

# Smiling Mind — Education Packages

Contact us at  
[education@smilingmind.com.au](mailto:education@smilingmind.com.au)



# The state of mental health

- 1 in 7 primary students and 1 in 5 secondary students suffer from a mental illness.
- By the age of 25, 1 in 3 Australians has experienced a diagnosable mental illness.
- Around 75% of these illnesses develop before the age of 24.
- 65% of people do not access treatment.

Smiling Mind raises awareness of the importance of mental health and wellbeing. Just as we teach kids to eat well and stay fit to keep their bodies healthy, teaching them about how to care for their minds is equally important. However, within most parts of society, including the education system, mental health is often overlooked.

Many children live busy lives in a state of mindlessness. This is the same as being on autopilot, or taking a back seat and letting thoughts and emotions drive actions and behaviour. Mindfulness puts the child's mind in the driver's seat. Instead of reacting, thinking in circles or repeating old habits, they can choose to act in ways that are both clear and empowered.



# Smiling Mind and mindfulness meditation

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Smiling Mind is modern meditation designed to create healthier, happier and more compassionate children. It's a unique web and app-based program developed by psychologists and educators to help bring balance to young people's lives.

Smiling Mind Education Programs have been successfully implemented in a wide variety of government and non-government schools and in classes of all sizes, backgrounds, locations and ages.

Each pre-emptive program is designed to assist young people deal with the pressure, stress and challenges of daily life. This includes help with sleep, wellbeing, managing emotions, concentration and school behaviour including dealing with bullying. Smiling Mind programs also assist with:

- stress management
- increased resilience
- increased creativity
- better decision making
- a sense of calm, clarity and contentment

**Mindfulness meditation is about becoming aware of the present, noticing thoughts as they come and go, observing one's breath and any other sensations. It's a simple skill that can be a life-changing practice.**

# The science

In 2015, Smiling Mind collaborated with Deakin University, Insight SRC, and Young and Well CRC to develop a research methodology to examine the Smiling Mind programs and their impact on students across 12 Victorian primary and secondary state schools. There were 1853 students and 104 teachers that participated in the research. These were the results that were found:

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## Benefits for students

All students who participated in the eight-week Smiling Mind Education Program experienced significant improvements in sleep quality compared to a control group.

Participation in the program resulted in significant improvements in student safety at school as well as a significant reduction in classroom disruptions.

Students with lower levels of wellbeing at the commencement of the program reported significantly better sleep quality, reduced psychological distress, enhanced positive wellbeing, improvements in concentration and reductions in class bullying.

## Benefits for teachers

Teachers who participated in the eight-week mindfulness meditation program experienced significant improvements in the quality of their sleep and their ability to concentrate as well as a reduction in tension and distress.

## What does this mean?

The Smiling Mind Education Program is beneficial for students and teachers across a number of domains including quality of sleep, mental health, engagement with learning and student safety. It has also reduced negative classroom behaviour such as bullying.



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**Mindfulness offers  
the potential  
to transform  
education so  
that we are truly  
educating the  
whole person.**

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**- Dr. Shauna Shapiro, Phd, Associate  
Professor of counselling psychology at  
Santa Clara University**

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# Smiling Mind in your school

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Smiling Mind education is currently running professional development workshops in schools and communities throughout Australia. Our programs are designed to inspire, motivate and inform teachers and students on the importance of mindfulness and meditation.

Schools are guided through a step by step introduction on meditation enabling them to develop a "tool kit" of practical exercise to demonstrate how to practice mindfulness on a daily basis. The smiling mind workshops have been successful in creating mindful schools through delivering these informative workshops. Students and teachers are reporting they are less anxious, more alert and ready to learn, less stressed and have an overall feeling of being more positive and able to achieve greatness.

**“Love 1:30pm every day when my grade 3/4 students run in, hot, bothered and sweaty from lunchtime and hit the floor, all ready to put a big smile on their minds!”**  
**- Simone, Year 3-4 teacher**



# The whole school package

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This program implements Smiling Mind across the whole school. Research has shown that involving a school's teachers, parents, students and whole community is the most effective way to gain the benefits of Smiling Mind.

The program demonstrates the ease of using meditation in the classroom, at home and throughout life. It provides tools to better cope with emotions and feelings in a world that can be chaotic and overwhelming and creates a culture of caring, compassionate, mature, engaged and focused staff and students.

This package includes:

**1. Teacher package**

2 x 1.5 hour presentations to teachers on mindfulness meditation. These are informative, engaging and motivating discussions that enable teachers to understand how to effectively practise mindfulness themselves, and then how to use it in their classroom.

**2. Parent package**

A 1.5 hour presentation to parents to explain the process and benefits of introducing a mindfulness meditation program into their schools. Parents are always grateful to schools for initiating this program and keen to have a greater understanding of Smiling Mind and its concepts.

**3. Student package**

10 x classroom 'mindfulness journeys' delivered to students. This is an entertaining, exciting and interactive way of introducing children to the concepts of mindfulness meditation. The lessons allow children to feel safe, happy and at ease when learning a new tool to help them in their life journey. These can be tailored to suit a primary school or senior school setting.

We recommend that the above workshops are implemented as a package, however they are also sold separately.

# Individual workshops

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If your school is unable to commit to the whole school package we also offer individual workshops. These include:

**1. Teacher workshop 1:**

**Understanding mindfulness**

This 1.5 hour workshop focuses on how mindfulness meditation can benefit teachers at home and in the classroom. This is supported by five weeks of follow up material designed to encourage teachers to use mindfulness on a daily basis.

**2. Teacher workshop 2:**

**Using Smiling Mind in the classroom**

Our 1.5 hour workshop draws on our research project results and focuses on how to use the Smiling Mind Education Program in the classroom.

**3. Parent workshop**

This 1.5 hour workshop explains the process and benefits of introducing a mindfulness meditation program into their children's schools. Parents and carers are always grateful to schools for initiating this program and keen to have a greater understanding of Smiling Mind and its concepts.

**4. Student workshop:**

**Mindfulness 101**

This 1.5 hour workshop is tailored to the student age group and is an entertaining, exciting and interactive way of introducing students to the concepts of mindfulness meditation.

This workshop is recommended to kick off the Smiling Mind Education Program in your classroom.

**5. Student workshop:**

**Mindfulness and exams**

Our 3 hour interactive workshop, prepared by psychologists, provides students with a greater understanding of mindfulness meditation and its benefits, especially during exam periods. This is supported by five weeks of follow up material designed to encourage students to use mindfulness on a daily basis.

Contact [education@smilingmind.com.au](mailto:education@smilingmind.com.au) for details on how we can incorporate the Smiling Mind Education Program into your school.



# 6 week course: Mindfulness stress reduction in education

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A 6 week course for teachers, parents, carers, students and individuals looking to gain an understanding of mindfulness meditation in a simple and practical way. The course is an investment in personal health and wellbeing. With Smiling Mind's research, this evidence based mindfulness course has been developed to:

#### It will help you:

- Communicate more mindfully,
- increase emotional awareness,
- overcome limiting thoughts and beliefs,
- improve mental and physical wellbeing by changing patterns of anxious thinking,
- improve focus, memory and productivity,
- increase the ability to cope more effectively with both short and long-term stressful situations,
- increase resilience and peace of mind, and
- improve self-esteem.

#### Benefits for teachers:

- Increases responsiveness to students' needs
- Supports stress management
- Enhances the classroom climate

#### Benefits for students:

- Strengthens attention and concentration
- Reduces anxiety before testing
- Improves classroom participation
- Enhances social and emotional learning

#### Participants commitment:

- 6 x 1 ½ hour mindfulness sessions including a take home manual and online meditations.
- 6 x 10 minute informal meditation practice weekly.
- Informal mindfulness practice daily.

These will be run regularly throughout the year.  
Please contact [education@smilingmind.com.au](mailto:education@smilingmind.com.au) for more details.

