

Brain Break

STOP



**CLOSE OR
LOWER EYES**



BREATHE



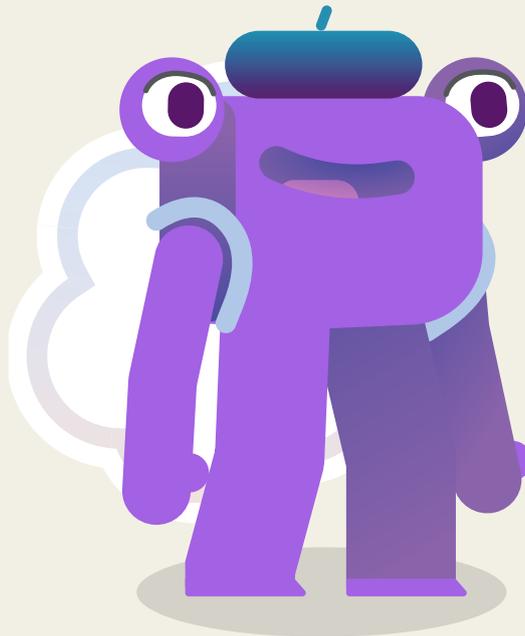
MEEMO MEDITATES MINDFULLY!



Pay attention
to your breath,
body or sounds

Notice your
thoughts and
emotions – it's ok
to have thoughts
and feelings!

You can open
your eyes and
stop at any time
if you need to.



Be open to your
senses – what
you can hear, see,
smell, taste and
touch.

Allow others to
meditate peacefully
and safely.

You can
meditate sitting,
standing, lying
down or moving.

You can choose
to close your eyes,
lower your gaze,
or keep them open.

Cautious

Humour

Leadership

Open-mindedness

Forgiveness

Teamwork

Curiosity

Modesty

Kindness

Zest

Love

Hope

Bravery

Fairness

Perspective

Social intelligence

Authenticity

Creativity

Gratitude

Love of learning

Persistence

STRENGTHS

WAYS TO REGULATE EMOTIONS



Notice it	'I notice butterflies in my belly'
Name it	'Worry' 'Excitement'
Breathe	Count 3 breaths
Be kind to you	'I'm okay'
Move	Go for a walk or stretch
Quiet activity	Draw, read, play quietly
Meditate	Play Smiling Mind
Talk	To a trusted adult or friend
Reframe	Can I learn from this?
What else?	Think of your own

It's Smiling Mind time



Quiet please...

Smiling Mind

in progress



Smiling Mind Mental Fitness Model

Evidence shows there are a range of skills that underpin mental wellbeing. Just like we train different muscles to build physical fitness, we can practise skills to build mental fitness and support our ability to thrive.

What is mental fitness?

Mental fitness reflects our ability to be at our best each day, navigate challenges, and support a state of positive mental wellbeing. It's our foundation for thriving. In practice, mental fitness involves consistently and intentionally developing the mental skills we can draw upon to respond to setbacks, sustain healthy relationships, navigate change and uncertainty, and make effective decisions.

These skills can be proactively developed before mental ill-health arises, and help us navigate life's ups and downs. Everyone can practise mental fitness—it's never too late, or too early, to get started.

What are the skillsets?

Live Mindfully

Skills to help us be present, pay attention and respond well to the things that happen around us.

Embrace Flexible Thinking

Skills to help us make decisions, solve problems and be creative.

Grow Connections

Skills to help us build good relationships with others and ourselves.

Act Purposefully

Skills to help us understand our strengths, values and how we want to make a difference.

Recharge Your Body

Skills to support our mind and body through movement, rest, relaxation and sleep.

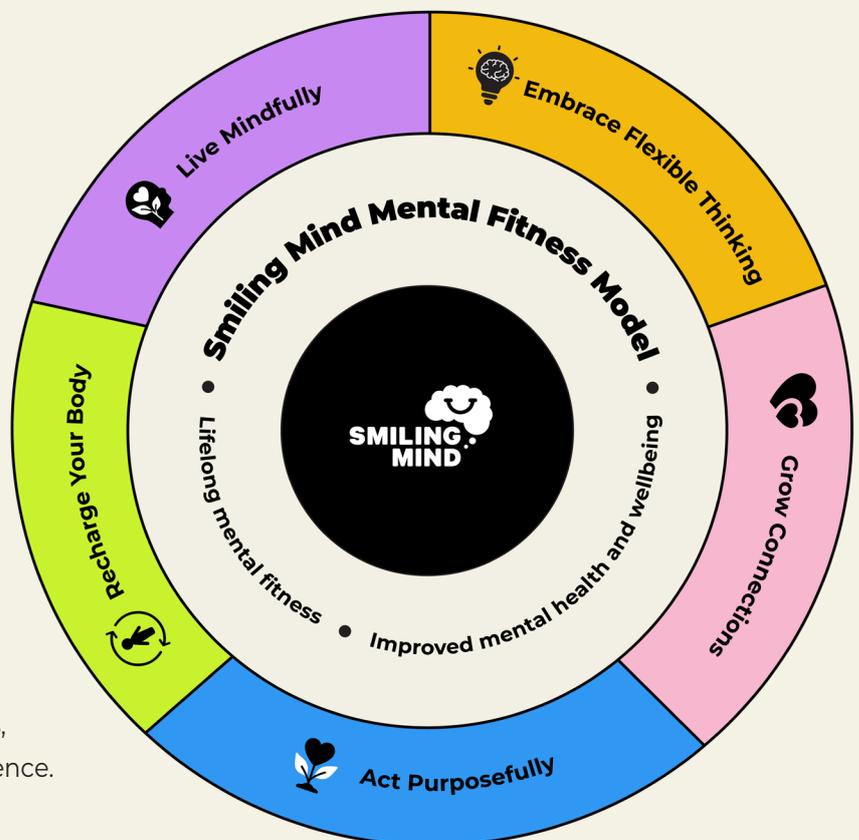


Figure 1: Smiling Mind Mental Fitness Model