

Nurturing resilience through child-led philanthropy

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We probably all have memories of contributing to cake stalls in aid of a "good cause" as a child. But what about kids driving projects that help to improve a local wetlands, install welcoming signs for refugees or aid women and children who are fleeing family violence?

Researchers are examining how to best encourage resilience and coping skills in children. And there are early signs that helping kids to have genuine connections with their

communities might improve their ability to cope and feel secure if their own lives hits hard times.

Life Matters hears from kids and adults involved with a project by [Kids Thrive](#), a Melbourne-based NGO that's helping kids design and drive philanthropic projects in their own community.



IMAGE: WYNDHAM PARK PRIMARY SCHOOL STUDENT CHARLOTTE, WITH TEACHER LOUISE HOLLEY. (SUPPLIED)

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Guests

Dr Lisa Gibbs

Director of the Jack Brockhoff Child Health and Wellbeing Program, at Melbourne University.

Andrea Lemon

Co-founder and Creative director of Kids Thrive, playwright and director.

Andrea Rienets

Co-founder of Kids Thrive, singer, songwriter, composer, and community development artist.

Wyndham Park Primary Students

Charlotte, Achilles, Ashala, Thaku and Sonny

Credits

Producer Erica Vowles

Reporter Erica Vowles