



Dear Parents,

We are excited to inform you that 5/6 Team will be implementing the Smiling Mind Education Program as of Term 1, 2015.

As a brief introduction, Smiling Mind is modern meditation for young people. It is a unique, Australian web and App-based program, designed by renowned psychologists to help bring balance to young lives. It is a not-for-profit initiative based on a process that provides a sense of calm, clarity and contentment.

We have chosen to implement the Smiling Mind Education Program as it complements learning and wellbeing:

- As a preemptive and proactive tool to enhance mental health and wellbeing
- To arm participants with the skills to better manage stress and resilience
- To improve attention and focus
- To increase empathy and awareness of negative emotional states
- To encourage participants to feel calm, clear and content
- To improve academic and learning outcomes via improved focus

Smiling Mind has a unique vision to see Mindfulness Meditation on the Australian Curriculum by 2020.

For more information on Smiling Mind and their range of Mindfulness Meditation programs, please visit their website: www.smilingmind.com.au

We strongly recommend downloading the FREE App (currently only available on iOS) or creating your own account via the website to support your child's mindfulness practice at home. Smiling Mind can be used to increase focus and attention before study, to calm the mind before bed, or any time in-between!

Kind Regards,

Amy and Carolyn