



2024 EARLY YEARS PROGRAM

Why The Resilience Project?

At The Resilience Project, we provide a positive mental wellbeing program specially designed for children in early years services.

Our programs are all about teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity, and it's been proven to work.

Our program is on the Victorian **School Readiness Funding Menu** of Evidence Informed Programs.

What do we focus on in the program?

To help children feel happier and build resilience, our Early Years Program is centred around the evidence-based principles proven to cultivate positive emotions and positive mental health.



What's in our Early Years Wellbeing Program

Designed by educators for educators, our Early Years program inspires and engages the whole service community through:

Digital Presentations

A suite of digital presentations and live webinars which inspire us to practise positive wellbeing strategies.

Service & Home Connection

Opportunities for families to share in GEM experiences at home.

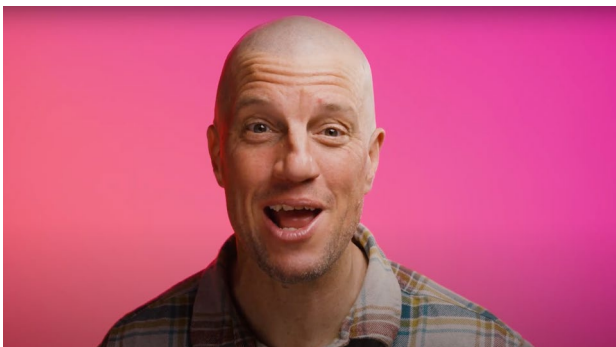
20 Sessions

Stories, activities and experiences based on GEM (Gratitude, Empathy, Mindfulness) and Emotional Literacy.

Digital Presentations: INSPIRE

Fun and **captivating**, our program includes a suite of digital presentations and live webinars which inspire us to practise positive wellbeing strategies.

- Flexible professional development video series.
- GEM TV episodes to excite and inspire young children.
- Live 'Authentic Connection' webinars -one for staff, one for parents and carers.



Teaching & Learning Program: ENGAGE

Engaging, enjoyable and easy to deliver, our session plans, activities and resources are the **foundational tools which embed wellbeing into your service culture**.

- Comprehensive resources to maximise children's engagement.
- Designed to fit into your existing play based program.
- Every child has their own Early Years Children's Journal.
- First Nations Cultural Connections to ensure the program is reflective and respectful of the First Peoples of Australia.



Service & Home Connection

There are plenty of opportunities for families to get involved with the program and share in GEM experiences through the **Cozy Koala Take Home Program** and **Community Projects**.

Cozy Koala Take Home Program

Cozy Koala is our take home initiative to support the connection between your early learning service and home. Arriving in a TRP backpack, Cozy comes with a GEM journal and each child will get a chance to take him home.

Community Projects

Children, families, educators and visitors are invited to participate in shared and collaborative GEM activities at your service.



Program Overview & Inclusions

	CHILDREN	STAFF	PARENTS/CARERS	SERVICE	COST
INSPIRE	Presentations: <ul style="list-style-type: none">• 9x GEM TV Episodes. (Short, high energy videos).	Presentations: <ul style="list-style-type: none">• Digital professional development presentations to introduce the program.• Live Authentic Connection Staff Webinar (NEW).	Presentations: <ul style="list-style-type: none">• Live Authentic Connection Parent Webinar (NEW).	Presentations: <ul style="list-style-type: none">• Live Leading TRP Webinar<ul style="list-style-type: none">» Everything you need to know for best practise implementation.	\$1,350 (+ GST)
ENGAGE	Teaching & Learning Program: <ul style="list-style-type: none">• Cozy Koala Take Home Program.• Early Years Children's Journal containing fun and engaging wellbeing activities.• 3 x Community Projects to create partnerships between the services and home.	Teaching & Learning Program: <ul style="list-style-type: none">• 20 Session plans containing:<ul style="list-style-type: none">» Core and Boost sessions (NEW).» Fun and culturally responsible activities and experiences.» Play Based Provocations (NEW).» Educator prompts and GEM Chats.» GEM themed games and activities.	Engagement Initiatives: <ul style="list-style-type: none">• Cozy Koala Take Home Program.• Dedicated Early Years Parent Hub with information and activities.• Parent Communication Pack• Project+ Newsletters and Try It At Home activities.	Engagement Initiatives: <ul style="list-style-type: none">• Dedicated Early Years Partnership manager.• 3x Community Projects to create partnerships between the service and home.• Early Years Service GEM Pack.• The Resilience Project fence sign.	\$20 per child (+ GST)

$\$1,350 + \$20 \times [\text{Enrolled Children}] = 2024 \text{ Program Cost (+GST)}$