

THE

RESILIENCE
PROJECT



EARLY YEARS PROGRAM

A positive mental wellbeing program specially designed for children in kinder and early learning centres.

Features of the program include



- TRP Early Years Curriculum which has been mapped against The Early Years Learning Framework (EYLF)
- Lessons that include a session plan and contain activities/experiences to set up in your early learning space
- Activities that have been developed with the learning and development needs of this age group in mind – minimal time sitting in large groups and lots of hands-on activities
- Lessons with detailed instructions, resources and learning intentions and a focus on one of The Resilience Project key pillars of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**

Find out more

enquiries@theresilienceproject.com.au | (03) 9113 9302

EARLY YEARS PROGRAM

Cost (exclusive of GST):

Program resources, activities, videos and resource hub - **\$990** per centre per year and **\$19** per student which includes a journal for each family.



Program Resources



- A comprehensive **Educator Resource** which clearly steps educators through the 21-week program. Program lessons have been developed by experienced Early Years Educators
- Access to our online resource hub which contains up-to-date information, resources, newsletters and educator self-care activities
- Access to a four-part educator professional development digital series
- An **Early Years Family Journal** designed to link the key concepts into the home environment for every student/family. The journal includes;
 - Daily reflection activities for families to complete together focusing on The Resilience Project key pillars of Gratitude, Empathy, Mindfulness and Emotional Literacy
 - Ideas for family connection time activities that families can complete together over the weekend
 - Links to the activities the children are completing in their Early Learning Centre to further enrich the learning.



Program Outcomes



There are a number of short and long-term benefits for children, families and early learning centres completing the curriculum including;

- **Building early learning centre capacity** to implement a whole-of-centre approach to wellbeing
- Building **resilience** in children from an early age
- Developing ability to **identify, communicate and manage their emotions and emotions** in others
- Helping them to **feel happier** and improve their overall wellbeing
- Providing young people with the skills and tools to help them **thrive** at school and in their personal lives
- Strengthening family and early learning centre **relationships**
- Encouraging families to build positive and **strong connections**.

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