

## About Smiling Mind

Smiling Mind is Australia's leading digital-led, prevention-focused mental health not-for-profit. We've impacted millions of people through our renowned mental fitness app and school programs.

## The Smiling Mind Primary School Program

This year, our class will be doing the Smiling Mind Primary School Program—an evidence-based program designed to support your child's social and emotional development. Each lesson includes fun activities, discussions, and take-home worksheets covering decision-making, managing emotions, building positive connections, resilience, and more.

## What is mental fitness?

Just like we know that eating healthily and being active is good for our bodies, there are things we can do to keep our minds healthy, too. We can practise mental fitness in five key areas:



### Live Mindfully

Focusing on our thoughts, feelings, body, and environment helps us choose how we respond.



### Embrace Flexible Thinking

Being open to new ideas and ways to solve problems to build adaptability and positivity.



### Grow Connections

Positive connections with others and our environment create a sense of safety and support.



### Act Purposefully

Doing meaningful activities fosters pride and a sense of accomplishment.



### Recharge Your Body

Taking care of our physical health through rest, movement, and relaxation supports overall wellbeing.

## Why learn about mental fitness?

Half of all mental health conditions first emerge before the age of 14<sup>1</sup>, and nearly half of us will experience a mental disorder in our lifetime<sup>2</sup>. With rising rates of mental illness, teaching mental fitness skills during primary school is crucial for laying the foundations that help manage life's ups and downs.

## How you can get involved

1. Download the free Smiling Mind app to access the suggested activities and meditations during the year.
2. Talk with your child about their Smiling Mind lessons.
3. Check out the take-home worksheets and complete activities as a family.

## Want to learn more?



Scan the QR code to access free mental fitness resources for your family.

<sup>1</sup>Kessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62: p. 593-602.

<sup>2</sup>Australian Bureau of Statistics. (2020-2022). National Study of Mental Health and Wellbeing. ABS. <https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release>.