



# 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.

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## 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



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## 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

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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
- Primary School Program Page 5  
Whole School Starter Bundles

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  
\$199 inc. GST each**

**Buy Now**

# Primary School Program

## Whole School Starter Bundles

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.

<b>Educator time investment</b>	Approx. 1.5-hrs training + an optional Professional Development Webinar Series (1 hr per term)
<b>Time saved</b>	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

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### Whole school bundle discounts

Small School (up to 17 activations)	\$1,990 inc. GST
Medium School (up to 35 activations)	\$3,490 inc. GST
Large School (more than 36 activations)	\$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





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)

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**Smiling Mind is a not for profit organisation here to help every mind thrive with digital-first tools, resources and education.**

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Visit us online or download the Smiling Mind app to get started.

