Smiling Mind Education

Primary School Mental Health and Resilience Program
Mindfulness-based social and emotional learning equips children with the skills they need to thrive in life, by building healthy minds and engaged classrooms.

“Why our programs exist

1 in 7 young people experience a mental health condition in any given year.\(^1\)
We believe if we can impact the lives of children, we can play a significant role in positively shifting the statistics in years to come.

“An external evaluation by PWC (2021) found that 94% of teachers were highly or very highly satisfied with our training, and 84% of teachers trained saw benefits in the wellbeing of their students.

“That’s why over 250k Educators have chosen Smiling Mind’s education solutions for their classroom, that’s nearly 1/3 of all Australian teachers.

What a positive change Smiling Mind has had on our little school. We have weekly staff mindfulness in the morning before school and our students take time every single day for a Smiling Mind session. It’s incredible the overall climate change this wonderful program has had on our class and our staff team.”

— Participant
Our Primary School Mental Health & Resilience Program can help schools achieve the following outcomes:

- Calmer classrooms
- Less stress
- Engaged & focused students
- Improved sleep quality
- Enhanced ability to describe and accept emotions
- Improved mindfulness

Benefits for teachers

- Increased mental wellbeing
- Greater concentration & focus
- Improved academic performance
- Clear strategies for emotional regulation
- Better relationships
- Improve resilience

Our Primary School Education Program is an evidence-based approach to supporting mental health and wellbeing of children in the classroom, school and home environment.

It provides schools with:
- Professional development and training
- Teaching and learning resources
- Individual student resources and evaluation tools
- Online teacher training and digital resources
- A digitally delivered Primary Classroom Program with classroom-ready lesson plans for every year level
- An online community of Smiling Mind teachers around Australia

Designed to upskill and support teachers and school leaders to implement mindfulness based social and emotional learning, we provide explicit teaching and learning programs which engage the whole school community. Developed by psychologists, the learning content is mapped to the Australian Curriculum, and covers fundamental mindfulness-based emotional and social literacy skills required to self-regulate, and that are proven to positively impact learning outcomes.

Smiling Mind Team

Our Facilitators & Content Developers are a team of highly qualified Psychologists, Learning Designers, Mindfulness Experts and Educators, and all have extensive experience delivering Social Emotional Learning training to individuals in community, corporate and education settings. All possess expertise in the foundation practice of our course: mindfulness theory, research and practice.
# Program Pillars

## Student Wellbeing

Our program is an effective way to manage the rising mental health challenges students experience today.

- Mindfulness based social and emotional learning is an evidence-based preventative approach to mental health and wellbeing for the entire school community.
- Mindfulness based social and emotional learning has been found to reduce stress and anxiety.3,4

Why is this important?
- Student wellbeing plays an essential role in education – supporting students to learn, thrive, grow and importantly develop protective factors against mental ill health and resilience.
- When Wellbeing is a whole school focus it can improve the school climate, a condition found to have an above average positive effect size of 0.43 on student achievement.5

## Student Engagement

1 in 5 students are disengaged from school and learning.6

- Mindfulness strengthens brain areas related to attention, self-regulation and goal-directed behaviour, thereby helping students to feel ready and focused to engage in their learning.7

Why is this important?
- Engaged students have better attention and focus, and develop greater awareness and higher order thinking skills. Student engagement promotes meaningful and independent learning.7
- Teachers effectively engaging students in learning is critical to students achievement with relationships having an effect size of 0.48.5

## Positive Behaviour

Practising mindfulness can improve student behaviour by reducing emotional reactivity.2

- It provides the skills for students and educators to be calm and responsive, and to reflect on their actions.
- This helps create positive behaviour and culture for learning.

Why is this important?
- Positive behaviour creates a safe and supportive learning and social environment.
- Positive behaviour teaches students essential life and learning skills and leads to higher attendance rates in school.11
- Positive self-concept and positive peer influence has an effect size of 0.47 and 0.53 respectively on student achievement.5

## Emotional Resilience

School and life can be challenging for many children. Mindfulness has been found to improve emotional regulation and psychological wellbeing – both essential for students’ resilience at school and beyond.12

- Our programs support greater self and social awareness, all of which underpin resilience.

Why is this important?
- The ability of children to be able to cope, bounce back and grow from situations and life experiences is a skill that enables them to stay mentally well and sets them up for life.
- Self-regulation strategies such as developing emotional resilience have a positive effect size of 0.52 on student achievement.5

## Learning Capability

Mindfulness programs improve cognition, readiness to learn, working memory, reasoning and mental flexibility – all essential learning skills.13

Why is this important?
- Cognition is strengthened through mindfulness at the neurological level, making our brains and bodies more open and able to learn.
- Mindfulness based social and emotional learning and social development increases students’ capacity to work together. Students working together, through for example classroom discussion has one of the greatest impacts on student achievement, with an effect size of 0.82.5

## Social Skills

Social skills are essential for young people and we know collaborative learning is a high impact teaching strategy. Many students in Australia have missed over a year’s worth of social skills development through isolation and remote learning as a result of the COVID-19 pandemic.

- Research shows that students who have practiced mindfulness have better social skills than 64% of the students who have not practiced mindfulness.3

Why is this important?
- Strong classroom cohesion, for which social skills are an essential component, has an effect size on student achievement of 0.53.5

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*Note: A positive effect size over 0.4 is considered to have an above average influence on student achievement.*
After completing the training I feel more confident in taking the program to staff, students and the parent community. It was practical and has given me simple measures to take to develop the program in our school.

— Participant

Having undergone extensive evaluation, the Smiling Mind Education Program has now been implemented in over 600 primary schools across Australia and our App supports over 250K educators.
Starter Program for Individual Teachers

Suitable for individual teachers, this program has been developed as an introduction to mindfulness-based social and emotional learning and equips teachers with knowledge, resources and practical skills to bring into their classrooms.

Educators enrolled in this program will gain access to:

- A self-paced online course ‘Mindfulness Foundations’
- An optional 1 x 90 minute workshop with like-minded teachers
- A license to our online Learning Hub containing additional educational tools and resources
- Access to our Primary Classroom Program: a digital collection of teacher training modules, lesson plans for every year level and a classroom-ready interactive student view
- Access to an online community of other Smiling Mind teachers to share advice, tips and support on implementing the program

Starting at $199.00 inc. GST

"I really liked the interactive nature of the online sessions and getting to talk to teachers from other schools about their experiences. Even though the course was delivered online, I feel it was so engaging and I looked forward to it each week.

— Participant in our Education Program"
Whole School Program

The Whole School Program allows schools to fully embed our program within their classroom and teaching environments to begin transforming the lives of children and teachers. A key feature of this program is the opportunity to have staff complete our comprehensive Mindful Champion course. Our experience shows the schools that train Mindful Champions have greater success achieving meaningful, long-lasting impact.

“The Mindful Champion course was one of the best I have done throughout my 35 year teaching career. So valuable for staff, students and families alike.”
— Participant

Educators enrolled in this program will gain access to:

- Comprehensive training for two educators in our Mindful Champion course
- Online Learning Hub access for all teachers and educators
- Access to our digital Primary Classroom Program
- Student Impact Measurement Tools for each student, class or whole school
- A student journal for every student

$4,900 excl. GST

Advanced Whole School Program

For schools who want to offer their students and school community the best mental health development, the Advanced Whole School Program offers additional support, training programs and specialised content.

Educators enrolled in this program will gain access to:

- Facilitated Working with the Curriculum workshop exclusively for all staff at your school
- Facilitated workshop for Parents and Carers, embedding the program even further into your school community
- Additional specialised courses such as our new Trauma Informed Practice course coming in Term 2, 2022, and our ADHD and Mindfulness workshop
- A specialised Teacher Self-Care workshop ensuring best-practice mental health support at all levels

$7,900 excl. GST
Smiling Mind’s Learning Hub collates all your purchased digital course materials, resources and teaching tools in one convenient online platform.

**Key features include:**

- Online access to self-paced learning for educator courses.
- Classroom-ready lessons to assist teachers in implementation of the Primary Classroom Program.
- An online community of Smiling Mind educators where you can ask questions, share ideas and get inspired by others.
- A library of digital resources for both teachers and students.
- And so much more coming soon.

**To get access to the Learning Hub your school needs to be participating in one of our Whole School or Advanced Whole School programs, or you can get access by purchasing the Starter Program through our [online store](#).**

Brand new for 2022, the Primary Classroom Program is now available within the Learning Hub. The new program is a fully digital, enhanced version of our original print mindfulness-based SEL curriculum for Years 1 – 6.

**Key features include:**

- Over 120 new and updated lessons, student-facing presentations, meditations, resources, and classroom and take-home activities.
- The Primary Classroom Program is based around 20 topics which have been mapped to the Australian Curriculum, supporting students to develop self awareness, self management, social awareness and social management skills.
- Lessons are scaffolded into five stages to maximise learning and encourage mindfulness practice to become embedded not just in the classroom, but also beyond.
### Smiling Mind Education

**Primary School Mental Health & Resilience Program**

#### Package price

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<tr>
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<td><strong>Starter Program for individual teachers</strong></td>
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<tr>
<td>Self-paced Mindfulness Foundations course</td>
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<td>Ticket to Smiling Mind's regular 'Working with the Curriculum' workshop (90min) Online with a community of teachers. Workshops are scheduled for regular monthly dates.</td>
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<td>Mindful Champion six week course – set dates each term</td>
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<tr>
<td>Email support package</td>
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<td>Student Impact Measurement Tools</td>
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<td>Student Journals</td>
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**Whole School Program**

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**Advanced Whole School Program**

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**Tailor your program with these add-ons**

- Student Journals
- Facilitated Working with the Curriculum workshop exclusively for all staff at your school
- Facilitated Introduction to Mindfulness for Parents and Carers workshop
- Trauma informed Practice in Education online course (available from Term 1, 2022)
- Training for additional Mindful Champions
- ADHD and Mindfulness workshop
- Teacher Self-Care workshop

To find out more about all available options or to assess the best program for your needs, please email education@smilingmind.com.au

Contact our sales team for more information about add-on pricing.
FAQs

What is ‘Mindfulness Foundations’?
Mindfulness Foundations is a self-paced, short online course for primary educators, developed to assist the integration of Smiling Mind’s mindfulness-based social and emotional learning into primary schools. Teachers can access this training via our Starter Program.

What is a ‘Mindful Champion’?
Mindful Champions are educators who have completed intensive training with Smiling Mind, and who are equipped to become social and emotional learning leaders in their schools and to inspire sustainable and impactful change. Our Mindful Champion course, delivered over six weeks, explores mindfulness in education and how to lead implementation in learning environments, enabling the development of positive mental health and wellbeing of students, educators and the broader school community. Teachers can access this training via our Whole School or Advanced Whole School Programs.

Can I use this program to support my professional development requirements as a teacher?
Yes! Educators are able to reference hours spent completing Smiling Mind courses as teacher PD hours or teacher-identified PD hours. In some Australian states, Smiling Mind is an accredited PD provider. Please get in touch with our education team if you would like some more detailed information about PD requirements in your state.

Is your program suitable for non-teaching staff? What about?
Yes! We have people from all kinds of roles participate in our training, not just registered teachers – school chaplains, family liaison officers, and administrators just to name a few. Our Mindfulness Foundations course is a great option for casual relief teachers, or pre-service teachers. Designed for individual educators to complete at their own pace, the course allows you to build your skills and knowledge in your own time. You can access the Mindfulness Foundations course in our Starter Program.

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We’re a Be You school, how can Smiling Mind integrate with what we’re doing?
If you’re at a Be You school, Smiling Mind’s Education Program is a great complement to the work you’re already doing to bring positive mental health and wellbeing to your learning community. The program is “not just another thing” for your school to do – it’s a comprehensive and flexible framework that can work alongside and support other whole school approaches to mental health, including Be You.

The Education Program particularly supports the Learning Resilience domain of Be You. Our program has also been independently reviewed and is included in the Be You Programs Directory. It received a 3/4 rating for Evidence, and 4/4 for Implementation, one of only a very small number of programs to be independently assessed at this level.


Is your program suitable for specialist schools?
Yes! While our Mindfulness Curriculum is targeted at Years 1-6, the content is very flexible and can be adapted to work with children of all ages and developmental levels.

We recently rolled out our full primary program to 445 schools across NSW, including 12 specialist schools. Teachers from those schools consistently shared positive feedback that the program was flexible enough to be implemented with their students, and was a great way to support their social and emotional learning and wellbeing.

How much time does it take to “do” Smiling Mind in our school?
Our Whole School and Whole School Advanced Programs are rolled out across a learning community over 3-4 terms. In the first term, 1-2 educators complete the 6-week Mindful Champion course, becoming social and emotional learning experts for your community. In the second term, your Mindful Champions will introduce Smiling Mind to the rest of your staff, through presentations and by asking educators to complete the Mindfulness Foundations short course. By the third term, all staff are equipped with the knowledge and confidence to deliver Smiling Mind to their classrooms and broader community. Of course, all school communities are unique and we encourage flexibility in your school’s implementation journey.
Hello,

I completed your Mindful Champion training last year alongside one of my colleagues. Since the training we have run multiple Staff PL sessions as well as in class support for staff at our school that were a bit unsure.

I wanted to write to you today to say a huge THANK YOU. The program has been embedded in all of our Home Learning online programs and the students are raving about it. They look forward to their Mindfulness everyday and some have even said they use it outside of school hours now.

We have staff who are using your App in their families and have told me that their children are sleeping better and their family is overall coping better.

I am an advocate for Mindfulness and have practiced it myself for many years. I needed to reach out because I know how much work goes into a program this great and I wanted everyone who has been apart of it to know that it is appreciated.

In times like these, an app that is so beneficial in so many ways is so important.

So once again, THANK YOU.

Keep doing great things for the minds of the future!
What teachers say

“
A few students who have actively engaged have been extremely calm in their interactions, and a couple of more anxious students have taken on the practice more over time and managed their anxiety noticeably better.”

“
As I’ve been working across the school to encourage all classes to participate I have found many students requesting this time in their day, a chance to stop and complete a mindful meditation, which says to me they are enjoying what we are implementing & finding it helpful.”

What students say

“
Lots of the time after recess I’m really puffed and I don’t really think very well then after using Smiling Mind, my mind is all cleared and I can think really well. Sometimes at recess you can argue with people and once you’ve been doing Smiling Mind you just think it doesn’t really matter, and you can just say sorry.”

★ ★ ★ ★ ★
References


5. Hattie, J. (2019). Visible Learning 250+: Influences on Student Achievement, Corwin Visible Learning Plus. Note: A positive effect size over 0.4 is considered to have an above average influence on student achievement.


To learn more about Smiling Mind and Smiling Mind Education visit [smilingmind.com.au/education](http://smilingmind.com.au/education) or send an enquiry email to:

✉️ education@smilingmind.com.au

Smiling Mind is a not for profit organisation here to help every mind thrive with digital-first tools, resources and education. Visit us online or download the free app to get started.