

Over the last few years **The Resilience Project** has been very lucky to **partner with Culture is Life** to **enrich the wellbeing resources** we provide to our schools, **by incorporating First Nations knowledge and perspectives to wellbeing.**

We believe that, as Australians, we all have so much to learn from the longest surviving culture in the world.

Your children may come home and talk about some of these **First Nations wellbeing perspectives** that are integrated into our curriculum. We thought it would be a good idea to share some similar ways you could practise **Gratitude, Empathy** and **Mindfulness** (GEM) at home.

Culture is Life is an Aboriginal-led Not-For-Profit organisation who believe that all **Aboriginal and Torres Strait Islander young people have the right to thrive and flourish;** strong in knowing who they are, where they come from and who they are connected to.



Gratitude

You could show **gratitude** for the land that you live on and **research your local area** (most local councils have a dedicated webpage for this). You could find the following information:

- What lands are you living on?
- What is the native language?
- What are the native plants?
- What native wildlife is in your area?
- What First Nations land are your family and extended family living on across Australia?



Scan the QR code to see a map of Indigenous Australia.

Empathy

As a family you could sit in a **yarning circle** while having a conversation, and discuss the GEM question prompts below. This helps to practise **empathy** by respecting each other, taking turns and listening to everyone's ideas.

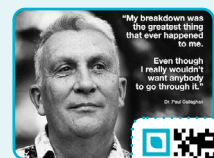
- What are three things that went well for you today?
- What is something that made you smile or laugh today?
- What kind acts have you noticed today?
- What is something kind you can do for someone this week? Think about who you might do this kind act for and when you could do this.

Yarning circles are a harmonious, creative and collaborative way to communicate. This is a place to talk, share, discuss, educate and have a yarn together. It is a place to build healthy and respectful relationships. Aboriginal and Torres Strait Islander peoples have been using yarning circles for thousands of years.

Mindfulness

Dadirri is an Indigenous term for **mindfulness**. It involves deep listening, bringing awareness to what is around you and focusing on your breathing. You could do this outside on Country by listening to the sounds of nature.

Check out **Dr. Paul Callaghan's** imperfections podcast episode where he shares a lot of wisdom that he has accrued over a lifetime of wins, losses and even a near death experience that changed his life forever. Connecting to Country is what help him through.



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The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.