



Smiling Mind Primary School Program



Our Education Program

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

It provides schools with:

- A digitally delivered Primary Classroom Curriculum with classroom-ready lesson plans for Years 1–6
- Online professional development for educators
- Digital resources for the classroom and at home
- Individual student resources and evaluation tools
- An online community of Smiling Mind educators around Australia

Designed to upskill and support educators and school leaders to implement mindfulness-based social and emotional learning, the Smiling Mind Primary School Program provides explicit teaching and learning programs which engage the whole school community. Developed by psychologists and educators, the learning content is mapped to the Australian Curriculum, and covers fundamental emotional and social literacy skills. These are the skills required to self-regulate, and are proven to positively impact learning and mental wellbeing outcomes.

Smiling Mind Team

Our Facilitators and Content Developers are a team of highly qualified Psychologists, Learning Designers, Mindfulness Experts and Educators, and all have extensive experience delivering training in Social & Emotional Learning to individuals in education, community, and workplace settings.



Our Smiling Mind Primary School Program can help schools achieve the following outcomes:

Benefits for educators

- Calmer classrooms
- Reduced stress
- Reduced burnout
- Engaged and focussed students
- Improved sleep quality
- Enhanced ability to describe and accept emotions
- Improved awareness and attention



Benefits for students

- Increased mental wellbeing
- Greater concentration, focus and mindfulness
- Improved academic performance
- Clear strategies for emotional regulation
- Better relationships
- Improved perseverance
- Greater connection and engagement to school
- Greater happiness and optimism
- Calm during times of worry

Education products designed to support you and your students

Smiling Mind's suite of education products have been designed to create impact—not just for students, but for the educators who guide them. Each curriculum, program and course is led by evidence and created as a preventative approach to mental health.

Our product range

- The Primary Classroom Curriculum Page 4
Includes the Mindfulness Foundations:
Professional Development Course
- Whole School Starter Bundle Page 5
- Educator Wellbeing Workshops Page 7

These products are available in various bundles, and work to cultivate a positive classroom culture and a common language between students and educators.

Primary Classroom Curriculum

The Primary Classroom Curriculum covers 20 Social and Emotional Learning (SEL) topics which have been mapped to the Australian Curriculum, supporting students to develop mental fitness skills. It is available for all educators of young children as a 12-month subscription.

Key features include:

- A fully digital SEL curriculum ready to implement within the classroom.
- 120 pre-planned lessons aimed at year levels 1 to 6 (20 SEL topics per year level).
- Lessons are scaffolded into five stages to maximise learning and encourage mindfulness practice to become embedded not just in the classroom, but also beyond.
- A wide range of student and educator resources, including student-facing presentations, meditations, in-class SEL activities and printable take home activities.
- Free access to the Mindfulness Foundations course (90 mins), which has been developed for primary educators to understand and integrate Smiling Mind's mindfulness-based social and emotional learning (SEL) into the learning and culture of primary schools.
- Educator access to the Professional Development Webinar Series run by Smiling Mind throughout the year.



Purchase as an individual educator

Buy Now

Whole School - Starter Bundle

Suitable for a whole-school, this program has been developed to equip educators with the knowledge, resources and lesson plans to deliver social and emotional learning (SEL) in the classroom. This program is fully supported by online professional development training.

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|---------------------------------|--|
| Educator time investment | Approx. 1.5-hrs training + an optional Professional Development Webinar Series (1 hr per term) |
| Time saved | 40 hrs (assuming 2 hrs per lesson plan) |

Educators enrolled in this program will gain access to:

- 12-month subscription to the Smiling Mind Primary Classroom Curriculum (see Page 4).
- A self-paced online professional development course for educators: 'Mindfulness Foundations' (90 mins).
- A licence to our online Learning Hub containing additional educational resources for the Primary Classroom Curriculum and the Mindfulness Foundations course.
- Access to webinars on specialist topics

Pricing

Individual educator \$199 inc. GST

Whole-school discounts

Small School (10–17 educators) \$1,990 inc. GST

Medium School (18–35 educators) \$3,490 inc. GST

Large School (36+ educators) \$6,950 inc. GST





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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.

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— Participant in our Education Program



Educator Wellbeing Training

Training Prices Start from \$2,145 incl. GST

Smiling Mind's Educator Wellbeing workshops provide educators with practical tools to harness the benefits of a regular mindfulness practice to support their mental fitness.

Each workshop offers best-practice mental wellbeing support in the education environment. As a whole, the training is designed to improve stress management, bring clarity and focus to thinking, utilise attention and awareness skills, build interpersonal connections, and support improved sleep.

Educators will have the opportunity to develop these practical tools across four 1 hour specialised workshops:

- Mindfulness Essentials
- Calm
- Clarity
- Connection



Educator Wellbeing

Price per workshop

\$2,145* incl. GST

***Prices are for virtual workshops. In-person or recorded workshops can be purchased at an additional cost.**

The Smiling Mind Educator Wellbeing Workshops have been designed to enhance the wellbeing of educators in the school environment as they support young minds. Each workshop provides practical tools to support mental fitness and improve stress management.

Workshop 1

Mindfulness Essentials

Increase wellbeing through mindfulness practice. In this workshop educators learn ways to harness the benefits of mindfulness practice and utilise this practice in a school environment through evidence-backed strategies.

Workshop outcomes

- Understand the basics of mindfulness and meditation practice.
- Discover the neuroscience behind mindfulness.
- Learn the benefits of mindfulness and how they impact everyday life.
- Develop an understanding of mindful mindsets, like how to adopt non-judgement and a beginner's mind.

Workshop 2

Calm

Bring a sense of calm to work and life even when things get hectic. This workshop teaches educators how to ride the wave of stress and effectively manage emotional responses with mindful mindsets and practices.

Workshop outcomes

- Understand the stress-performance relationship.
- Learn how to approach stress as a learning and growth opportunity.
- Learn about negativity bias and acute stress responses.
- Grow the mindful mindsets of acceptance and letting go as a tool for 'riding the waves'.

Workshop 3

Clarity

Enhance focus, performance and innovation. In this workshop educators learn how to reclaim mental capacity, bring clarity to thinking and reduce feelings of overwhelm by developing attention and awareness skills.

Workshop outcomes

- Develop greater awareness of personal strengths, values and purpose.
- Learn how to unlock the gateway to 'flow' and focus to enhance wellbeing.
- Improve decision-making to be aligned to values and purpose.
- Develop the mindful mindsets of patience and non-striving.

Workshop 4

Connection

Strengthen connections with colleagues to bring energy and satisfaction to each day. This workshop is all about enhancing work relationships, self-compassion & teamwork to improve quality of life both in and out of work.

Workshop outcomes

- Understand how to nurture high quality connections with colleagues.
- Learn about the various responding-styles and which to use.
- Cultivate mindful listening skills and learn about positive energisers.
- Develop the mindful mindsets of compassion and gratitude for self and others, and gratitude.

The collection of Educator Wellbeing workshops offers best-practice mental wellbeing support in the education environment.

The training is designed to:

- Improve stress management
- Bring clarity and focus to thinking
- Enhance attention and awareness skills
- Build interpersonal connections
- Support better sleep.

Ready to create a positive school culture and enhance the wellbeing of your educators?

Contact Education Team to discuss your options.

education@smilingmind.com.au



To learn more about Smiling Mind and Smiling Mind Education visit [**smilingmind.com.au/education**](https://smilingmind.com.au/education) or send an enquiry email to: [**education@smilingmind.com.au**](mailto: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 Smiling Mind app to get started.

