

The Resilience Project at Mount View Primary School



Throughout the week, we have been lucky enough to have Martin Heppell from The Resilience Project present to our students, staff and parents/guardians. The talks were highly engaging and full of valuable lessons.

Mount View Primary School has been implementing The Resilience Project

curriculum, taking a positive approach to our health and wellbeing. We are looking forward to continuing our journey with The Resilience Project and its key principles of Gratitude, Empathy and Mindfulness.

Here are some useful links that will provide more information, including the results of a study on the efficacy of the program, how you can practice the key principles at home and links to the parent presentation slides.

Prep - how to be happy; sharing to be kind; listening. Being respectful; listening to people

Year 1 students - Funny, interesting, to show happiness by helping others, when you do something good you get it back, to be caring & mindful.

Year 2 students - funny, empathy; understand how someone feels, kindness; helping others; inspirational.

Year 3 Student, Matt - I really enjoyed listening to Martin, as he gave me ideas on how to be happy and mindful each day. I loved how loud and funny he was.

Year 4 student; funny, loud and clear and entertaining, gratitude; what you already have, kindness; caring and nice to each other. Empathy; care for others and good for others, and it comes back. Open minded and allowed others to be a part of the presentation.

The Resilience Project Website - <https://theresilienceproject.com.au/>

TRP@home - <https://theresilienceproject.com.au/at-home/>

Slides from the presentation - <https://theresilienceproject.com.au/wp-content/uploads/2020/07/Martin-Slides.pdf>

University of Melbourne research on the efficacy of The Resilience Project -
https://theresilienceproject.com.au/university-of-melbourne-research-findings/?mc_cid=cb8dc42fca&mc_eid=4bdc2a1ece

