
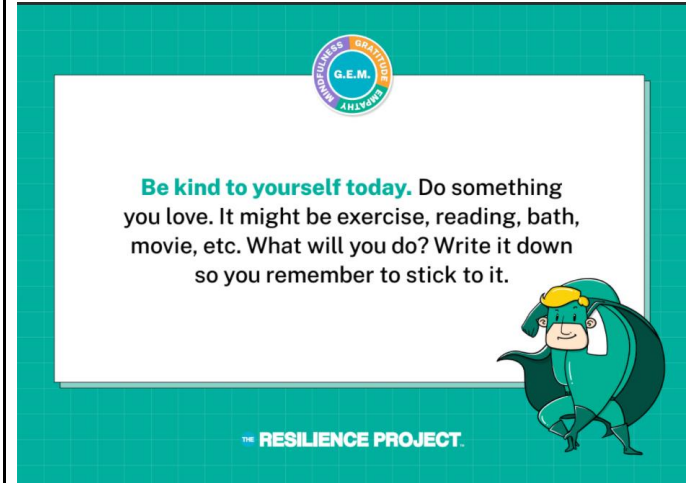



In 5A, we practise G.E.M. Chat from time to time. It helps us to reflect on the Wellbeing learning for that week and provides opportunities to transfer what we have learnt. In this newsletter article, we explored all the GEM Chats and selected the one that would help us in our lives. We encourage you to have a go at some of the GEM Chats we have selected and share this with your family and friends. Enjoy.

Gratitude	Empathy	Mindfulness
 <p>The graphic for the Gratitude GEM Chat has an orange background. At the top center is a circular logo with 'G.E.M.' in the middle and 'GRATITUDE' at the top, 'MINDFULNESS' on the left, and 'ANYWAYS' at the bottom. Below the logo, the text reads 'What made you smile today?'. In the bottom right corner, there is a cartoon illustration of a girl with long dark hair, wearing a brown superhero costume with a cape, pointing towards the text. At the bottom left, it says 'THE RESILIENCE PROJECT'.</p>	 <p>The graphic for the Empathy GEM Chat has a teal background. At the top center is a circular logo with 'G.E.M.' in the middle and 'EMPATHY' at the top, 'MINDFULNESS' on the left, and 'ANYWAYS' at the bottom. Below the logo, the text reads 'Be kind to yourself today. Do something you love. It might be exercise, reading, bath, movie, etc. What will you do? Write it down so you remember to stick to it.' In the bottom right corner, there is a cartoon illustration of a boy with a green face and a blue hat, wearing a green superhero costume with a cape, holding a shield. At the bottom left, it says 'THE RESILIENCE PROJECT'.</p>	 <p>The graphic for the Mindfulness GEM Chat has a purple background. At the top center is a circular logo with 'G.E.M.' in the middle and 'MINDFULNESS' at the top, 'GRATITUDE' on the left, and 'ANYWAYS' at the bottom. Below the logo, the text reads 'Practise mindful stretching. Do some gentle stretches, playing close attention to the feelings and sensations in your body as you move. Slowly move through a range of stretches and hold these for as long as you feel comfortable. Focus on your breath and the feelings that come with each stretch or movement.' In the bottom right corner, there is a cartoon illustration of a boy with a blue face and a blue hat, wearing a purple superhero costume with a cape and a shield with the letter 'M' on it. At the bottom left, it says 'THE RESILIENCE PROJECT'.</p>
<p>Pranathi - Meeting some of my old grade 4 friends and talking with them.          Krisha - Having fun and laughing with my classmates.          Kyra - Having fun with my friends and having a good time at school.          Mikayla - My Grandmother (Mama) came to our house to have dinner.          Mikayla - Seeing my friends when I came to school.          Jessica - Making some friends in grade 2.          Sahithi - My friends.          Nancy - My friends.          Yana- Having fun with my peers.          Anushka- Seeing my friends and having fun with them.</p>	<p>Rani - Go outside and play badminton with my sister.          Emma - ??          Sahithi - Watching youtube short to entertain myself and relax.          Sheila - I am going to listen to Taylor swift it will be kind to my brain relaxing 🎧 .          Mikayla - Playing badminton with my sisters, spending time with them. (Quality/bonding time)          Jessica - Sleep at 8 instead of 9-10          Krisha - Playing cricket/sports relaxes me so I can concentrate more.          Pranathi - Doing some mindful colouring          Deeya - Do mindful drawing          Nancy - Reading.          Yana- Painting and drawing.          Anushka- Do mindful origami</p>	<p>Sarvang - It made me feel a lot more relaxed.</p>

THE RESILIENCE PROJECT

What is something you are **looking forward** to tomorrow?

THE RESILIENCE PROJECT

Deeya - Last day of the term.  
 Nancy - Last day of Term 2.  
 Kyra - Last day of term and it is exciting to have a chance to spend my time with my family.  
 Yana - School holidays .  
 Pranathi - For the last day of term 2 because it's usually really exciting.  
 Sahithi - Term break.  
 Jessica - I'm visiting family that lives very far away.  
 Anushka- Free dress day.

THE RESILIENCE PROJECT

What are some **random acts of kindness** you could do this week?

THE RESILIENCE PROJECT

Savinu - By helping someone random in recess, lunchtime, when we are walking somewhere, morning time and after school time.  
 Pranathi - Asking if someone was okay, when I saw the crying.  
 Anushka- Asking someone if they were okay when they tripped.

THE RESILIENCE PROJECT

Play some **calming music or a sound scape** and focus on the different sounds and how you are feeling.

THE RESILIENCE PROJECT

Duke - When I hear mindfulness music it helps me calm down and let's me hear the music really smoothly. For example, [Beautiful Relaxing Music - Stop Overthinking, Stress Relief Music, Sleep Music, Calming Music #143](#)

THE RESILIENCE PROJECT

Think about **someone special in your life**, why are they special? Tell them this week.

THE RESILIENCE PROJECT

Nancy - Yana because she is a good friend.

THE RESILIENCE PROJECT

Participate in some **mindful colouring**, focusing on the colours you choose, the stroke of the pencil as you colour, the feeling of the pencil and paper on your hands, etc. There are mindful colourings in the back of your Student Journals.

THE RESILIENCE PROJECT

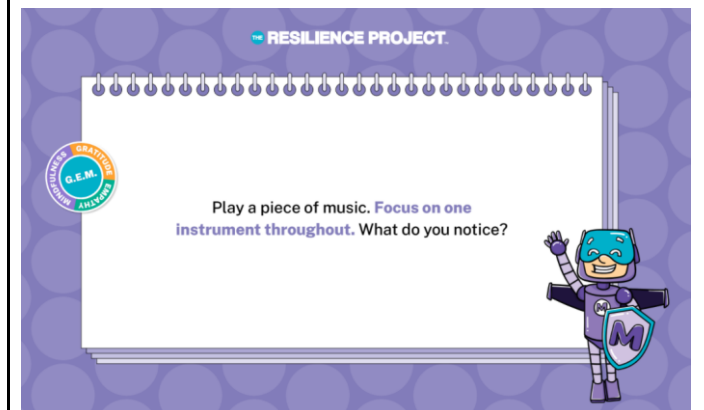
Aanya - When I do colouring, I feel happy and calm  
 Kyra - I feel calm and peaceful when I do mindful

Yana - Nancy cause she always helps me and she is a very helpful friend.  
 Vihaan - My soccer friends because my soccer team is good and they try to help me to score goals and protect our goal.  
 Pranathi - My family because they always support and help me no matter what.  
 Krisha - My family because they always support me and give me positivity.  
 Sahithi - My family because they support me and are affectionate.  
 Susanna - My friends because they make me happy and I have someone kind to talk to that I trust.

colouring and my mind settle down after it.  
 Yana - When I do painting at home and drawing, it makes me feel calm 😊 and happy.  
 Vihaan - when I do mindful colouring it makes me happy and creative.  
 Pranathi - I feel really calm and happy while watching the pencil strokes slowly colouring the picture.  
 Krisha - When I do mindful colouring I feel focused and relaxed feeling the way the pencil stroke.



Arya - When someone helps me with my homework.  
 Agam - When one of my friend falls in soccer I could help them up and apologise if I accidentally did it.  
 Pranathi - While I see someone walking alone, I could ask if they wanted to play with me.  
 Sahithi - If I see someone alone I could go talk to them.



Arthur - Feel my fingers touching on the keys  
<https://youtu.be/GNDFMvbCLK8?si=Da4s5BVqC2ucKLHa>  
 Savinu - I notice good sounds of rhythm, magic and calmness. Here is the link of the music:  
[John Williams & Wiener Philharmoniker – "Main Title" from "Star Wars: A New Hope"](#)  
 Danny - I notice the clam and the gentle and soft rhythm. this is the link:  
[Mountain village scene by Julian Yu \(AMEB Piano Grade 4, Series 18\), Billy Huang](#)  
<https://www.youtube.com/watch?v=tGqxcIMSYbQ>  
 Kai - I noticed that there were background chords

and vocals :

Max - I would like to tell Danny, "Thanks for helping me with my learning throughout the term."

Jessica - Classmates talking while doing this  
Sahithi - People talking, the air purifier.  
Anushka-The air purifier and people talking.  
Deeya - People talking, Pens clicking, pens tapping.  
Pranathi - The air purifier, classmates talking and people outside doing PE.  
Vihaan - People talking.