

Smiling Mind Primary School Program



Smiling Mind is Australia's leading not-for-profit dedicated to building children's mental fitness. For more than 12 years we have pioneered evidence-based programs to equip the next generation with lifelong mental fitness to create generational change in mental health.

14M 

Children and young people (under 25) supported via the app and programs: Global, 14M. Australia, 9M

317,581 

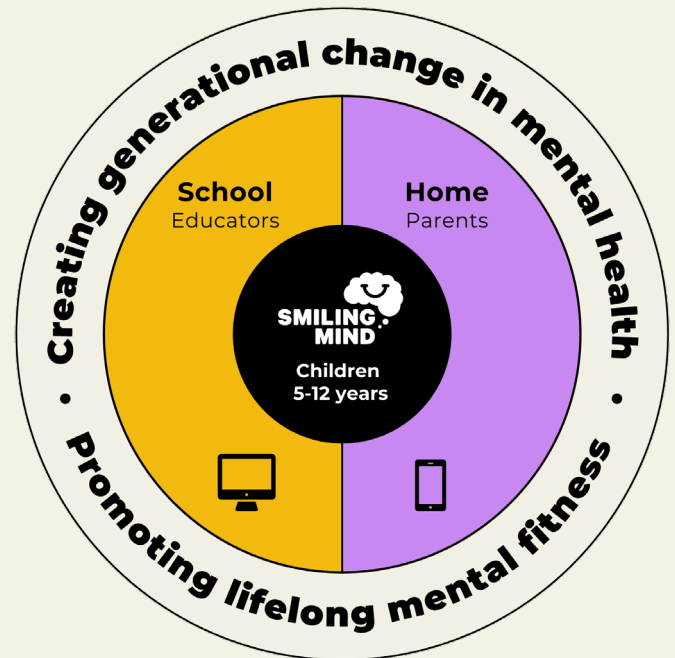
Students supported nationally

1,769 

Australian schools have participated in the Smiling Mind Primary School Program.

25,745 

Educators received training to integrate SEL into classrooms



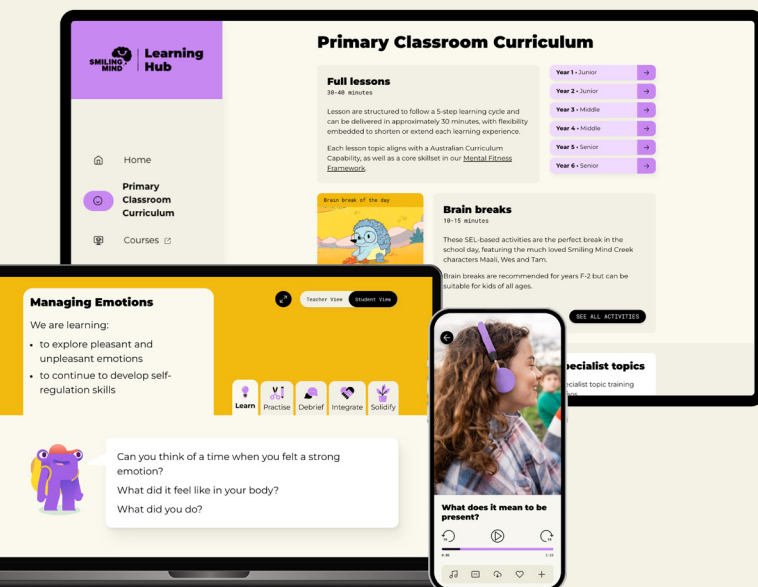
Empowering Schools with Mental Fitness

The Smiling Mind Primary School Program is co-designed with psychologists and educators. It builds social and emotional learning and mental fitness across the whole school community with curriculum-aligned lessons and tailored training for educators.

Our evidence-based social and emotional learning program is proven to support teacher and student wellbeing.

The program includes:

- ✓ **120 social and emotional learning lessons** for Years 1-6, including teacher & student views
- ✓ **18 interactive Brain Breaks** for Years K/P-2
- ✓ **Educator professional development** and implementation support
- ✓ **Parent app and resources** to extend learning at home—helping families thrive anytime, anywhere.



Social Emotional Learning to Build The Skills to Thrive

Smiling Mind's Primary School Program is underpinned by our evidence-based Mental Fitness Model. In the same way kids learn about physical fitness, we can teach them mental fitness through regular practice and empower them to thrive.

Through lesson plans and classroom activities, children learn, practise and integrate skills in five key areas proven to support mental wellbeing. By embedding these skills early in life, we're helping every child develop the lifelong skills to thrive.

Smiling Mind Mental Fitness Model



Live Mindfully

Skills: Awareness, Attention & Focus, Attitudes



Embrace Flexible Thinking

Skills: Mindset, Emotional Management, Gratitude



Grow Connections

Skills: Empathy & Kindness, Compassion, Positive Communication



Act Purposefully

Skills: Values, Strengths, Meaningful Contribution



Recharge Your Body

Skills: Movement, Sleep, Rest, Relaxation & Recovery

Measurable Impact - Backed by ACER

An independent evaluation by the Australian Council for Educational Research (ACER) demonstrated the effectiveness of Smiling Mind's Primary School Program in improving mental wellbeing for students and increasing educator confidence.

Nine in ten (88%) educators report that **their schools or classrooms have improved as a result of the program, including:**

-  More positive learning environments
-  Social and emotional skills development
-  Engagement with learning

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Relaxing and breathing can help me keep my cool and keep track of my emotions. I feel calmer, nicer and safer if I do these things.

– Year 6 Student

2 in 3 students reported at least one wellbeing benefit, including:

-  Being more focused on school work
-  Ability to keep calm more easily when worried
-  Playtime more enjoyable
-  Feel closer to friends and family
-  Feeling less worried about school work
-  Recognising and managing emotions better
-  Ability to solve problems more easily

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I learned that recognising emotions is extremely important, and can help us during tough times. It helps us learn to calm down when we are uncertain about things as well.

– Year 4 Student

*** Bring Smiling Mind to Your School:** To learn more about how the Smiling Mind Primary School Program visit: <https://www.smilingmind.com.au/smiling-mind-for-schools>