## **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 <u>www.smilingmind.com.au</u> and click on the Login/Sign Up button.

**Step 2:** To create a new account, click on the <u>Create Account</u> 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 <u>I want to browse</u> <u>all programs.</u>

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Kids	Filter ALL		Sort Popu
Programs designed for children aged between 3 and 12 years old.	<u>}</u>	Sloep for Kids Cristed specifically for young minds at bectime, to support a better rights alroa 1 Module 4 Sessons	
	À	O3 - O6 Year Olds Despet to support young children in the pre-school and transition to actioned years. 1 Module 10 Seasons	
	k,	07 - 09 Year Olds Designed for children as the learn new social and environmal skills and develop neigheardenes 17 Modules 56 Desisons	
	ŕ	10 - 12 Year Olds Desared for children as they learn the power of thoughts and respond for	

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



**Step 9:** Once you have selected your chosen meditation, click <u>Start Session.</u>

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All Programs or mindfulness meditation programs are designed to assate peopie in dealing with the program that's right for you	à	
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**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 <u>Kids.</u>

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Bite Size for Kids	Bite Size Meditations		^
It can be beneficial to pause and be more present, even if only briefly, at various times throughout the day. These are short 2-5 minute meditations are good to do witch hildren, or when you just need a quick breather. Begin Program	What is Mindfulness?	Å	>
	Bite Size Body Scan $\Psi$ 3:05 Mediaton This activity explores how the body is a great object for meditation because it's always there.	Å	>
	Exploring the breath # 2.03 Mediation This session explores the most basic way of growing your mindfulness muscle.	Å	>
	Exploring thoughts # $425$ Medianon This molitation acknowledges that the mind loves to wander. Use your thoughts as part of the mediation.	Å	>
	Internal weather $\Psi$ 4.49 Mediaton This mediation saks you to pay attention to how you feel inside.	Å	>
	$\label{eq:three} Three minute meditation @ 253 Mediaton \\ This meditation asks you to an bring attention to different parts of the body through a body scan.$	Å	>

**Step 8:** For this example, I have selected <u>Bite Size for Kids</u>, 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 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.