



## Smiling Mind: Pagewood PS Yearly Program Overview



### Guide for Parents and Carers

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
<b>Lesson Focus</b> Awareness	<b>Lesson Focus</b> Attention	<b>Lesson Focus</b> The Senses	<b>Lesson Focus</b> Savouring	<b>Lesson Focus</b> Movement
<b>Learning Intention</b> To build the foundational mindfulness skills of self-knowledge and self-perception.	<b>Learning Intention</b> To develop an understanding of attention and develop the skills of attention and focus.	<b>Learning Intention</b> To foster social and self-awareness by increasing sensory awareness.	<b>Learning Intention</b> To foster self-awareness and social-awareness by learning to savour experiences.	<b>Learning Intention</b> To build self-awareness and mindful attention through movement.
<b>Rationale</b> This lesson is designed to introduce students to mindfulness. The meditation practice is a body scan, which helps students become aware of their body. Learning mindfulness typically begins with body awareness. Mindfully paying attention to the body cultivates self-awareness.	<b>Rationale</b> This lesson is designed to teach students to focus on one thing at a time. The meditation is a breath practice, which is a foundational mindfulness skill. Mindfully paying attention to the breath cultivates self-awareness and the ability to sustain focus.	<b>Rationale</b> This lesson is designed to teach students about their senses. Sensory awareness not only brings students into the present moment but also enhances their learning through paying focused attention to new information. The meditation is focused on the sense of hearing, given that mindful listening increases students' capacity to pay attention to what is being taught.	<b>Rationale</b> This lesson is based on the positive psychology concept of savouring positive experiences. The meditation is a mindful eating practice which invites students to slow down and fully pay attention to the experience of eating.	<b>Rationale</b> This lesson is designed to introduce students to mindful movement, which is another informal mindfulness practice. By paying attention to bodily sensations while regulating movement, students cultivate self-awareness and develop self-regulation skills.



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Topic 6	Topic 7	Topic 8	Topic 9	Topic 10
<b>Lesson Focus</b> Recognising Emotions	<b>Lesson Focus</b> Managing Emotions	<b>Lesson Focus</b> Self-Compassion	<b>Lesson Focus</b> Optimism	<b>Lesson Focus</b> Strengths
<b>Learning Intention</b> To develop the ability to recognise emotions and understand their transient nature; thereby building emotional intelligence.	<b>Learning Intention</b> To continue to build emotional intelligences by developing emotional regulation skills.	<b>Learning Intention</b> To foster self-compassion and develop skills to manage difficult thoughts, emotions or experiences.	<b>Learning Intention</b> To develop an understanding of the benefits of, and the ability to cultivate, an optimistic outlook.	<b>Learning Intention</b> To identify and grow personal strengths, and to recognise and appreciate individual differences and strengths in others.
<b>Rationale</b> This lesson is designed to teach students how to recognise emotions in themselves and others. The meditation uses weather as a metaphor for emotions, which helps students understand that emotions change.	<b>Rationale</b> This lesson is designed to teach students how to regulate their emotions. Emotional regulation starts with knowledge. We know that people are far more resilient when they are able to identify their feelings. Once we know our emotions we can take steps to manage them.	<b>Rationale</b> This lesson is designed to cultivate self-compassion in students, which is an important skill for being a healthy adult later in life and building healthy relationships. Teaching self-compassion in primary school gives students a solid foundation for the future, for being kind and gentle with themselves and processing their thoughts and feelings without judgement.	<b>Rationale</b> This lesson is designed to teach students optimism skills through increasing positive thinking. The meditation invites students to acknowledge positive thoughts and let negative thoughts go. People who practise optimistic thinking are more resilient, are less likely to give up in the face of challenge, and tend to interpret experiences in a way that gives them a sense of control and confidence.	<b>Rationale</b> This lesson is designed to help students identify strengths within themselves and others. The meditation invites students to focus on and relish in something they are good at, to reinforce their strengths and promote self-worth. Students who know and use their strengths are more resilient and display strong academic performance.



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Topic 11	Topic 12	Topic 13	Topic 14	Topic 15
<b>Lesson Focus</b> Gratitude	<b>Lesson Focus</b> Making Decisions	<b>Lesson Focus</b> Setting Goals	<b>Lesson Focus</b> Empathy	<b>Lesson Focus</b> Acts of Kindness
<b>Learning Intention</b> To develop an understanding of what it means to be grateful and to foster gratitude personally and through the community.	<b>Learning Intention</b> To learn and develop decision-making skills through mindful awareness of personal values.	<b>Learning Intention</b> To develop the skills to set and achieve goals.	<b>Learning Intention</b> To cultivate empathy and develop prosocial values that underpin positive relationships.	<b>Learning Intention</b> To understand and experience the benefits of kindness personally and with others.
<b>Rationale</b> This lesson is designed to teach students how to cultivate gratitude through mindfulness. Practising gratitude can improve mood, mental health, life satisfaction, and purposeful engagement. In this lesson, students share personal expressions of gratitude, which fosters connection and trust among peers.	<b>Rationale</b> This lesson is designed to teach students how to make decisions based on logic, reason and intuition. The meditation invites students to bring to mind a situation that they need to make a decision about and to tune into their gut feeling around two possible options.	<b>Rationale</b> This lesson is designed to teach students how to set goals for themselves. The meditation uses the notion of making a wish to practise goal setting skills.	<b>Rationale</b> This lesson is designed to introduce students to the concept of empathy. The meditation follows on from the previous lesson with students practising making a wish for someone else. Being able to feel for others helps students relate to others, which fosters healthy relationships.	<b>Rationale</b> In this lesson, students take mindful action intended to help another living thing. In addition to benefiting the larger community, participating in acts of kindness fosters compassion and empathy.



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Topic 16	Topic 17	Topic 18	Topic 19	Topic 20
<b>Lesson Focus</b> Positive Relationships	<b>Lesson Focus</b> Positive Communication	<b>Lesson Focus</b> A Curious Mind	<b>Lesson Focus</b> Growth Mindset	<b>Lesson Focus</b> Resilience
<b>Learning Intention</b> To develop listening skills to promote prosocial behaviour and build positive relationships.	<b>Learning Intention</b> To develop communication skills to promote prosocial behaviour and build positive relationships.	<b>Learning Intention</b> To encourage greater curiosity as a key component of mindfulness and foster a greater interest in learning.	<b>Learning Intention</b> To develop growth mindsets and the ability to identify and change fixed mindsets.	<b>Learning Intention</b> To develop the ability to bounce back from setbacks and learn from mistakes.
<b>Rationale</b> This lesson is designed to teach students about mindful listening as a basis for effective communication and building positive relationships. The meditation uses music and sound to bring students into the present moment and develop their sense of hearing. Listening helps students notice more about their environment and other people.	<b>Rationale</b> This lesson is designed to teach students about verbal communication. The meditation is an interpersonal practice which means two people participate, and students experience what it feels like to speak without being interrupted, and listen without interrupting. Practising this in the classroom increases the likelihood of mindful communication, and thus positive relationships, outside of the classroom.	<b>Rationale</b> This lesson is designed to introduce students to the concept of curiosity, which is a key component of mindfulness. Developing curiosity helps students slow down and focus their attention, leading to improved skills in areas of academics as well as social and emotional learning.	<b>Rationale</b> This lesson is designed to teach students that their intelligence is not fixed; that it can change, becoming stronger or weaker depending on how much effort is applied (growth mindset). A growth mindset differs from a fixed mindset, which assumes that intelligence and ability is set and unchangeable. Having a growth mindset can significantly improve academic performance and motivation to learn.	<b>Rationale</b> This lesson is designed to teach students about the concept of resilience. The lesson normalises failure and encourages students to see failure as an opportunity to grow and learn. The meditation is a silent practice (i.e. no guidance) where students will inevitably 'fail' (i.e. their mind will wander) and then they bring their focus back repeatedly, without criticism.