

# 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.

## 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?



<b>Mindfulness Foundations</b>	<p>Two foundational workshops for educators designed to support a whole school approach, 90 minutes each</p> <p><b>Foundations A — Leading by example</b> An introduction to mindfulness, the benefits for educators and students and establishing a personal practice</p> <p><b>Foundations B — Bringing it to life</b> A practical approach to bringing mindfulness into your school</p>	<ul style="list-style-type: none"><li>✓ Learn more about mindfulness</li><li>✓ Start a personal practice</li><li>✓ Understand the benefits</li><li>✓ Develop a mindfulness plan for your school</li></ul>
<b>Parent &amp; Community Workshop (Optional)</b>	<ul style="list-style-type: none"><li>— Workshop for parents, 60 minutes</li><li>— Engage parents in understanding mindfulness and wellbeing for their children</li></ul>	<ul style="list-style-type: none"><li>✓ Introduce parents to mindfulness</li><li>✓ Support use at home</li></ul>
<b>Program Resources</b>	<ul style="list-style-type: none"><li>— 1 set of our curriculum manuals (primary school only)</li><li>— Five-week supporting communications</li><li>— Classroom posters &amp; school implementation toolkit</li></ul>	<ul style="list-style-type: none"><li>✓ Support sustainable implementation of the program within your school</li></ul>



# Program Overview



# Registering your interest with Smiling Mind

If you would like to join this training program to deliver mindfulness sessions in your school, please complete the Expression of Interest [here](#). We will notify you of next steps if you are selected.

## Eligibility Criteria

Please note: This program is only eligible to Australian schools with an ICSEA score of 1000 or lower. To check your schools 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

**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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