

# Lessons and Learning Intentions



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## 0 — Orientation

### Learning Intention:

- To use the Smiling Mind Primary Classroom Program.
- To understand mindfulness and how it helps wellbeing.

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## 1 — Awareness

### Learning Intention:

- To explore what mindfulness is.
- To build self-awareness by practising a body scan meditation.

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## 2 — Attention

### Learning Intention:

- To develop an understanding of attention and develop the skills of attention and focus.

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## 3 — The Senses

### Learning Intention:

- To develop sensory awareness through listening.

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## 4 — Savouring

### Learning Intention:

- To savour positive experiences through taste and place.

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## 5 — Movement

### Learning Intention:

- To learn to pay attention to the body through movement.

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## 6 — Self-Compassion

### Learning Intention:

- To develop the skill of kindness and self-compassion.

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## 7 — Recognising Emotions

### Learning Intention:

- To recognise emotions and how they change.
- To develop self-regulation skills.

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## 8 — Managing Emotions

### Learning Intention:

- To explore pleasant and unpleasant emotions.
- To continue to develop self-regulation skills.

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## 9 — Optimism

### Learning Intention:

- To develop the ability to cultivate an optimistic outlook.
- To recognise the benefits of an optimistic outlook.

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## 10 — Strengths

### Learning Intention:

- To identify and grow personal strengths.
- To recognise and appreciate strengths in others.

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## 11 — Gratitude

### Learning Intention:

- To develop an understanding of gratitude.
- To cultivate gratitude personally and through community.

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## 12 — Making Decisions

### Learning Intention:

- To develop decision making skills using awareness and values.

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## 13 — Setting Goals

### Learning Intention:

- To develop the skills to set and work towards goals.

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## 14 — Empathy

### Learning Intention:

- To understand and cultivate empathy.
- To develop social values and positive relationships.

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## 15 — Acts of Kindness

### Learning Intention:

- To understand and experience the benefits of kindness.

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## 16 — Positive Relationships

### Learning Intention:

- To grow positive relationships by practising mindfulness.

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## 17 — Positive Communication

### Learning Intention:

- To develop positive communication skills.

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## 18 — A Curious Mind

### Learning Intention:

- To be curious to support mindfulness and learning.

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## 19 — Growth Mindset

### Learning Intention:

- To develop a growth mindset.

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## 20 — Resilience

### Learning Intention:

- To use Smiling Mind topics to build resilience.
- To develop the ability to bounce back from setbacks.