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