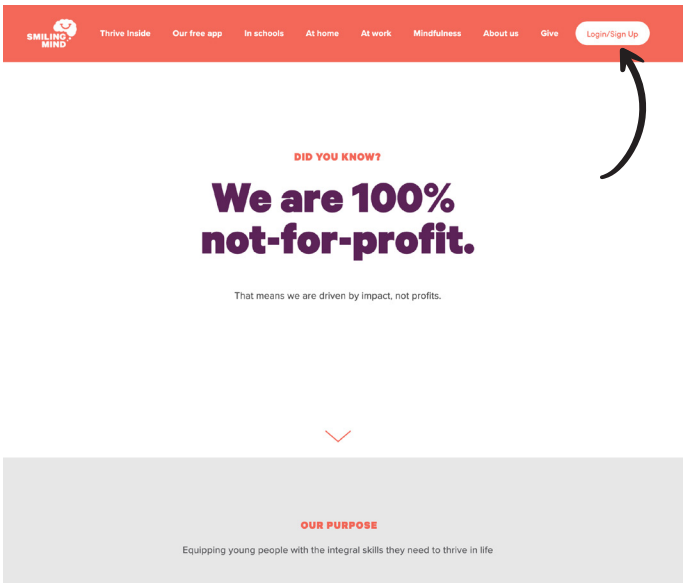
SMILING MIND MEDITATION

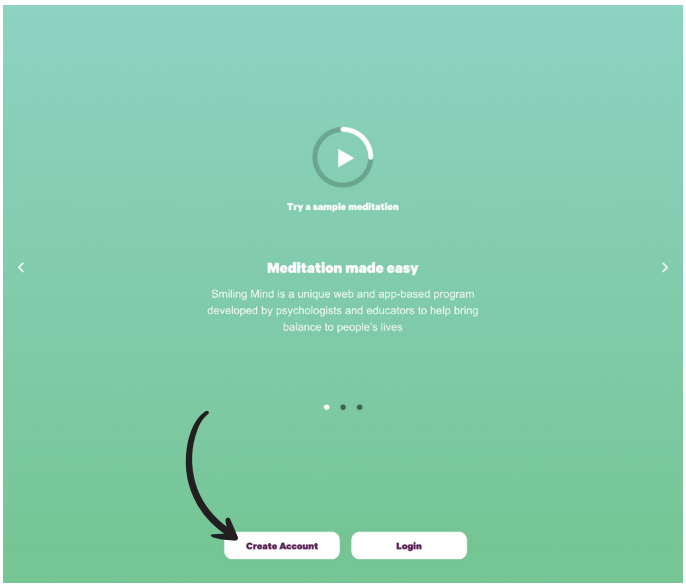
www.smilingmind.com.au

The Smiling Mind program is designed to help students become more focused and engaged learners. Students have been participating in this program throughout the year, increasing their mental wellbeing and improving resilience. There is a range of meditation programs to explore across the site, allowing you to find the right meditation for you and your child. If you would like to access the Smiling Mind program at home, follow the steps below to sign up.

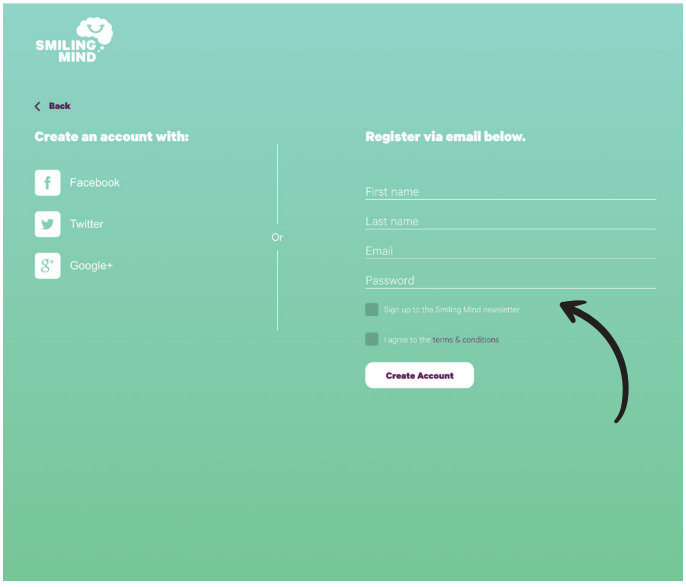
Please contact Mrs Serra if you have any questions about Smiling Mind Meditation.



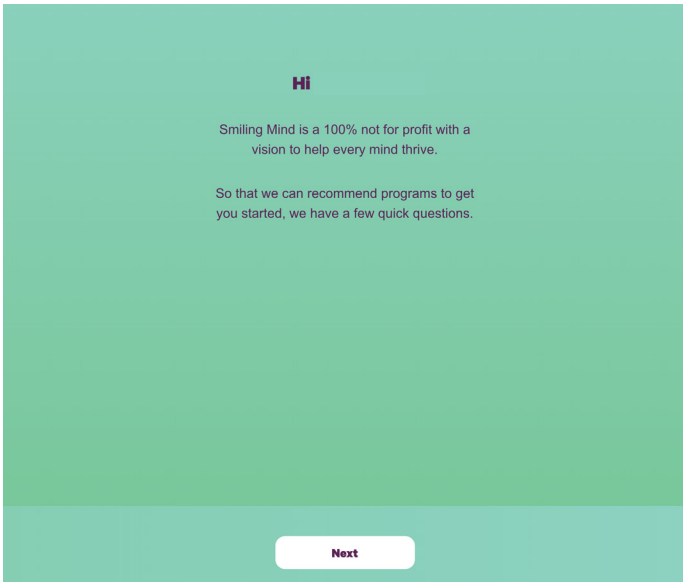
Step 1: Search the link www.smilingmind.com.au and click on the Login/Sign Up button.



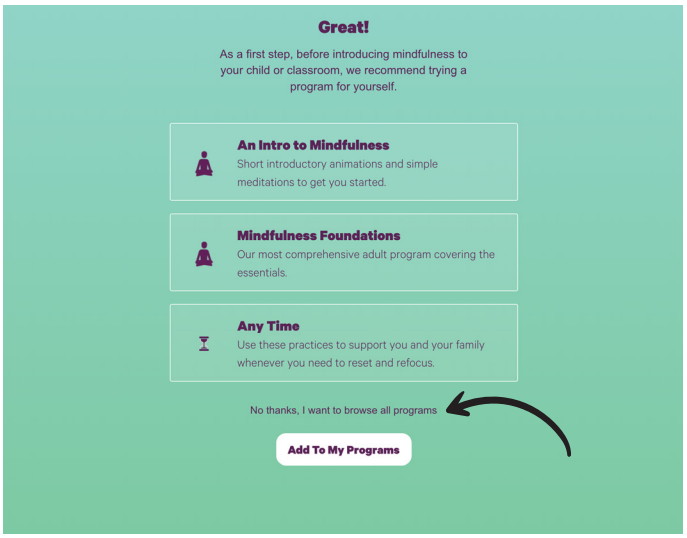
Step 2: To create a new account, click on the Create Account button. If you already have an existing account please login.



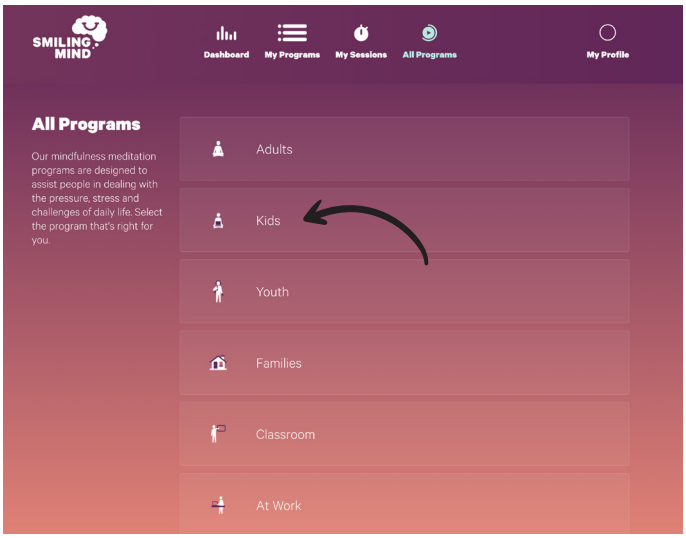
Step 3: Enter your details, then click Create Account.



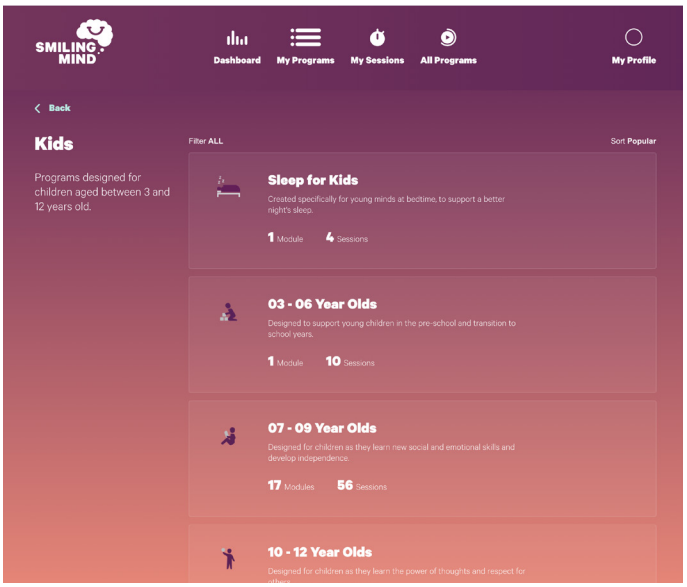
Step 4: Follow the prompts to continue creating your account. You will be asked a series of questions to build your profile.



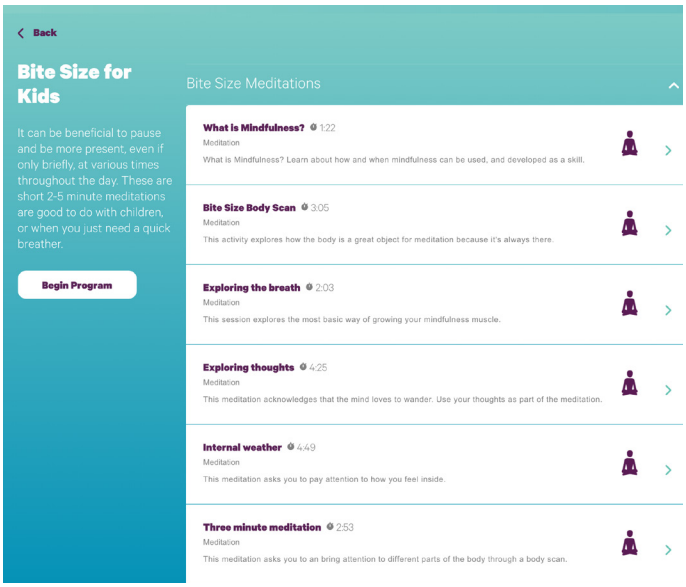
Step 5: When you get to this screen, select I want to browse all programs.



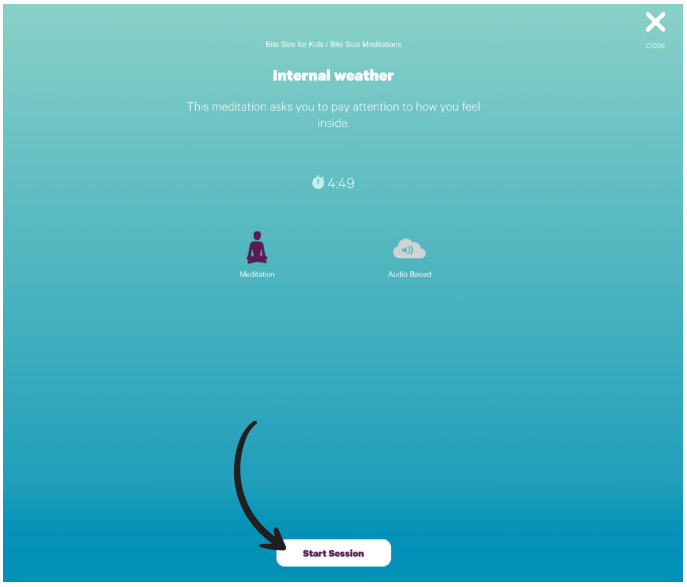
Step 6: You have now created your account. You may wish to select a program that's right for you. For this example we are going to select Kids.



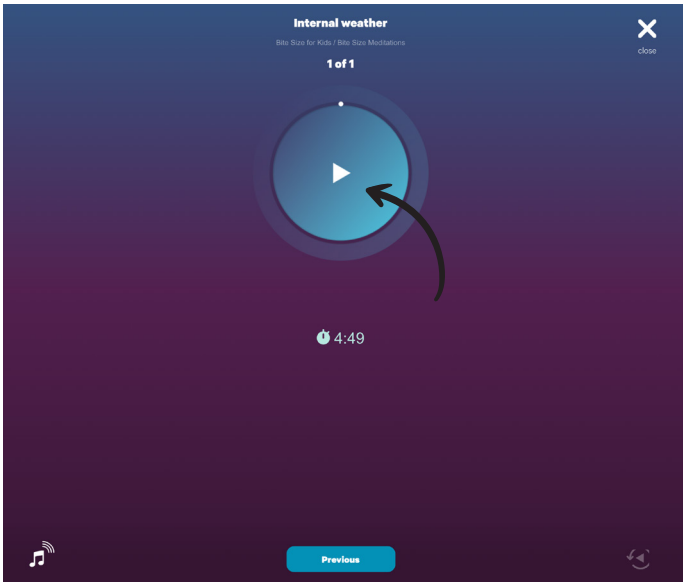
Step 7: Scroll to select from a list of meditation programs designed for children between 3 and 12 years of age.



Step 8: For this example, I have selected Bite Size for Kids, which can be found further down the list. These are short 2-5 minute meditations to do with your child when needed throughout the day.



Step 9: Once you have selected your chosen meditation, click Start Session.



Step 10: Click on the Play button to begin the meditation. Feel free to explore the website to find the right meditation for you and your child.