

# The Smiling Mind School Program

The Smiling Mind School Program is an evidence-based approach to support student mental health and wellbeing.

## WHAT IS THE SMILING MIND SCHOOL PROGRAM?

- A whole school mindfulness approach that provides training, resources and materials to support educator and student wellbeing.
- A positive, preventative and proactive approach to support students to develop foundational personal and social capabilities.
- Provides a comprehensive social-emotional learning (SEL) framework and aligns with the PDHPE syllabus.









The Smiling Mind schools program has generously been donated by Frasers Property Australia Foundation.

## PROGRAM BENEFITS



Research shows that mindfulness practice can help primary-aged children to develop emotion and behaviour regulation skills, improve attention and concentration and facilitate optimal environments for learning.

The Smiling Mind School Program is designed to support:







### Students

-  Improved engagement with learning, attention and concentration
-  Improved wellbeing
-  Improved management of emotions and self-regulation skills
-  A positive climate for learning
-  Improved social management skills
-  Improved resilience


### The whole school

-  A positive school climate and culture
-  A positive learning environment

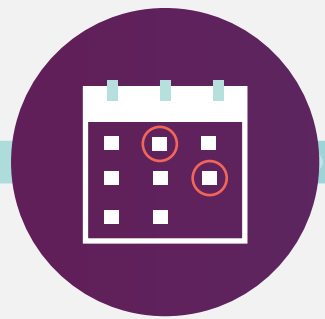
### Teachers

-  Calmer classrooms
-  Engaged and focused students
-  Reduction in stress
-  Comprehensive social-emotional learning (SEL) framework
-  Practical and easy to implement resources
-  Whole staff and individual support

### Parents and carers

-  Knowledge and resources needed to use mindfulness in the home environment

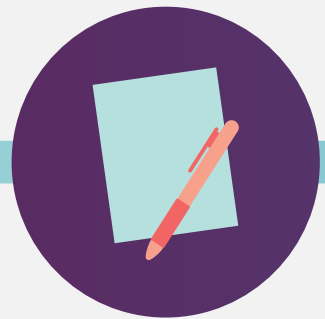
# What does the program involve?



**1.**

## **Register Interest**

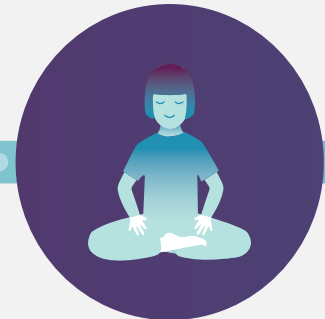
Submit an interest form on the Smiling Mind website – if you're interested in an online workshop you'll be able to indicate your preference for a range of dates across coming months.



**2.**

## **Booking confirmed**

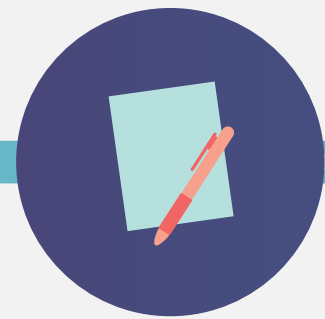
Smiling Mind will get in touch to confirm your booking and to share important information about how our online sessions work.



**3.**

## **Introduction to Mindfulness live online workshop**

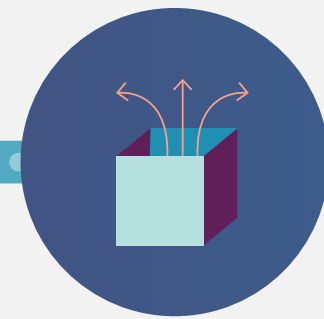
All educators at your school are invited to participate in this session 60 minute live online session with an expert Smiling Mind facilitator. The session includes an introduction to mindfulness and a live mindfulness practice.



**4.**

## **Resources for teachers and families**

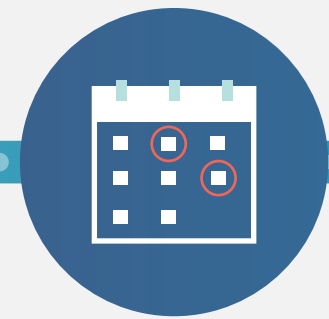
We'll send your school resources to help bring mindfulness into your classrooms, as well as information you and share with families in your community. Primary schools will receive a copy of our Mindfulness Curriculum for years 1-6.



**5.**

## **Online learning modules**

Your school's teachers will all get access to Smiling Mind's highly engaging online learning modules, designed to support a whole school approach. Teachers can work through these modules at their own pace.



**6.**

## **Live online Q&A session**

Teachers can join educators from across your state in a live session hosted by one of our facilitators – they'll guide participants through a live meditation, and then answer questions and provide advice on how to implement a whole school approach to mindfulness.

# How have teachers found the program so far?

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## 100%

of teachers reported they were **satisfied or very satisfied** with the training, and that the **quality of the workshops** was good or very good

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## 84%

of teachers reported that the training made them feel “a lot” or “very much” more confident to **support the wellbeing** of their students, and to **teach social and emotional learning**

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“ [Our facilitator] was brilliant! Our entire staff are feeling super eager to begin this program with our students. Thank you so much! *Participating teacher* ”



# Registering your interest with Smiling Mind

If you would like to bring mindfulness to your school, just complete the Expression of Interest form online. We'll be in touch shortly to confirm next steps.

## Eligibility Criteria

Please note: This program is only eligible to Australian schools with an ICSEA score of 1000 or lower. To check your school's ICSEA click [here](#).



**Places are limited**, so please fill in your expression of interest as soon as possible.

Click on the image below to register.

info.smilingmind.com.au

SMILING MIND

## Register your school today!

For the Smiling Mind Schools Program thanks to Frasers Property Australia

**We're rolling out our mindfulness training program to 90 schools over three years free of charge, thanks to our partner Frasers Property Australia.**

Frasers Property Australia takes pride in building healthy communities and shares our belief that long-term mental wellness plays a key role in that.

**Interested? Simply nominate your school on the right.**

Please note: this program is only available to Australian schools with an ICSEA score lower than 1000. To check your school's ICSEA click [here](#).

First Name  Last Name

Your email address\*  Role

Name of school

Phone number  Mobile phone number

Suburb

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