

Smiling Mind Spaces Toolkit

Inspired by Dulux





Table of contents

1 — Smiling Mind and Dulux	04
2 — How to use the Toolkit	07
3 — Smiling Mind Space One - Awareness	08
4 — Smiling Mind Space Two - The Senses	12
5 — Smiling Mind Space Three - Gratitude	16
6 — Smiling Mind Space Four - A Curious Mind	20
7 — Smiling Mind Space Five - Resilience	24
8 — Furnishings for Smiling Mind Spaces	28
9 — Smiling Mind Spaces Posters	32
10 — Stencils and Murals	34
11 — A message from Dulux	35



Smiling Mind and Dulux

Since 2012, Smiling Mind has supported healthy minds to thrive in Australian schools, by providing tools which develop life-long social and emotional skills. We have helped millions across the community with programs and resources designed specifically for school environments, including our Smiling Mind Mindfulness Curriculum, Smiling Mind app meditations and activities, as well as educator, parent and leadership training.

We're thrilled to announce that Smiling Mind is extending our work in Australian primary schools, with the introduction of Smiling Mind Spaces, an inspiring new project that has been enabled by our partner, Dulux.

Developed by Smiling Mind psychologists in collaboration with Dulux colour experts and wellbeing educators from around Australia, this Toolkit is a guidebook to help whole-school communities imagine and create healthier places to live, play, work and learn.

Spaces are often defined by the activities we do in them. We have spaces for eating, sleeping, playing, teaching and meeting, for example. As such, we might find it more difficult to cultivate the qualities of mindfulness in a space associated with activity and energy.

“
There are so many obstacles involved with meditation, a dedicated space moves some of them out of the way.
”

— Ralph De La Rosa

The designation of a space for mindfulness activities and social and emotional learning is important, as it provides a safe and associated area dedicated to such practices.

Balancing our evidence-based mindfulness tools and resources with Dulux's trusted expertise in colour and design – we are inviting primary school communities to come together and create physical mindfulness spaces around the school, as a visual reminder and area to further support daily mindfulness practice and long-term behavioural change.

This practical guide integrates five core themes from the Smiling Mind Mindfulness Curriculum and pairs these with curated colour palettes developed by Dulux, along with tips for where and how to create your own unique space.

Half of all mental health conditions have started by age 14, with one in seven young people aged 4 to 17 years experiencing a mental health condition in any given year. We want school communities to have the inspiration they need to create inviting, safe and engaging physical spaces to help navigate the busy school day and support students.

As Australia's leading not-for-profit in preventative mental health, we're excited to see Australian students, educators, parents and carers embrace and develop their own Smiling Mind Spaces, inspired by Dulux.

Share your experiences and images with us on social media so we can inspire more schools together.

Let's get started!



How to use the Toolkit

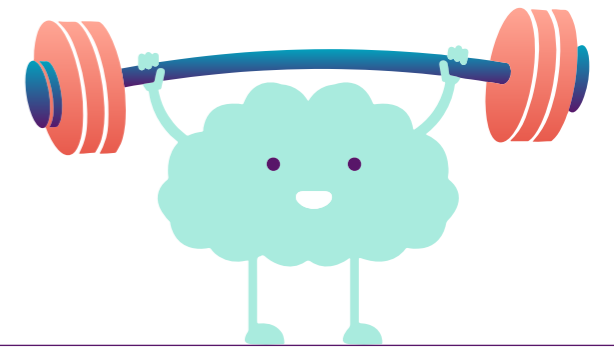
This Toolkit is designed to support you – students, educators, parents, carers and the wider school community – to create physical spaces and environments that help nurture wellbeing at school.

We know that primary schools are busy places and also that space can be scarce. This is why we've designed a Toolkit that provides inspiration for space of any size, budget or schedule. Feel free to adapt our suggestions. We want you to explore the ideas that work best for you.

The Toolkit is divided into five core themes from the Smiling Mind Mindfulness Curriculum – awareness, the senses, a curious mind, gratitude and resilience.

Within each theme, you'll find practical suggestions for:

- Where you could create a Smiling Mind Space at your school
- Smiling Mind meditations and activities for students and educators
- In-school activities and informal mindfulness practices for each space
- A unique paint colour palette, inspired by Dulux, and how to use the palette



And at the end, there's suggestions for furnishings, and stencils and mural ideas, that can be used by students and educators to help you establish and set the tone for your Smiling Mind Space.

We believe Smiling Mind Spaces is an opportunity to engage the school community in creating a mindful space together – whether that's a nook or corner, a dedicated room, an outdoor seating area or a garden in the school grounds.

The space could be created through a parent working bee, a Student Representative Council initiative or a class-led project where educators and students collaborate on ideas. It could be as simple as selecting activities and meditations to integrate into your class routine.

Our goal is to foster a sense of inclusion, ownership and motivation among school communities – students, educators, parents and carers – so they can engage with mindfulness in any location.



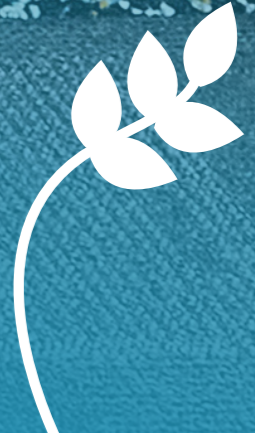
Dulux
Lip Gloss
Half



Dulux
Lexicon®
Half

Dulux
Green
Turquoise

Smiling Mind Space One — Awareness



Smiling Mind Space One — Awareness

Learning goal

To develop self-knowledge and self-perception – two foundational mindfulness skills.



At Smiling Mind, we define mindfulness as “the awareness that arises from paying attention to the present moment with openness, curiosity and without judgement”. In busy primary schools, we simplify that to mean... *being right here, right now, in this moment.*

When students are first introduced to mindfulness, we ask them to notice their breathing, how their bodies feel, what they can hear and anything else that’s happening around them. We ask them to tune in and pay attention to whatever is arising in that moment.

The meditation practice most often coupled with awareness is a *body scan practice* because it helps students to become more aware of their bodies. By mindfully paying attention to the body, students then begin to cultivate self-awareness.

With practice, mindfulness helps students better regulate their emotions, connect with others and pay attention more consistently.







Where to create this space?

You might use a corner of a classroom, a section of the library, a shared meeting space, a staff room or a communal area around the school grounds for this space. Anywhere that’s safe and accessible for students and educators.

You could use this space for...

In this Smiling Mind Space, you might teach a lesson from the Smiling Mind Curriculum or practice a meditation with other educators or student groups. You can even use the space to check in with how *you’re feeling* during the day.

Other ideas include:

-  A school mindfulness club
-  Journaling, drawing or colouring
-  Sound-based activities with chimes and singing bowls
-  Yoga, stretching, qi gong to build body awareness
-  Brainstorming
-  Teacher and educator wellbeing sessions


Smiling Mind recommended tools

The following meditations and activities can be accessed for free via the [Smiling Mind app](#). You’ll find these listed in the Classroom section of the app for Years 1 to 6.

Meditations

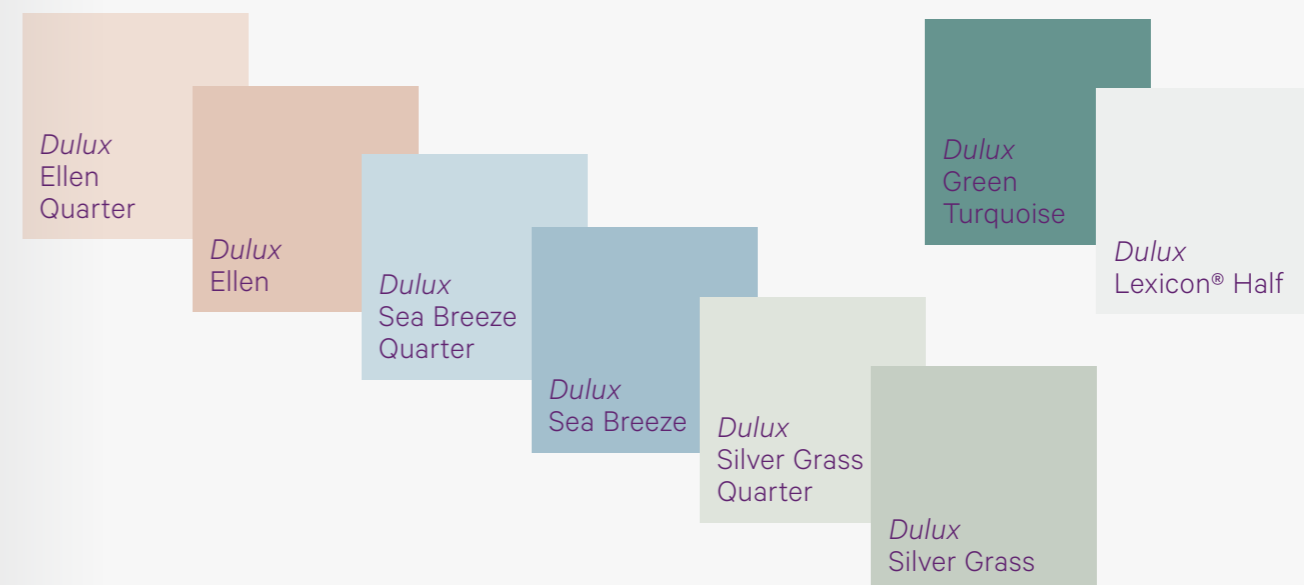
-  [The Bubble Journey](#)
-  [My Internal Weather](#)
-  [Belly Breathing](#)
-  [Self-Compassion](#)

Activities

-  [Mirror Movement](#)

The Awareness colour palette, inspired by Dulux.

The Awareness colour palette, inspired by Dulux, features soft and subtle natural colours. These can be used to paint surfaces or as colours for furnishings. All pastels – *Ellen, Ellen Quarter, Sea Breeze, Sea Breeze Quarter, Silver Grass, Silver Grass Quarter* – can be used as main wall single colours or together in different combinations.

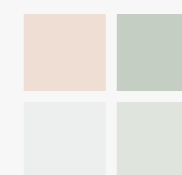


Scheme 1

Walls – Dulux Silver Grass Quarter

Boxes – Dulux Green Turquoise

Accent colours – Dulux Sea Breeze Quarter and Dulux Sea Breeze



Scheme 2

Walls – Dulux Ellen and Dulux Silver Grass Quarter

Trim – Dulux Lexicon® Half

Accent colours – Dulux Silver Grass





Dulux
Turner's
Light

Dulux
Forest
Blues

Dulux
Snowy
Mountains
Half

Dulux
Very
Cherry

Dulux
Orangeade

Smiling Mind Space Two — The Senses



Smiling Mind Space Two — The Senses

Learning goal

To foster social and self-awareness by increasing sensory awareness.



Our senses provide an instant doorway into mindfulness. Noticing what we can see, hear, smell, feel and taste, in any given moment, brings us into the present.

When we practice sensory awareness – tuning into our senses – our senses become more acute. We start to notice more details of the world around us, the people, places and events of our lives. As a result, our lived experience becomes deeper and richer.

The meditation most often connected with the senses is a *mindful listening* practice. In a school context, mindful listening increases a student's capacity to pay attention. Other sensory mindfulness practices include mindful eating and mindful movement.





Where to create this space?

Tuning into the senses tends to suit dynamic environments like the outdoors, where we can hear, see and be tactile in different ways. Outdoor learning areas or classrooms, gardens, a dedicated seated spot or even just a covered outdoor area would work well for this space.

You could use this space for...

In this Smiling Mind Space, you might engage the senses through a mindful listening meditation, as a class or with individual students or even a group of educators.

Other ideas include:

-  Mindful eating as a group or individually
-  Creative, tactile activities, such as arts and crafts
-  Mindful movement or dance
-  Sensory activities that tune into the environment
-  Playing with water, clay or leaves
-  A meeting place for lunchtime clubs, such as gardening, sustainability or environment clubs

Smiling Mind recommended tools

The following meditations and activities can be accessed for free via the [Smiling Mind app](#). You'll find these listed in the Classroom section of the app for Years 1 to 6.

Meditations

-  [Exploring Sounds](#)
-  [Exploring Tastes](#)
-  [Count Your Senses](#)
-  [Mindful Movement](#)

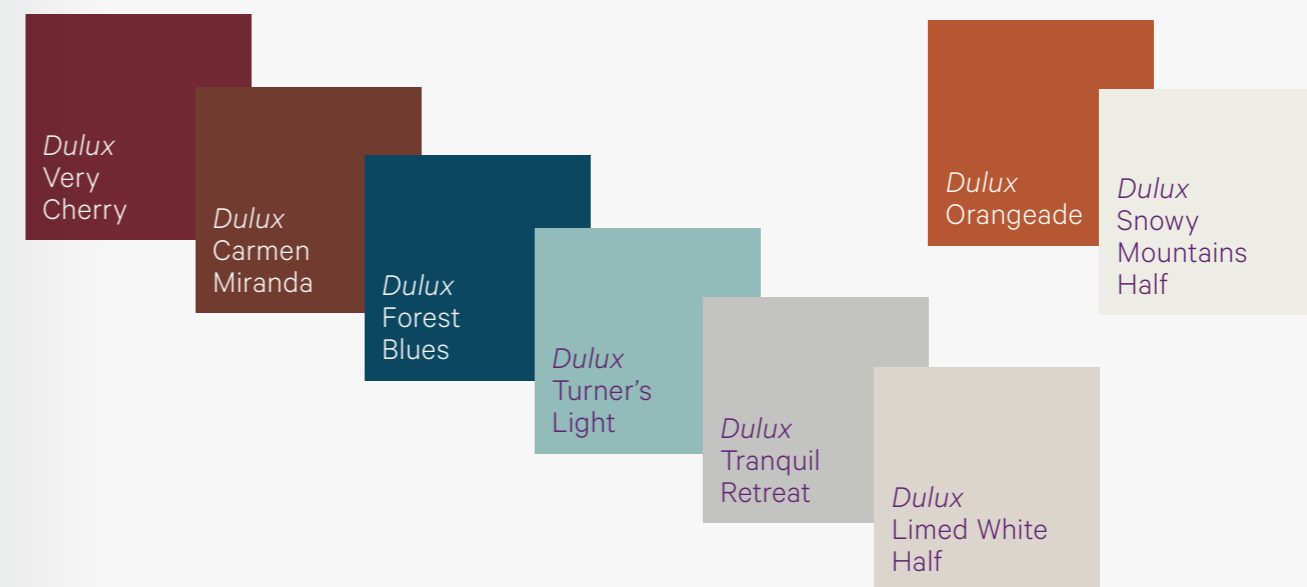
Activities

-  [Noticing Nature](#)

The Senses colour palette, inspired by Dulux.

The Senses colour palette, inspired by Dulux, is a stronger palette of colours designed to help stimulate the senses. These colours work well for indoor and outdoor spaces, on surfaces and objects, as well as in murals. (See [page 34](#) for examples and downloadable stencils.)

If you'd like to create a softer backdrop, consider using a neutral colour such as *Tranquil Retreat* or *Limed White Half* as the base, with highlights in *Forest Blues* or *Turner's Light*.



Scheme 1
Walls – Dulux Limed White Half
Accent colours – Dulux Forest Blues, Dulux Orangeade and Dulux Carmen Miranda

Scheme 2
Walls – Dulux Tranquil Retreat
Accent colours – Dulux Forest Blues, Dulux Very Cherry and Dulux Turner's Light





**Smiling Mind
Space Three**
— Gratitude



Smiling Mind Space Three — Gratitude

Learning goal

To develop an understanding of what it means to be grateful – fostering gratitude with oneself and others.



Practicing gratitude helps us to focus on taking in the good. All humans are hard-wired to absorb and get stuck on negative experiences – far more easily than positive ones. When we pay attention to what we're thankful for, we counteract the brain's natural negativity bias.

Where to create this space?

Any safe and accessible area in your school will work well for this space. You could use a corner of a classroom, a section of the library, a shared meeting space, a staff room or a communal area around the school grounds.






You could use this space for...

In this Smiling Mind Space, you might lead a *gratitude* practice for a class, educator group or individual students.

A *gratitude* practice invites us to make a conscious effort to notice and savour – to really take in – the good in our lives. It helps us to view life's challenges with a more balanced perspective, building our resilience and a feeling of satisfaction.

When we're grateful, we activate the parts of the brain needed for understanding other people. In students, practicing gratitude can lead to greater empathy and allow us to build stronger, more meaningful relationships.

Other ideas include:

-  Sharing personal expressions of gratitude as educators
-  Reflecting on what you're grateful for, in your own life
-  Writing a gratitude letter or a gratitude journal entry
-  Creating a thankfulness tree, writing what you're grateful for on sticky notes and attaching them to the outline of a tree in the space
-  Eating mindfully as a group during recess or lunch

Smiling Mind recommended tools

The following meditations and activities can be accessed for free via the [Smiling Mind app](#). You'll find these listed in the Classroom section of the app for Years 1 to 6.

Meditations

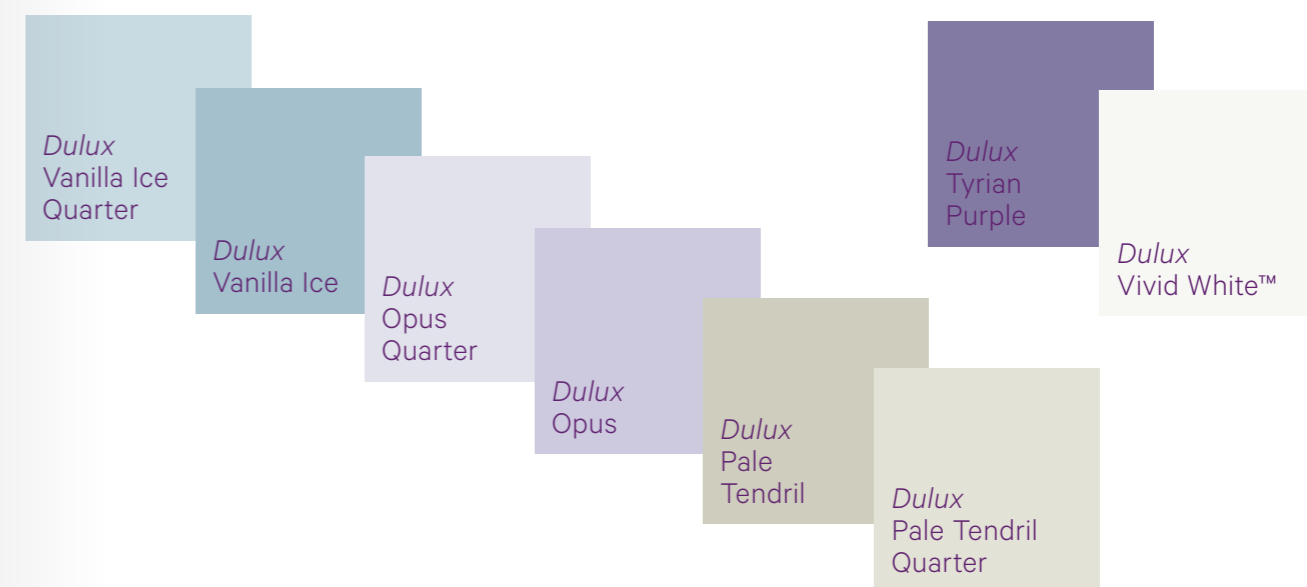
-  [Gratitude](#)
-  [Empathy and Kindness](#)

Activities

-  [Thank You](#)
-  [Self Portrait](#)

The Gratitude colour palette, inspired by Dulux.

The Gratitude colour palette, inspired by Dulux, is a lighter palette with a subtle, cool ambiance. These colours could all be used as main colours or in combination with each other, whether on surfaces or in complementing furnishings.



Scheme 1
Walls – Dulux Vanilla Ice Quarter
Boxes – Dulux Green Turquoise
Accent colours – Dulux Opus, Dulux Opus Quarter and Dulux Tyrian Purple

Scheme 2
Walls – Dulux Pale Tendril
Accent colours – Dulux Vanilla Ice, Dulux Pale Tendril Quarter and Dulux Tyrian Purple or Dulux Vivid White™





**Smiling Mind
Space Four**
— A Curious Mind



Smiling Mind Space Four — A Curious Mind

Learning goal

To encourage curiosity – a key component of mindfulness – and foster a greater interest in learning.



Sometimes referred to as a “beginner’s mind”, curiosity is an essential attitude when it comes to mindfulness. Being able to see things with fresh eyes, outside of our biases, judgements and habits, allows us to view things as if for the first time.

That’s why curiosity is included in our definition of mindfulness. It’s an attitude that affects how we experience the present moment. By cultivating a curious, open and non-judgemental attitude in our mindfulness practice, we get better at bringing these helpful attitudes into our daily lives.

Developing curiosity also helps students slow down and focus their attention, which can improve their social and emotional learning as well as academics. To practice curiosity, students are encouraged to imagine they’re a scientist who has just discovered something new and interesting.







Where to create this space?

Anywhere you have a safe, accessible area in your school would suit this space. Location ideas include a section of the library, a shared space, the art room, music room, theatre or science room.

You could use this space for...

In this Smiling Mind Space, you might engage one another’s curiosity through a Smiling Mind meditation, as a class or with individual students or even a group of educators.





Other ideas include:

-  Circle time activities, which allow for the exploration of social and emotional learning techniques
-  Wonder walls, where students can post their curiosities on life and mindfulness
-  Brainstorming verbally on paper, a whiteboard or screen
-  Creative activities such as beading, threading or painting
-  Reading and sharing books
-  A meeting place for clubs and councils

Smiling Mind recommended tools

The following meditations and activities can be accessed for free via the [Smiling Mind app](#). You’ll find these listed in the Classroom section of the app for Years 1 to 6.

Meditations

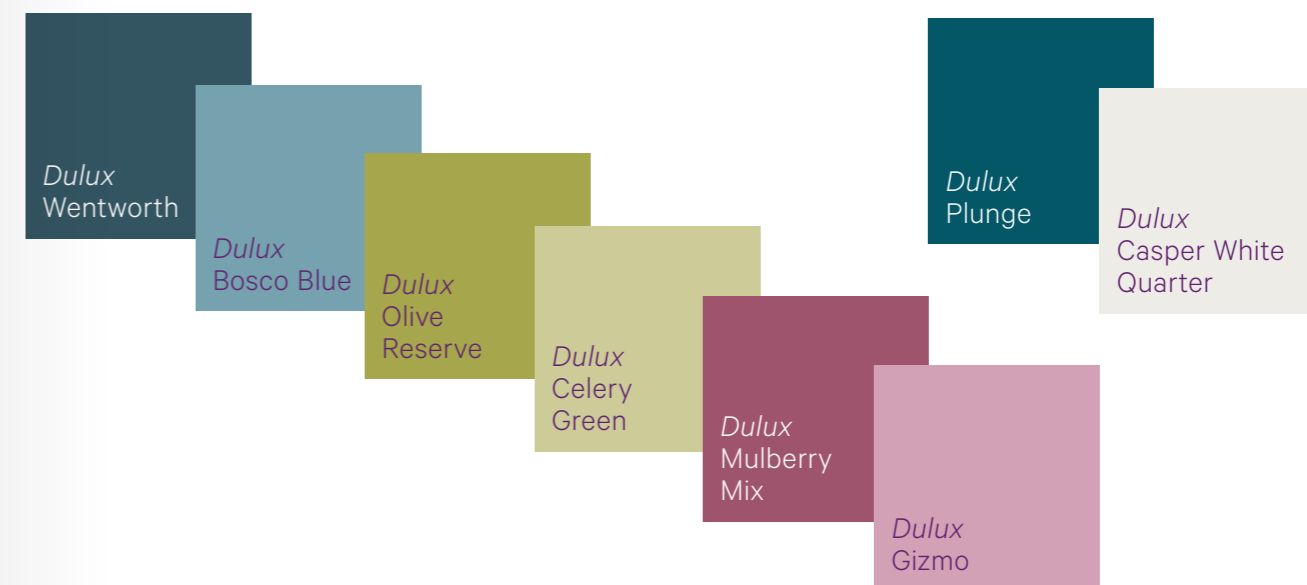
-  [Curiosity and Play](#)
-  [Exploring Sounds](#)
-  [The Bubble Journey](#)
-  [Mindful Learning](#)

Activities

-  [Noticing Nature](#)

The Curious Mind colour palette, inspired by Dulux.

The Curious Mind colour palette, inspired by Dulux, is a lovely bright palette selected to spark curiosity. These colours can be used as main colours or highlights, on surfaces or objects in this Smiling Mind Space.



Scheme 1

Walls – Dulux Celery Green

Accent colours – Dulux Olive Reserve, Dulux Plunge and Dulux Casper White Quarter



Scheme 2

Walls – Dulux Bosco Blue

Trim – Dulux Casper White Quarter
Accent colours – Dulux Wentworth, Dulux Mulberry Mix



Dulux
Diplomatic

Smiling Mind Space Five — Resilience



Smiling Mind Space Five — Resilience

Learning goal

To develop the ability to bounce back from setbacks and learn from mistakes.



Resilience can be described as the ability to *bend* and *not break*. It's seen in how we respond to life's challenges and the strong and difficult emotions that often accompany them. Resilience isn't innate, it involves learning to interact with our thoughts and emotions in helpful ways.

Mindfulness is a building block of resilience because it gives us a greater ability to notice our thoughts more objectively. Through mindfulness we learn to tune into our feelings and notice how our thoughts and emotions might be influencing our behaviour in unhelpful ways.

For students, developing resilience means learning to see setbacks as an opportunity to grow and learn from the experience. It's also a way of normalising failure and it helps us to work with our emotions rather than avoiding them.

The curriculum meditation for this theme is a *silent practice* – with no guidance. Inevitably, their minds will wander. When they notice this has happened, the challenge will be to bring their focus back, repeatedly, without criticism or judgement.

Where to create this space?






Any safe, accessible area in your school will suit this space, but ideas include the school gymnasium or hall, a classroom corner, section of a library or shared meeting space.

Outdoor spaces such as gardens or play areas will also work well as being around nature can help students to recharge and ground themselves.

You could use this space for...

In this Smiling Mind Space, you might try a *silent practice* Smiling Mind meditation, either as a class, with individual students or even a group of educators.

Other ideas include:

-  Creating a space dedicated to resetting and recharging
-  Setting up a club for quiet activities such as board games or personal reflection
-  Using circle time to allow individuals to discuss their emotions uninterrupted
-  Drawing activities
-  Troubleshooting challenges and action planning

Smiling Mind recommended tools

The following meditations and activities can be accessed for free via the [Smiling Mind app](#). You'll find these listed in the Classroom section of the app for Years 1 to 6.

Meditations

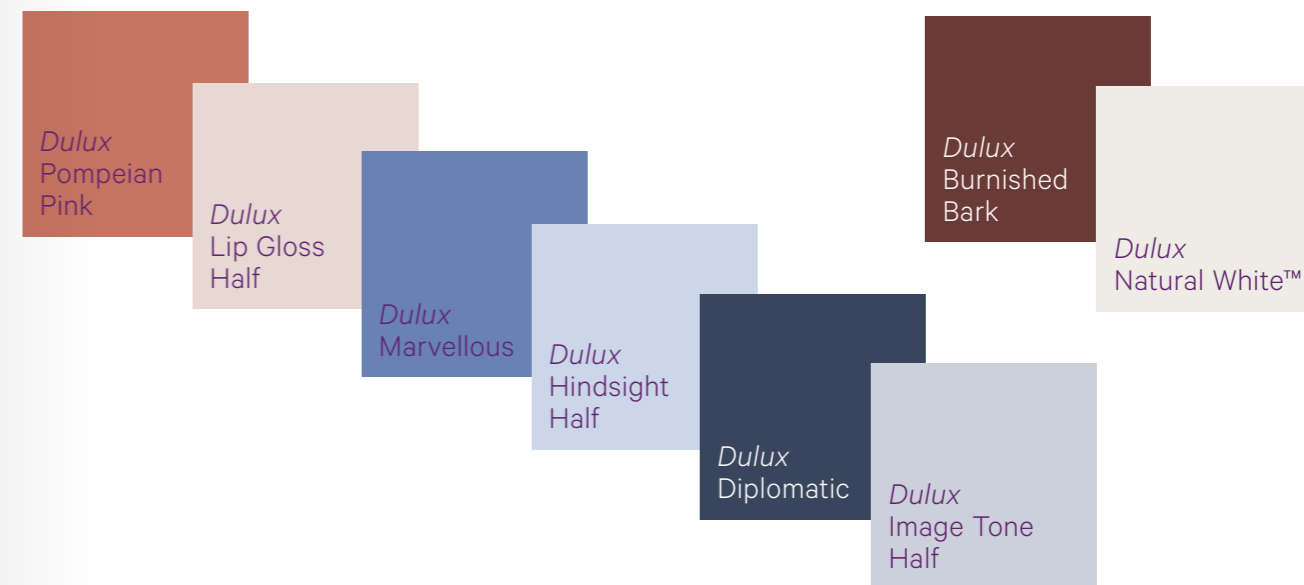
-  [Sitting in Silence](#)
-  [Self-Compassion](#)
-  [Emotions](#)
-  [Exploring Strengths](#)

Activities

-  [Drawing Your Internal Weather](#)

The Resilience colour palette, inspired by Dulux.

The Resilience colour palette, inspired by Dulux, offers a balance of stronger colours and lighter, softer colours, which make for a striking combination in both inside and outside settings.



Scheme 1

Walls – Dulux Image Tone Half

Accent colours – Dulux Diplomatic, Dulux Pompeian Pink and Dulux Burnished Bark



Scheme 2

Walls – Dulux Lip Gloss Half

Accent colours – Dulux Diplomatic, Dulux Pompeian Pink and Dulux Natural White™



Furnishings for Smiling Mind Spaces



Furnishings for Smiling Mind Spaces

Furnishings are another useful way to define a space and help to support mindfulness activities and meditations.

We've included a list of furnishing ideas for indoor and outdoor spaces below.

These could suit any Smiling Mind Space you're interested in exploring with your school community, and are designed to cover a range of purposes, sizes and budgets. You could even look at what you have access to already around the school, that might be a useful addition to your space!

Indoor

- Meditation cushions for chairs or on the floor – can help students to improve their balance and focus their minds.
- Textured cushions
- Soft large cushions – provide a sense of retreat and support relaxation.
- Beanbags – a comfortable way for children to sit still during meditations and engaging in quiet activities such as reading.
- Stackable chairs and tables – furniture that can be easily moved around to make space for mindfulness activities.
- Wobbly stools – encourage children who are prone to movement and fidgeting to focus and sit still.
- Egg scoop chairs
- Floor coverings, such as rugs, foam or gym mats – to allow for seated or lying meditations. They can also be used for story-telling and circle time, and quiet discussion based activities.
- Baskets filled with toys and tools – having a basket or box with a range of meditation, mindfulness and other tools supports social and emotional learning, and provides students with choice and variation. Examples include squeeze toys, safe fidgets, playdough, and noise cancelling headphones.
- Board games
- Books – reading is a mindful activity that promotes a sense of calm, focus and develops children's imaginations.
- Simple tee-pee for curious play and safe space
- Weighted blankets or throw rugs – these can give children a sense of warmth, safety and comfort, and be helpful to ground children when they are meditating.
- Warm light, such as fairy lights and floor lamps – creating an ambient environment can be a great way to engage children in mindfulness.
- Indoor plants for students to tend and care for, fostering a sense of responsibility and ownership of the space.



Outdoor

- Outdoor meditation cushions
- Outdoor tables and chairs to help create an outdoor classroom
- Turf to allow for seated meditations and activities
- Painting an outdoor chair to become a 'conversation' or 'friendship' chair
- Seated storage boxes – which can store items such as cushions and provide another location for seated meditations.
- Water play tables – that encourage exploration of the senses and curious play.
- Bird baths or bird houses – great for attracting birds, which can encourage students to concentrate on listening out for bird calls during a mindful listening practice.
- Planter boxes, wall gardens or an easy-care garden tended by students, fostering a sense of responsibility and ownership of the space.
- Smiling Mind Spaces murals or stencils (see page 35 for examples and downloadable stencils).



Smiling Mind Spaces Posters

We've developed free Smiling Mind Spaces posters for each theme in the Toolkit.

These posters are a reminder of the mindfulness practices and mindsets encouraged in each space and help to highlight what you've created in your very own Smiling Mind Space!

To download and print the posters, click here.

[Download posters HERE](#)



Stencils and Murals for your school community

Smiling Mind and Dulux have created a series of stencils and murals to help you explore ways to integrate the different colour palettes and use of colour into your space. The stencils are individual shapes which can be combined to create your own design for your Smiling Mind Space.



How to use the stencils

- Step 1** — [Click here](#) to view and download the stencils.
- Step 2** — Print the stencil onto the paper size you prefer, i.e. A4 or A3.
- Step 3** — Cut inside the stencil with scissors or a scalpel along the guided line. Be careful, it's probably best that this step is done by parents or educators.
- Step 4** — Once the inside of the shape has been removed, place the paper in the desired location.
- Step 5** — Select your favourite colour/s from the Smiling Mind Spaces palettes, inspired by Dulux, and paint the shape inside the stencil.

Murals

The Smiling Mind Spaces murals are a collection of shapes created to give you a pre-made template. This can be a great activity to do as a school community or on a working bee if you'd like to engage the school in a collective project.

How to use the murals

- Step 1** — [Click here](#) to view and download the mural options.
- Step 2** — Using a projector, project the provided outline where you would like to paint.
- Step 3** — Trace over the mural stencil lines using a pencil.
- Step 4** — Select your favourite colour/s from the Smiling Mind Spaces palettes, inspired by Dulux and paint the different sections of the mural, guided by the colour template [provided](#).



Dulux

We're proud to support Smiling Mind.

Thank you teachers – for embracing this initiative and investing in our future.

We hope you benefit from your Smiling Mind Spaces.



Dulux

For guidance on your project call Help & Advice on 13 25 25

www.dulux.com.au

Smiling Mind

✉ info@smilingmind.com.au

smilingmind.com.au

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