Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Last Thursday 30th August, **The Resilience Project** came to APS and spoke to students about resilience, gratitude, mindfulness and kindness, which effect everyone’s happiness and ability to flourish at school, work, and in life.

The most important thing I learnt was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

One way that I have chosen to show my gratitude is to create a gratitude quilt.

Next Tuesday 11th September, at 7pm, The Resilience Project will be coming to talk to all APS parents about mental health and wellbeing.

I would love for you to come along so that you can find out more about mental health and wellbeing strategies that I learn at school.

Love \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_