

Smiling Mind Primary Classroom Curriculum Lesson Overviews

0 – Orientation

To introduce the concept of mental fitness; why it matters, and how it can be practised.

7 – Recognising Emotions

To recognise emotions and how they change and develop self-regulation skills.

14 – Empathy

To understand and grow skills around empathy, values and positive relationships.

1 – Awareness

To explore what awareness is and how students build self-awareness.

8 – Managing Emotions

To explore pleasant and unpleasant emotions and continue to develop self-regulation skills.

15 – Acts of Kindness

To understand and experience the benefits of kindness.

2 – Attention

To develop the skill of paying attention.

9 – Building Optimism

To develop the ability to cultivate an optimistic outlook and to recognise the benefits of an optimistic outlook.

16 – Positive Relationships

To grow connections by building positive relationships with others.

3 – The Senses

To develop sensory awareness through listening.

10 – My Strengths

To identify and grow personal strengths and to recognise and appreciate strengths in others.

17 – Positive Communication

To develop skills for effective and positive communication.

4 – Savouring

To savour positive experiences through tastes, storytelling, or appreciating special places.

11 – Gratitude

To understand and cultivate gratitude—both personally and through community.

18 – A Curious Mind

To embrace flexible thinking by being curious and comfortable with uncertainty.

5 – Movement

To learn to pay attention to the body through movement.

12 – Making Decisions

To develop decision making skills using awareness and personal values.

19 – Growth Mindset

To develop a growth mindset.

6 – Self-Compassion

To develop the skill of kindness and self-compassion.

13 – Setting Goals

To build skills around setting and working towards goals.

20 – Resilience

To develop the skills and ability to cope and persevere through life's setbacks.