

# 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

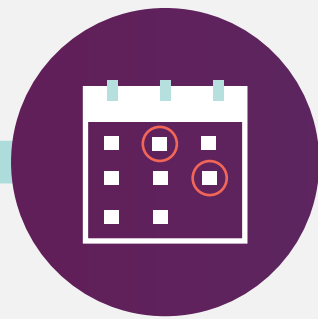
### Teachers

-  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

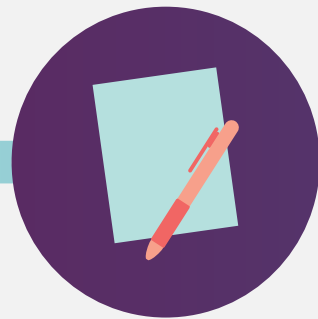
# What does the program involve?



**1.**

## **Register Interest**

Submit an **Expression of 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**

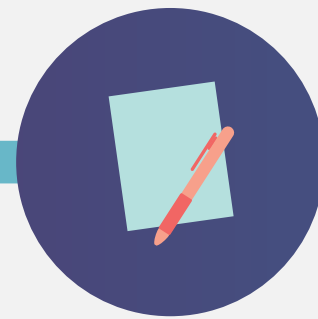
Smiling Mind will get in touch to confirm your booking and to share important information about how our online sessions work.



**3.**

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

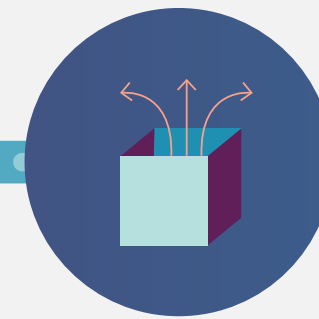
All educators at your school are invited to participate in this 60 minute live online session with an expert Smiling Mind facilitator. The session includes an introduction to mindfulness and a live mindfulness practice.



**4.**

## **Resources for teachers and families**

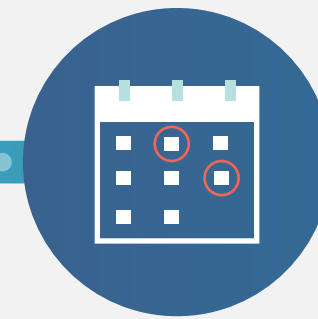
Your school will receive resources to help teachers bring mindfulness to their students, plus information to share with families in your community. Primary schools will receive a copy of our Mindfulness Curriculum for years 1–6.



**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.

The screenshot shows a web browser window with the URL [info.smilingmind.com.au](http://info.smilingmind.com.au). The page features a red header with the Smiling Mind logo. Below the header is a large image of a child with the text "Register your school today!" and a sub-headline: "For the Smiling Mind Schools Program thanks to Frasers Property Australia". The main content area contains a registration form with the following fields: First Name, Last Name, Your email address\*, Role (with a dropdown menu), Name of school, Phone number, Mobile phone number, and Suburb. To the left of the form is a text block: "We're rolling out our mindfulness training program to 90 schools over three years free of charge, thanks to our partner Frasers Property Australia." Below this is a smaller text block: "Frasers Property Australia takes pride in building healthy communities and shares our belief that long-term mental wellness plays a key role in that." Further down is another text block: "Interested? Simply nominate your school on the right." At the bottom of the form area is a note: "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](#)."

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