

Frequently Asked Questions

Information for families

Why The Resilience Project School Wellbeing Program?

- With staggering statistics among children, young people and adults in Australia, TheResilience Project is working to drive change through a preventative approach by building a culture of wellbeing in schools.
- Based on the evidence-based principles of Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy, our program equips students with lifelong wellbeing habits, bucator resilience and empowers families to support wellbeing at home.
- Through multiple independent evaluations, students participating in our School Wellbeing Program have shown measurable improvements compared to students at schools that aren't involved.
- Learn more below:
 - » [Monash University Evaluation](#)
 - » [University of Adelaide Research Findings](#)
 - » [University of Melbourne Research Findings](#)

Why are resilience and wellbeing important?

- Wellbeing is a broad term that can encompass many things, including our physical and mental health. Our wellbeing is determined by several factors. We all have different levels of wellbeing and this changes depending on how we feel and what we are experiencing.
- Our aim is to teach simple strategies people can use to enhance their overall wellbeing.
- Resilience is the ability to cope with challenges. When something difficult happens our wellbeing is impacted. Your level of resilience will determine how much you are impacted and how quickly you recover.
- At TRP, we believe resilience can be strengthened through practices and strategies. By incorporating gratitude, empathy, mindfulness, and emotional literacy into daily life, individuals can enhance their resilience and support their overall mental wellbeing.
- The statistics indicate that the number of adults struggling with mental ill health has increased over the years. Statistics also tell us that mental ill health is affecting young people at alarming rates and the onset is getting earlier. Prevention is the key to seeing these figures improve.
- A stronger wellbeing culture across a school community has positive benefits for learning, academic performance, engagement, relationships and behaviour.

What is Gratitude, Empathy, Mindfulness and Emotional Literacy? Why these?

Gratitude involves recognising and expressing appreciation for the things in our lives.

Empathy involves understanding others' feelings and perspectives and is often practised through kindness, compassion and curiosity.

Mindfulness is about an awareness of life as we are living it. It allows you to respond to your situation, rather than simply react to it.

Emotional Literacy is learning to identify, understand and communicate our emotions, as well as developing strategies for managing them, including emotional regulation skills.

There is a wealth of supporting academic research on the benefits of these strategies. More information can be found on the [References & Reading](#) section of our website.

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Why and how is this relevant to the curriculum?

The Resilience Project’s teaching and learning program aligns with the latest versions of the Australian, Victorian and New South Wales curriculum standards and frameworks. Key curriculum areas covered from Foundation to Year 10 include:

- Health and Physical Education/Personal Development
- Personal and Social Capability

How is the program implemented at school for students?

- The whole-school wellbeing program involves explicit teaching through our evidence-based curriculum alongside wellbeing habits being integrated in school routines.
- Our Primary teaching and learning program consists of 30 lessons per year level, with each lesson designed to run for 60 minutes.
- Our Secondary teaching and learning program consists of 50 lessons per year level, with each lesson designed to run for 20 minutes.
- While all schools will follow the same teaching and learning program, each will implement it in a way that suits their context, so the structure and duration of delivery may vary slightly.
- We hope that the themes explored in our evidence-based curriculum will become an ongoing focus across the entire school community.

What does the program look like in the classroom? What will my child be doing?

- Your child(ren) will complete a variety of activities that support their understanding of The Resilience Project’s key principles of Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy.
- Each child has a personal Student Journal to complete lesson activities, record their reflections and support the development of their wellbeing habits.
- Students will be encouraged to practise wellbeing habits by practising these concepts through classroom and whole-school routines.

What’s the best way to get into a regular practice routine at home?

- Our positive mental health strategies can be practised any and every day, at any time of day.
- If these concepts are new to you, building a routine to practise them can support wellbeing. Picking a time of day—for example, first thing in the morning or after dinner—can be helpful to create a new habit and give structure to your wellbeing journey.
- An example of this could be having some **GEM Conversation Cards** in the car for the school drop off or pick-up or beside the bed for your child’s bedtime.

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How do families support the program?

We know that families and caregivers often prioritise the health and wellbeing of others before their own. It's really important to practise regular self-care and our positive mental health strategies are applicable to people of all ages.

- You can play a big role in supporting the development of positive wellbeing habits at home by checking out the Family Hub. Your school may even publish some GEM activities in the school newsletter or other community communication platforms.
- We encourage you to have conversations with your kids about the program and how they are integrating gratitude, empathy, mindfulness and emotional literacy into their lives. Embedding positive mental health practices and language across school and the home leads to greater benefits and understanding.
- Regular gratitude practices have been proven to magnify the positives you notice in your day and improve your wellbeing. The Resilience Project 21 Day, 6 Month and Family Journals are a great way to do this and are available through our online shop.
- The Resilience Project app is another convenient way to regularly practise the GEM+EL principles and is available on iTunes and Google Play.
- The Imperfects podcast, hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, celebrates just how imperfectly perfect we all are. Together, they chat to a variety of people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP at home.

My child has a diagnosed mental illness. Will this interfere with/replace our current supports and strategies?

- The Resilience Project's whole school wellbeing program is a prevention-based program and does not replace formal mental health treatment.
- While our program should not interfere with your child's mental health treatment, we still encourage you to let your child's mental health professional know that they are completing the program at school. Similarly, sharing your child's mental health plan with their teacher provides the opportunity for any lesson content to be adjusted as necessary, and any follow-up supportive conversations to occur.

I'm concerned my child may be experiencing mental-ill health. Where can I go for help?

The Resilience Project is not a treatment or assessment service. Consider the following if you are worried about your child:

- Speak with your General Practitioner.
- Consult with your child's School wellbeing team Look at websites such as Beyond Blue and headspace for more information and resources.