

GEM EL Framework

Print, laminate and display these posters on your The Resilience Project wall.

THE RESILIENCE PROJECT™

Gratitude	Empathy	Mindfulness	Emotional Literacy
<p>Gratitude</p> <p>Paying attention to what I have.</p>	<p>Empathy</p> <p>Understanding others' feelings and showing kindness and compassion.</p>	<p>Mindfulness</p> <p>Paying attention to what's happening right now.</p>	<p>Emotional Literacy</p> <p>Labelling, understanding and expressing my emotions.</p>
<p>Gratitude involves recognising and expressing appreciation for the people, places and things in our lives.</p> <p>Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.</p>	<p>Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity.</p> <p>Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.</p>	<p>The practice of mindfulness is about an awareness of life as we are living it.</p> <p>It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.</p>	<p>Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills.</p> <p>When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable</p>
<p>Expressing and practising gratitude</p> <p>Thank you</p>	<p>Expressing and practising empathy</p>	<p>Practical mindfulness tools and strategies</p>	<p>Naming emotions and understanding feelings</p>
<p>Learning how to form everyday gratitude habits</p> <p>What are three things you are grateful for?</p>	<p>Strengthening connections</p>	<p>Applying new skills and knowledge</p>	<p>Linking body cues to feelings and emotions</p>
<p>Benefits of regular gratitude practice</p>	<p>Respecting and celebrating differences</p>	<p>Benefits of mindfulness</p>	<p>Understanding that emotions have a purpose</p>
<p>Barriers to an attitude of gratitude</p> <p>Needs: Things that are necessary for our well-being</p> <p>Needs: Things that we want</p>	<p>Barriers to empathy</p>	<p>Barriers to mindfulness</p>	<p>Processing, managing and responding to emotions</p>



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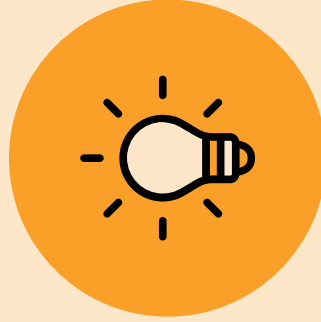
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Gratitude

Paying attention
to what I have

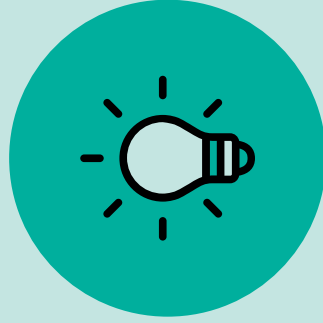


Gratitude involves recognising and expressing appreciation for the people, places and things in our lives.

Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy

Understanding others' feelings and showing kindness and compassion

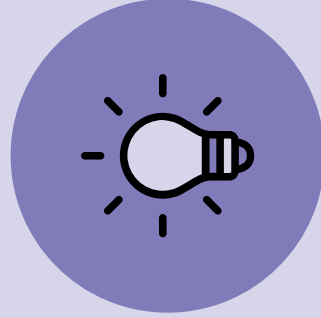


Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity.

Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness

Paying attention to what's
happening right now

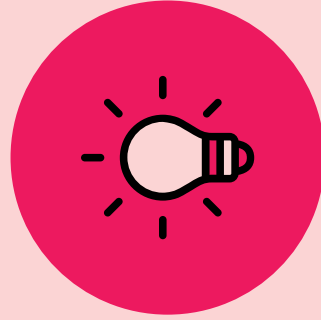


The practice of **mindfulness** is about an awareness of life as we are living it.

It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy

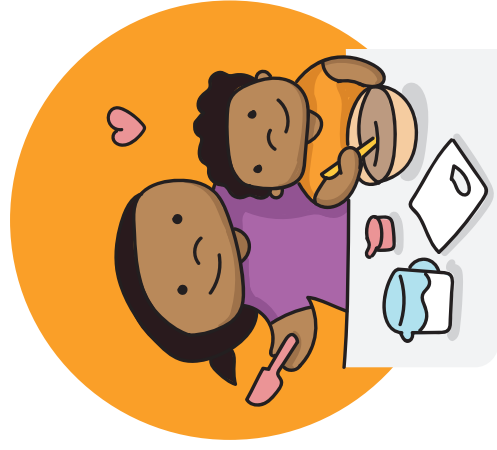
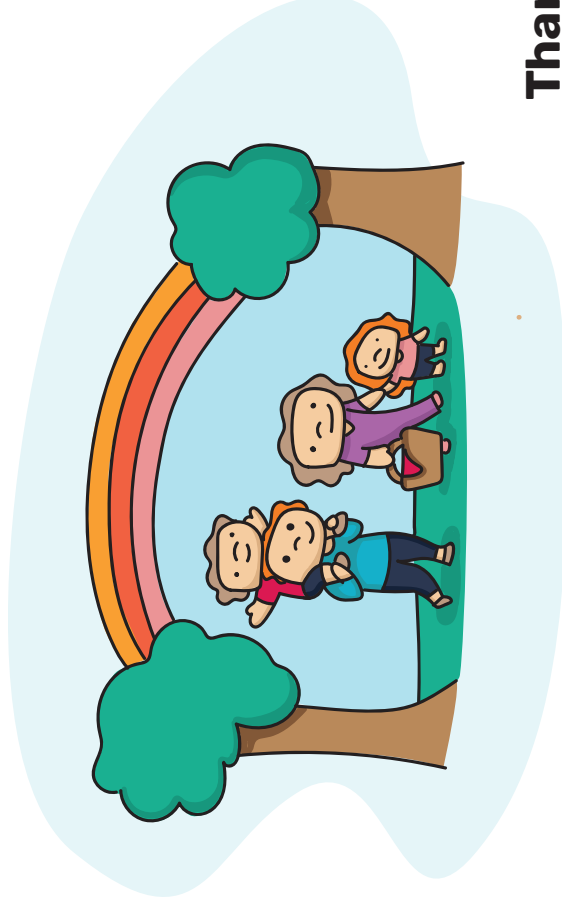
Labelling, understanding and
expressing my emotions



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills.

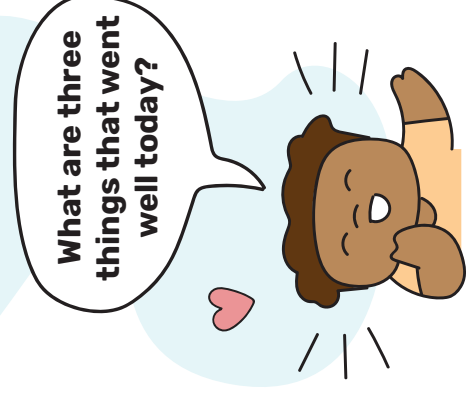
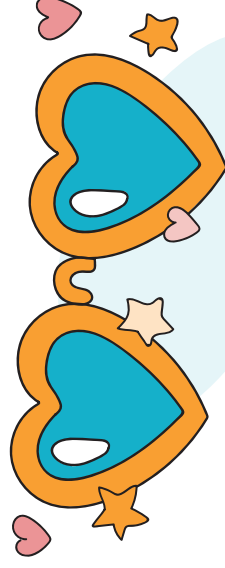
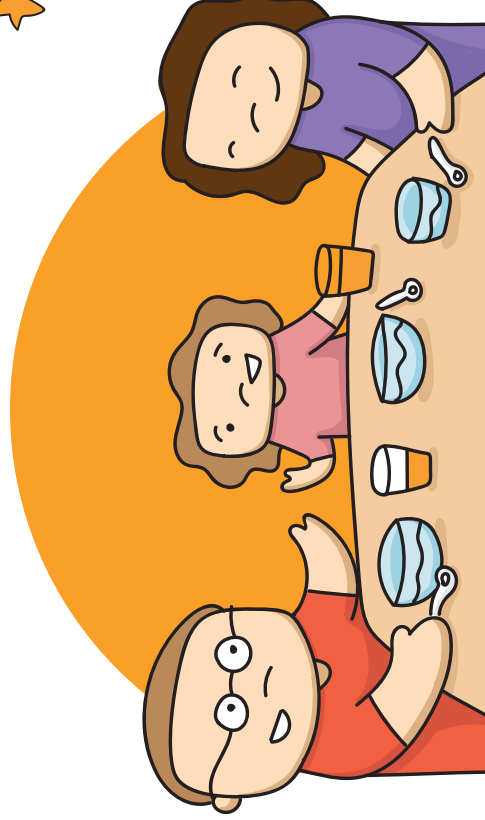
When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

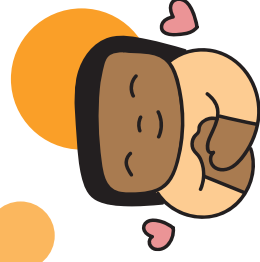
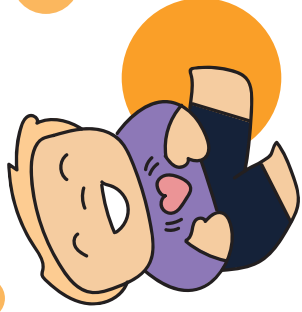
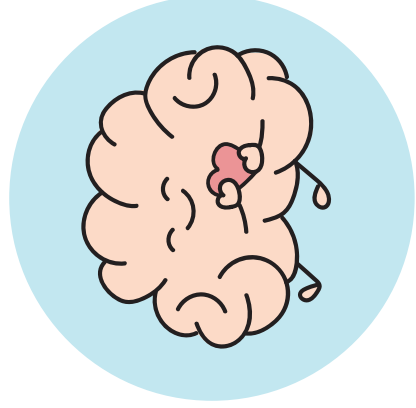
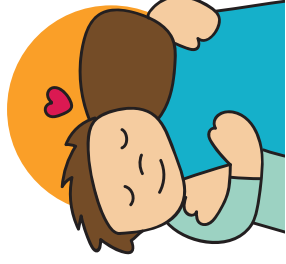
Expressing and practising gratitude



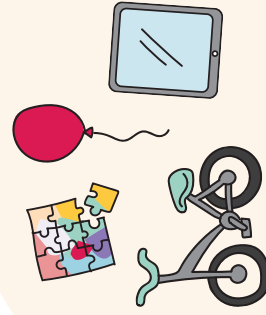
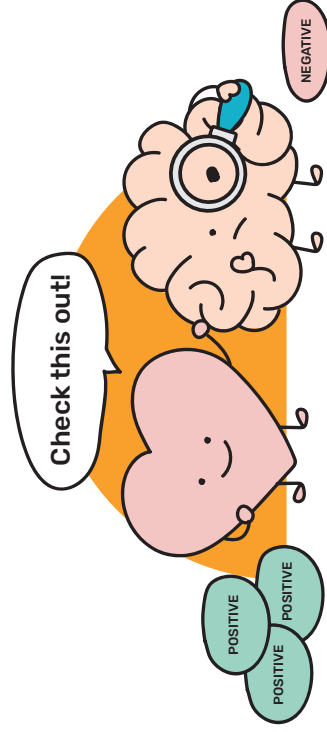
Thank you

Learning how to form everyday gratitude habits





Benefits of regular gratitude practice

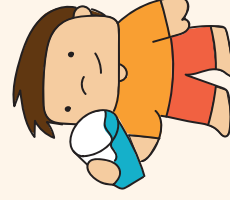


Wants

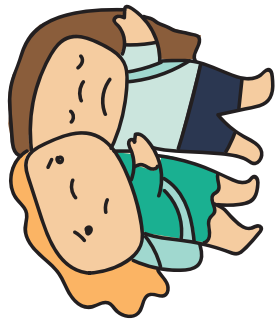
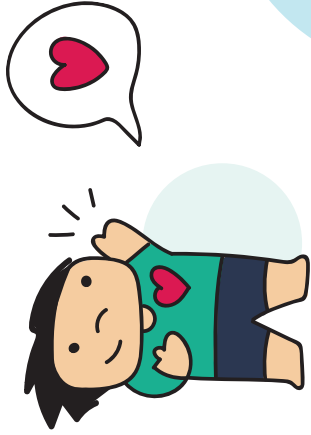
Things I would like to have but don't need to live.

Needs

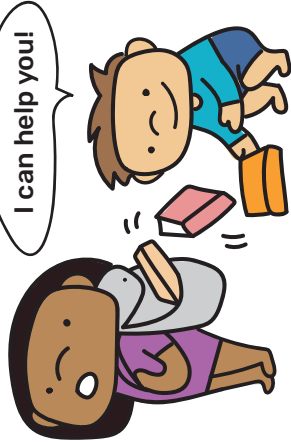
Things I need to survive.



Barriers to an attitude of gratitude



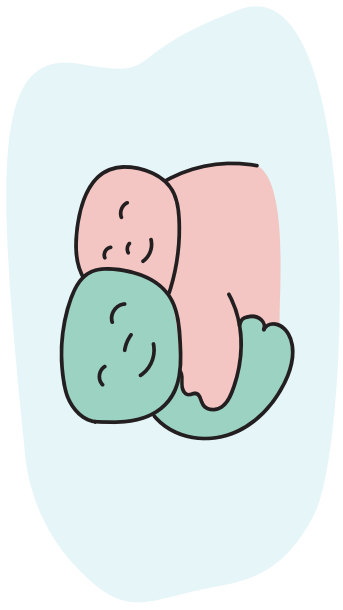
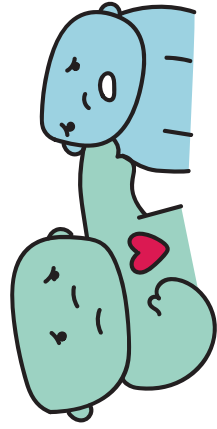
I'm here for you.



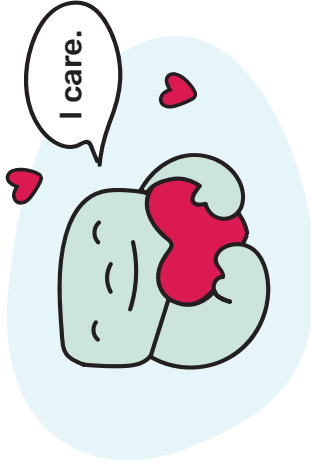
I can help you!



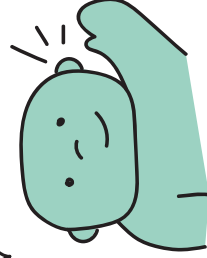
Expressing and practising empathy



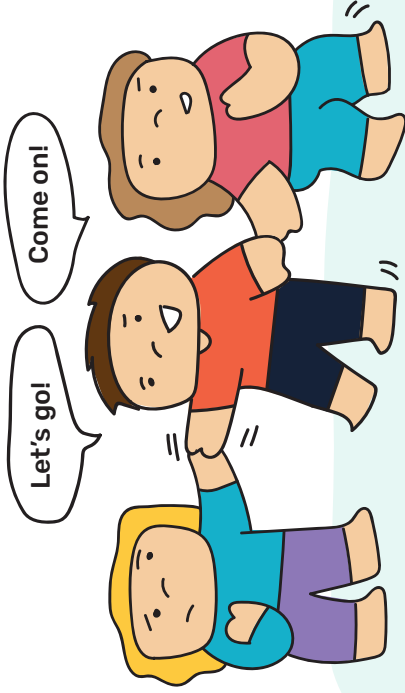
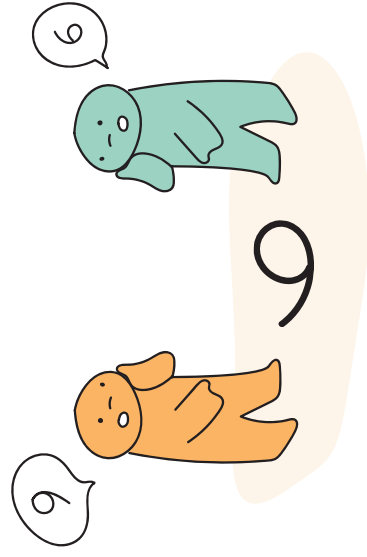
Strengthening connections



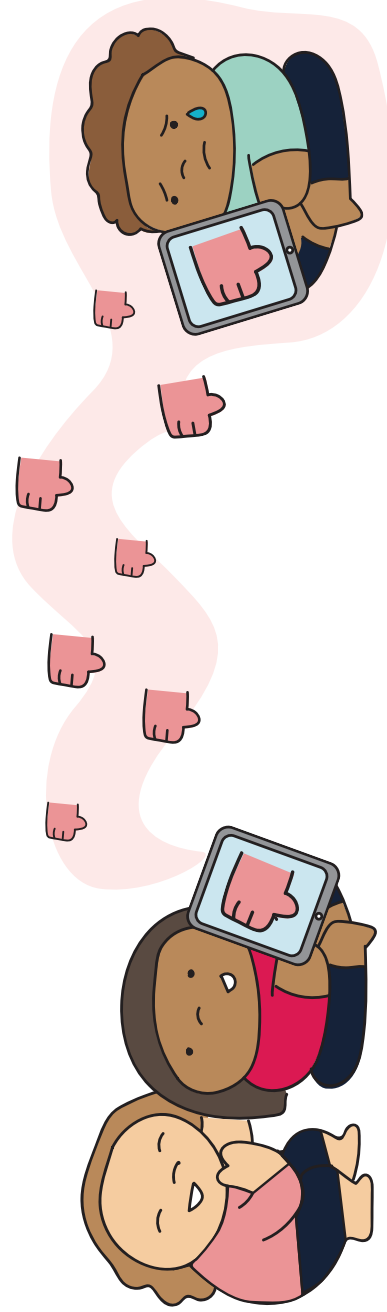
I'm listening.

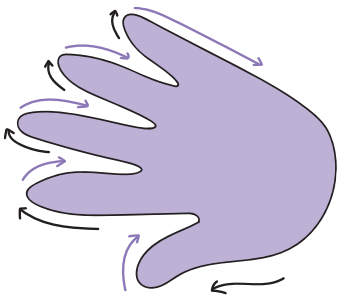
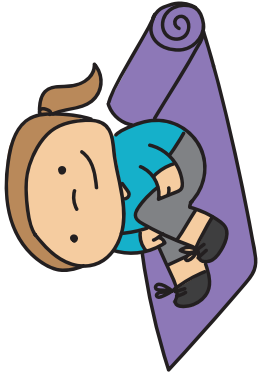


Respecting and celebrating differences

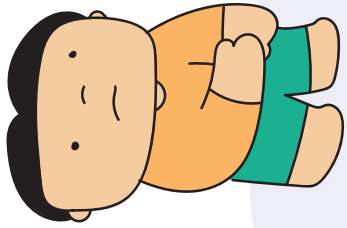
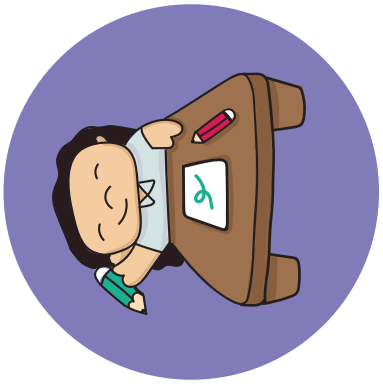


Barriers to empathy

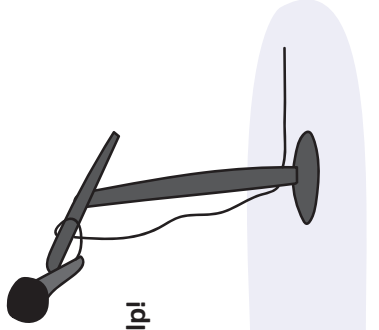




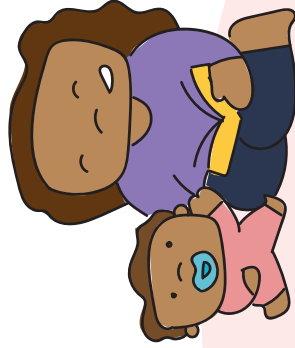
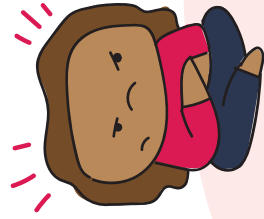
Practical mindfulness tools and strategies

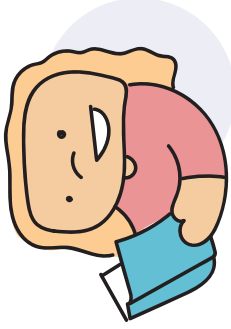
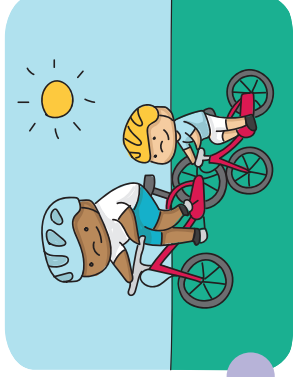


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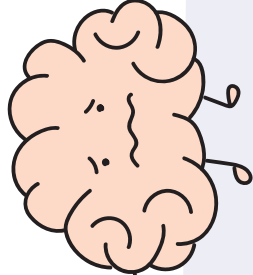
Applying new skills and knowledge





Benefits of mindfulness

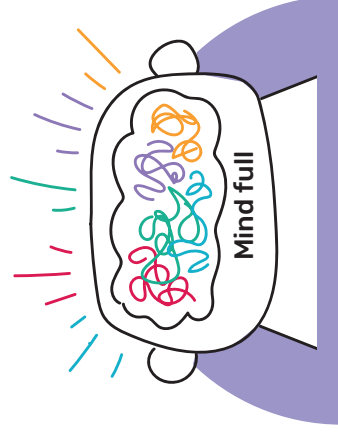
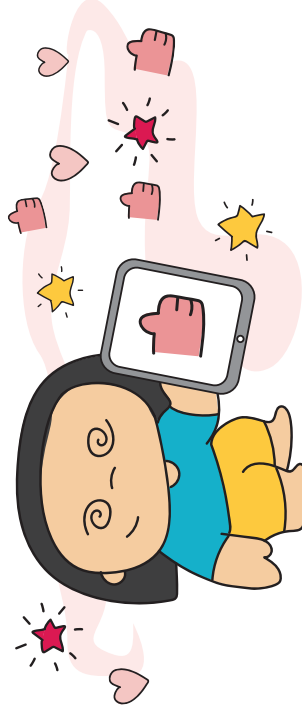
The past

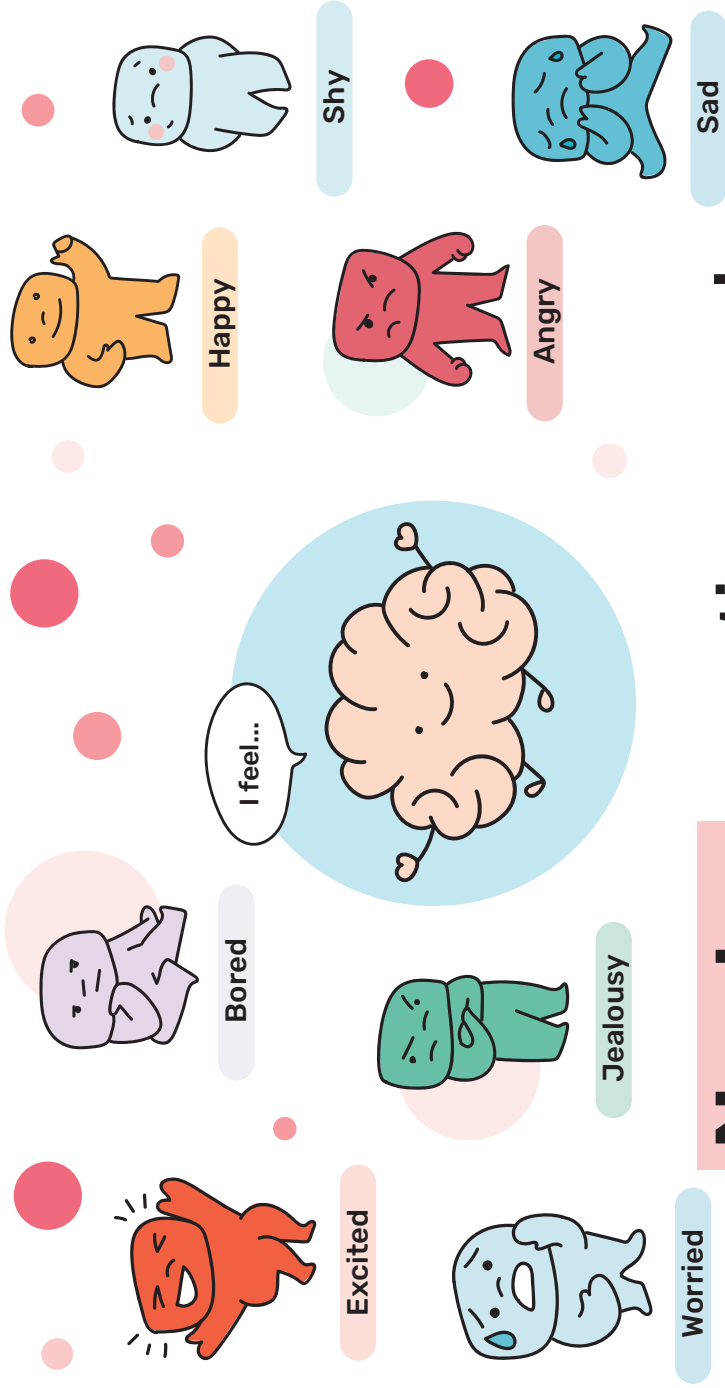


The future

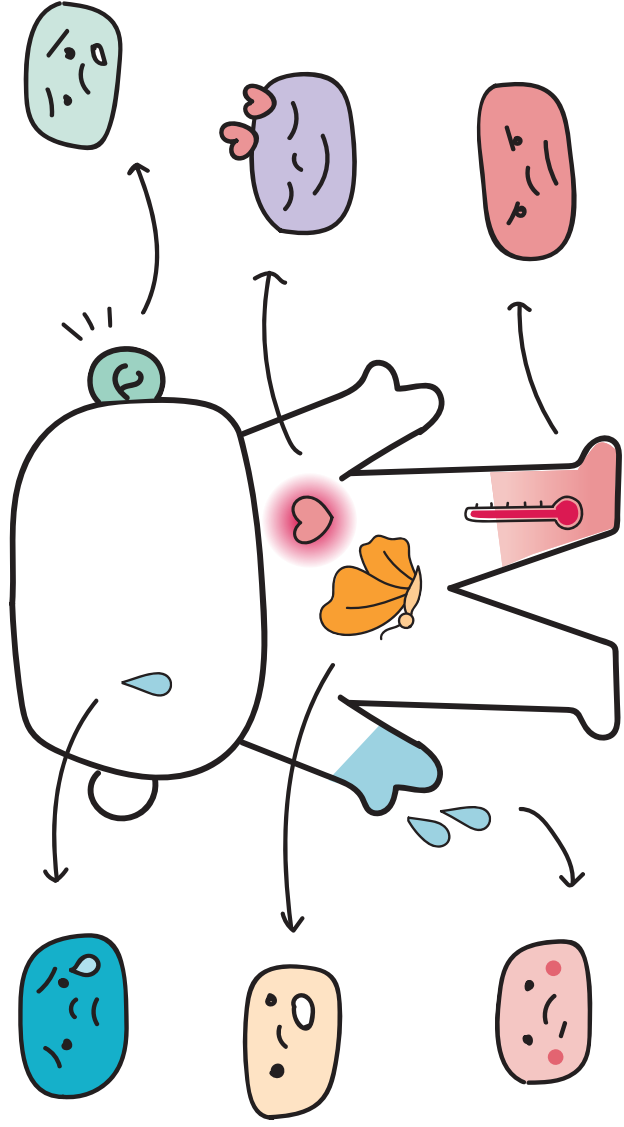


Barriers to mindfulness

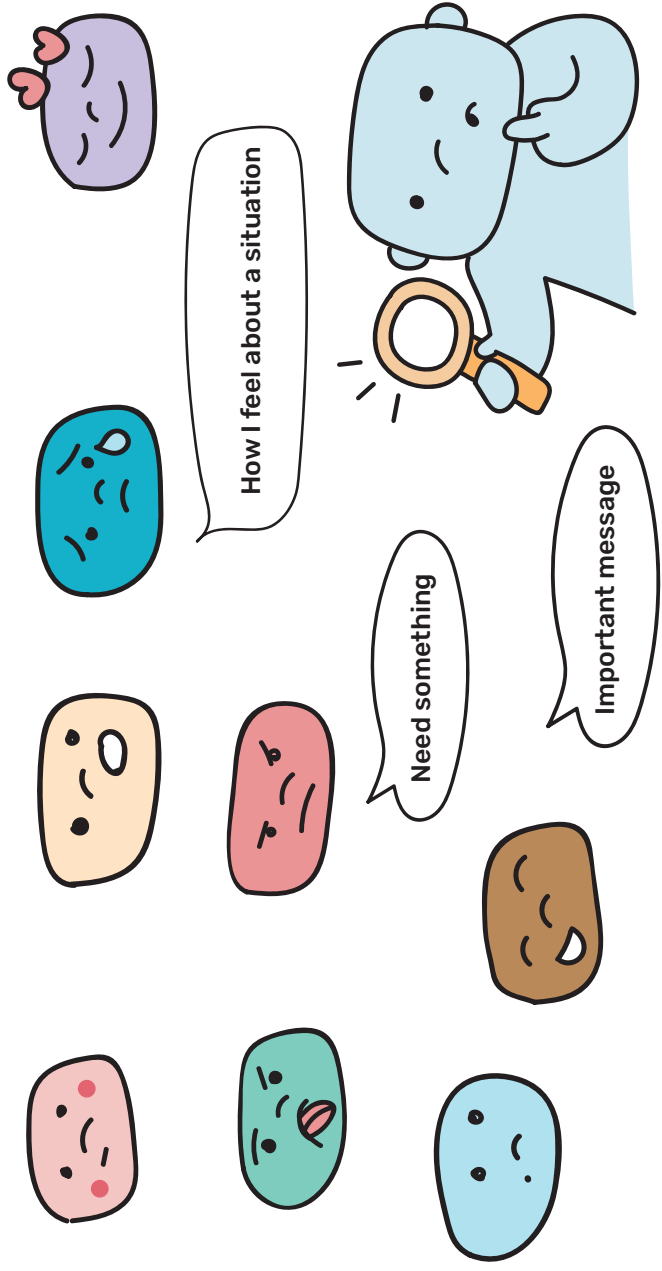




Naming emotions and understanding feelings



Linking body cues to feelings and emotions



Need something

Important message

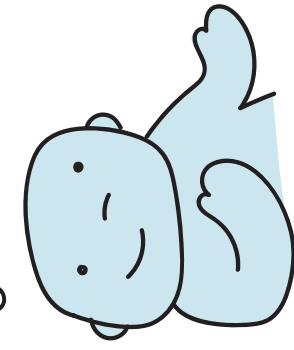
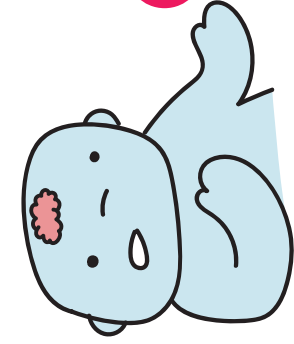
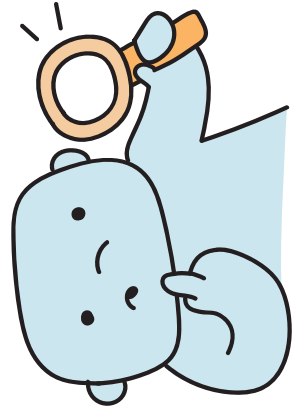


Understanding that emotions have a purpose

Notice

Name

Strategies



Processing, managing and responding to emotions



