



WELCOME TO

# GROW YOUR MIND

COMPASSION • GRATITUDE • MINDFULNESS • BRAIN AWARENESS • COURAGE • RESILIENCE



A whole school wellbeing program for school staff, students and their families

GROW  
YOUR  
MIND





Everyone has mental health. If we all have it, we can all look after it.

## HELLO!

Meet **Kristina Freeman** and **Alice Peel**, the co-founders of Grow Your Mind. Grow Your Mind is a whole school wellbeing program that provides teachers, students and families with tools to be and feel mentally healthy.

We are an **evidence-based** engaging social venture that takes the research of positive psychology, neuroscience, social and emotional learning and public health and makes it digestible for young and old (er).

## WHAT WE DO:

- Provide teachers with easy to use yet high impact educational resources
- Make wellbeing visible, embedded across subject areas and effectively taught
- Inspire students, school staff and families to nurture and protect their mental health

## HOW WE DO IT:

By continually creating innovative resources such as our **Digital for Teachers** Annual Subscription which includes the **Guess Who?** Character strength video series, The Grow Your Mind Podcast and our playful animal analogies that teach children brain awareness. Checkout our brain animation [here](#).

## GROW YOUR MIND IS FOR:

- Pre and primary schools (pre K – year 6)
- Parents and carers
- Teachers and school staff

*“Grow Your Mind strongly supports the foundation of the NSW Department of Education’s Wellbeing Framework – Connect, Succeed, Thrive.*

*Grow Your Mind has been embraced by our school community across students, staff and parents owing to its many strengths.*

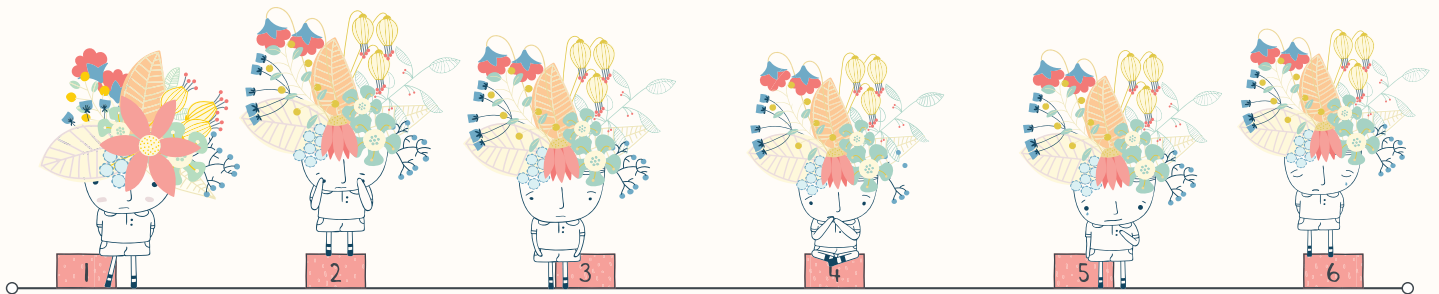
*The resources have enabled us to teach our children a strong understanding of emotional wellbeing and how this enables them to be productive, life-long learners.”*

- Nicole Molloy,  
Principal, Woollahra Public



# MENTAL HEALTH

CURRENT STATISTICS AND RESEARCH, 2018



THE AUSTRALIAN  
**BRAIN**  
is seven times more likely to notice the **negative** than the positive

**50%**  
of adult mental health problems start by the age of **fourteen**

THE  
**LARGEST**  
burden of disease affecting 0-14 year olds are **mental health** problems

**24%**  
of primary school children have a **mental health** issue in Australia

**40%**  
of high school children have a **mental health** issue in Australia

**SUICIDE**  
is the biggest killer of young **Australians**, accounting for more deaths than car accidents or skin cancer



**GRATITUDE**  
can help us to feel more positive emotions and increase our **resilience**

**COMPASSION**  
can be explicitly taught, boosts mental health and lights up **pleasure centers** in our brain

**MINDFULNESS**  
increases emotional regulation as well as our ability to **focus** and have perspective

**EXERCISE**  
helps us **fight stress** and can be as effective as anti depressants

**CHARACTER STRENGTHS**  
are in each and every one of us and knowing them can help us to **face adversity** and to flourish

# POSITIVE MENTAL HEALTH TOPICS EXPLORED IN GROW YOUR MIND

- Compassion
- Emotional literacy
- Gratitude
- Mood and movement
- Resilience
- Character strengths
- Growth mindset
- Benefit mindset
- Healthy friendships
- Conflict resolution
- Positive emotions
- Mindfulness
- Connection and belonging
- Perspective
- Emotional regulation
- Empathy



# WE LIKE SCHOOLS TO CHOOSE HOW THEY DELIVER GROW YOUR MIND

However, here is the gold standard should you wish to follow it:

## Step 1:

All school staff complete our [2 hour staff wellbeing course](#). We have options for a pre - recorded version, an in person course and a live course delivered remotely. This course lays the foundation for school staff living the program. We know that there is little effective student wellbeing without staff wellbeing. We therefore strongly encourage schools to invest in their own wellbeing before embarking on delivering Grow Your Mind to their students.

## Step 2:

Receive 1 hour of implementation training, either in person or watch a pre recording video AND as a staff watch our digital tour to get a strong understanding of how Grow Your Mind can be delivered as well as the basics of each resource. Schools create a Grow Your Mind team to help support and lead the program.

## Step 3:

The whole school uses these introductory lessons for a term. This means setting aside 30-45 minutes a week to explicitly teach Grow Your Mind.

PLUS: 3 x a week schools follow our weekly planner for grabbing under 5 minutes of wellbeing a day

PLUS: As a school focus on a common [character strength](#) for each week.

## Step 4:

Organise a parent talk, or webinar. [Use our slides as a talking point](#) to explain the theory behind Grow Your Mind and tips for embedding wellbeing at home. Encourage families to sign up to one of our free parenting webinars (6 a year on different wellbeing topics)

## Step 5:

Choose your own adventure:

Continue under 5 minutes of wellbeing x 2 or x 3 days a week

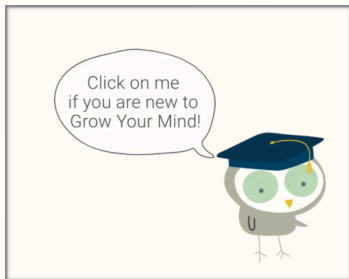
Teach one of our [units of work](#) on emotions, kindness, respectful relationships, growth mindset + more

Listen to [Season 1 or 2 of the podcast](#)

Watch a weekly [Guess Who video lesson](#) and spotlight a [weekly strength](#) etc.

# PROGRAM STRUCTURE AND DELIVERY

- **Click on NEW TO GYM** for a suggested step by step guidance to begin the program



- **Micro moments and daily usage:** Our physical and digital resources are designed to be used daily in a preventative, restorative or health promoting way. 4 examples of that are:
  - [Grab 5 minutes of wellbeing tool](#) with over 250 activities divided into weekly themes. (You need to be a digital subscriber for links to work)
  - [Character Strengths](#) - you could choose a different strength to focus on each week, click on an individual strength and a definition and description will pop up
  - [Take Care of Your Mind](#) - students select a different invitation to do for their mental health that day
  - [Mindful Breathing](#) - over 18 styles to practice with students in less than 5 minutes
- **Introducing the program with explicit teaching:** Grow Your Mind has [introductory lessons](#) that are designed for students from K through to year 6 that begin with brain and mental health awareness. We also have [learning sessions for preschools](#).
- The primary aged lessons give students hands on activities to explore ways to boost their mental health and build their resilience, topics include: gratitude, compassion and kindness, mindfulness, emotions, optimism, growth mindset, character strengths and movement for mood. (See [link](#) to these 12 introductory lessons) OR:
- [Micro lessons for positive mental health](#) - jump right into the brain, the animals and linking each role to a positive mental health strategy (for Year 1 - 6)

# PROGRAM STRUCTURE AND DELIVERY

- **Continuum of learning:** After a school has introduced the program we encourage 1 term a year to be set aside to explicitly teach the program.

There are multiple ways to teach Grow Your Mind. 3 examples we will spotlight now are:

1. Units of Work.
2. The Grow Your Mind Podcast
3. The Guess Who Series

## Option 1: Units of Work and Student Project Guides

Early Stage 1	<u>Meet the Animals</u> Lesson 1 - 6	<u>Emotions</u>	
Stage 1	<u>Kindness and Being of Benefit</u>	<u>Mindful Me</u>	Respectful Relationships
Stage 2	<u>Growth Mindset</u>	<u>Flourish with Friends</u>	<u>Choose Your Own Adventure</u> (character strengths)
Stage 3	<u>Respectful Relationships</u>	<u>Guess Who + Notables</u>	<u>D.O.S.E of wellbeing</u>

## OPTION 2: USING THE GROW YOUR MIND PODCAST (DIGITAL USERS CLICK ON LINKS)



Teacher Guide to Using the Podcast - lesson plans  
+ a book & movie resource list to complement the messaging.

Listen to the Podcast

Early Stage 1	Series 1 Episode 1 Meet the Animals	Series 2 Episode 1 The Sensitive Octopus
Stage 1	Series 1, Episode 1, 2 and 3 <u>Podcast Reflection Journals</u> Meet the Animals B.O.B it up Stuff Ups Take Courage	Series 2, Episode 1 - 3 The Sensitive Octopus You can't grow it alone Love without a home
Stage 2	Series 1, Episodes 1 - 7 <u>Podcast Reflection Journals</u> Meet the Animals B.O.B it Up Stuffs Up Take Courage More Dangerous Than Smoking The Secret to living to 100 This too Shall Pass The Perfect Antidote	Series 2, Episodes 1-6 The Sensitive Octopus Love without a home You can't grow it alone Rewrite the Rules Would you rather? Get your daily DOSE
Stage 3	Series 1, Episodes 1 - 8 <u>Podcast Reflection Journals</u> Meet the Animals B.O.B it Up Stuffs Up Take Courage More Dangerous Than Smoking The Secret to living to 100 This too Shall Pass The Perfect Antidote The Problem we all live with	Series 2, Episodes 1 -6 The Sensitive Octopus You can't grow it alone Rewrite the Rules Love without a home Would you rather? Get your daily DOSE





## OPTION 3 USING THE GUESS WHO SERIES



As of 2020 we have 30 recorded Guess Who character strength video lessons in our Digital for Teachers subscription. We spotlight incredible humans, share their story and create a play dough portrait of each person. The video lessons have an age and time guide plus student learning activities. They can be watched weekly, as part of a unit of work on character strengths or as a transition time between break and returning to class.

Students listen to the video lesson, pick the character strengths they feel they have identified and complete the learning activities. There are video lessons here for ages 5 through to 12. Schools could plan to watch different Guess Who video lessons each year to ensure a strong character strength education. \* As of 2021 there will be individual comprehension tasks that students can complete.

Activity -

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**5-7 year olds:**

Which character strengths did you pick for Sophie?

In pairs share how you felt watching Sophie's story, what did you find interesting?

Share your partner's thoughts with the rest of the class

If needed, teacher can read the Grow Your Mind description for **joyfulness, gratitude and love**

Again in pairs: How can you bring more joy to people around you?

Early Stage 1 and Stage 1	Cathy Freeman	Frida Kahlo
	Florence Nightingale	Iqbal Masih
	Ruby Bridges	Ash Barty
	Jessica Mauboy	Sophie Delezio
Stage 2	Eddie Woo	Malala Y
	Anh Do	Greta Thunberg
	J.K Rowling	Einstein
	Jacinda Ardern	6 Muslim Women
Stage 3	Annabel Crabb + Leigh Sales	Ruth Bader Ginsburg
	Michelle + Barack Obama	Adam Goodes
	Eddie Jaku	Sam Bloom
	Nelson Mandela	Nelson Mandela
	Kamala Harris	Turia Putt

\* An alternative to this table is for schools to have a Guess Who term in for instance Year 3 and Year 6 whereby students watch a video each week of the term. Or depending on the character strength focus for that week, the school as a collective watches a relevant Guess Who video lesson. E.g [humility](#) - see relevant video

## Other ways to embed GYM

Live it, as a staff, as a parent/community body, prioritise your own emotional wellbeing. Encourage your parent community to attend our free parent wellbeing webinars held 5 times a year

Hold an annual parent information evening to explain what mental health, what you are planning on exploring with the students that year.

Write regular newsletter tips explaining what the school is using and what the students are learning about. We have [sample tips here](#).

Engage the library to use books that target resilience, emotional wellbeing and other mental health topics. See our basic [book list](#) for further ideas.

Start a PRIDE wall with explicit examples of displaying character strengths. [See video](#)

Make plays, stories and movies that depict the animal helpers doing different activities and facing new challenges.

Get older students to teach breathing styles to younger students and encourage them to read books that may be too young for them but perfect for pre-school – year 2.

As a school focus on a different character strength once a week

Ask teachers to sign up to receive emails from Grow Your Mind, these will spotlight the latest research and have basic invitations for teachers to prioritise their own wellbeing

Join our [Grow Your Mind YouTube channel](#) for homemade, very simple explanations of our resources and ways to teach mental health awareness.

Homework tasks that have Grow Your Mind content e.g. interview someone you admire who has gone through a struggle, what strengths did they use? Or sending students home with any one of our [worksheets](#) we have online.

Art projects – getting students to draw the different animal helpers and/or label parts of the brain

Music/drama – different performances that tell the story of what they have learnt in class

Art around the school – several schools have since painted murals and other pavement art featuring the Growth Mindset Tree or our new Take Care of Your Mind checklist. One school did a giant Guard Dog catastrophe scale on their wall.

Mindful Monday or Mental health Monday– one day to set the focus on taking care for your mind. Set an attention in assembly/ class. How are we going to take care of our mental health this week?



Year 2 student art depicting facing their fears based on book: The Second Sky

JUST IN CASE YOU MAY HAVE THOUGHT:

# THIS IS NOT A SELF-ESTEEM OR A HAPPINESS PROGRAM

All emotions are taught and all emotions are welcome. Emotional literacy forms a major part of the Grow Your Mind program. We have created an emotional check in tool as well as Guess the Feeling games that encourage students to identify their feeling with the accurate name. There are options for students to stay with feelings or to shift them.

Emotional literacy is a key skill in developing our ability to emotionally regulate.

A goal for us at Grow Your Mind is for students + educators to have emotional agility.  
NOT for students + educators to feel positive ALL of the time!



# THEORETICAL BASIS

## **Grow Your Mind is built upon four pillars to promote mental health & wellbeing:**

1. Positive Psychology - the study of the strengths that contribute to individual and community thriving and wellbeing
2. Social and Emotional Learning - the study of how individuals acquire the knowledge, attitudes, and behaviours needed to develop the skills for self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.
3. Public Health - the study of the prevention of illness and promotion of health
4. Neuroscience - the study of the function and structure of the brain and nervous system.

## **Pedagogy:**

Grow Your Mind uses a blended learning approach to allow for a broad range of learners and teachers to access the content, ideas and strategies. We have created resources that incorporate explicit, collaborative, play-based and digital learning.

## **Curriculum:**

Australian schools are required to teach social and emotional wellbeing skills. We have developed units of work, educational resources and video lessons that aim to develop the social and emotional development of children.

It is recognised by both the Australian and NSW curriculum that relationships and emotional skills affect how and what we learn. Grow Your Mind aims to support this educational process by creating and providing tools for teachers, families and students.

The Durlak study is a meta analysis from CASEL ( Collaborative for academic, social and emotional learning centre) it highlights the benefits of emotional wellbeing in schools. This is among a long list of scientists, psychologists and educational leaders who have influenced the Grow Your Mind program.

Our curriculum aligned lesson plans, physical and digital resources are based on positive psychology, neuroscience and public health research. We aim to take what can sometimes be dry and complex wellbeing topics and make them digestible and relevant for 3 - 12 year olds.

Grow Your Mind has developed its content with a strong awareness that wellbeing must be a whole of school approach and involve students, school staff as well as families in the process. We developed content based on the research behind character strengths, compassion, emotional regulation, respectful relationships, growth mindset and resilience, all of which are in line with the NSW Wellbeing Framework for Schools. This framework is a result of an abundance of research that underpins their current focus: Connect, Succeed and Thrive.

# WE HAVE PHYSICAL + DIGITAL RESOURCES FOR SCHOOLS



is the relationship  
**HEALTHY OR UNHEALTHY?**

This relationship is between  
Auggie and Via

**PERFECTORS**  
It's not that the relationship has changed...

**Interactions:**

1. Via stands up for Auggie at the park.
2. Via tells Auggie to stop being a baby after he returns home in a sulk.
3. Via doesn't want Auggie to come to her play.
4. Via and Auggie talk things through and are open and honest with each other.
5. Auggie comes to Via's play and is proud of her.

Unhealthy

Interactions

Interaction	Unhealthy Level
1	High
2	Medium
3	Low
4	Medium
5	High

**CLICK HERE TO WATCH OUR TEACHERS DIGITAL SNEAK PEEK!**



# AND RESOURCES FOR HOME!



## WEEDS & FLOWERS

Build resilience and compassion with every roll of the dice.



## CATASTROPHE SCALE

Help build perspective about how big your problems are with this magnet.



## FLIP TO FLOURISH

A range of invitations to promote ways you can flourish.



## POSTERS

Make wellbeing messages visible every day.



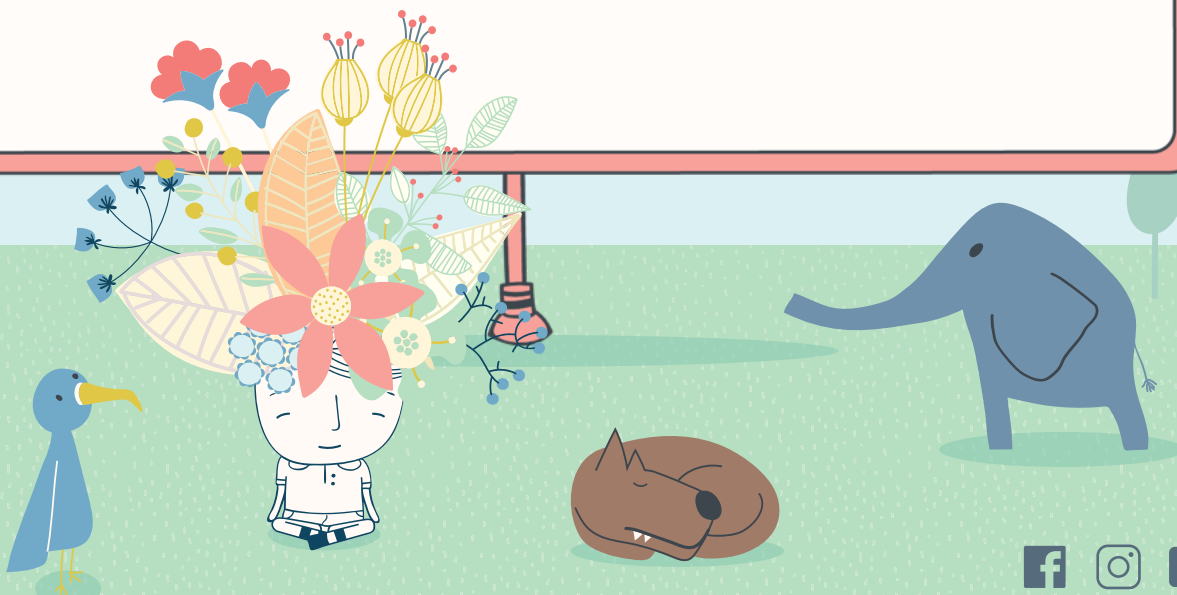
## ROLL THE DICE

Learn six strategies to help those uncomfortable feelings.



## BREATHING WHEEL

Discover six of our favourite breathing styles.



# DIGITAL FOR TEACHERS

Our individual and whole school digital annual subscription is a comprehensive offering of the Grow Your Mind program. It makes teaching wellbeing EASY, EFFECTIVE and INSPIRING. It is a comprehensive library of digital assets including:

- emotional literacy tools
- engaging character strength education videos
- micro moment + embedding wellbeing tools
- easy to use guide to playful mindful breathing styles
- digital posters with core wellbeing themes of growth mindset, emotional regulation, resilience and brain health
- teacher wellbeing resources
- healthy + unhealthy relationship tracker
- units of work plus lesson plans
- recommended literature that supports wellbeing with units of work
- parent and carer presentation slides + links to parent wellbeing

PLUS SO MUCH MORE and new content is updated regularly!



[CLICK HERE TO WATCH OUR TEACHERS  
DIGITAL SNEAK PEEK!](#)

# IMPLEMENTING IT COURSES FOR EDUCATORS

**IMPLEMENTING  
GROW YOUR MIND**

- online course -

Embedding + explicitly teaching positive  
mental health strategies in the  
classroom and the school

Time: 1 hour

INDIVIDUAL & WHOLE SCHOOL  
FROM \$45

[INVEST NOW!](#)

This professional development course highlights how to embed + explicitly teach positive mental health strategies in the classroom and the school. We developed Grow Your Mind to make the life of a teacher easier when it comes to successfully teaching emotional wellbeing. This course explains how to make the most of our creations within the classroom and whole school environment.

Topics covered -

1. Building brain awareness - introducing the Grow Your Mind animal characters
2. Making wellbeing engaging through stories, playdough, podcasts, and meaningful micro-moments
3. Reclaiming the reputation of the Guard Dog ( the amygdala): is this a threat, a challenge, or an opportunity?
4. The importance of staff wellbeing, how to 'live' wellbeing as a member of staff.
5. Making the life of a teacher easier: a step by step guide of how to use our Digital for teachers subscription. Whether you are using this resource with under 5 minutes to spare or wishing to make the most of extensive units of work both in the health and literacy areas - we have you covered!
6. Hear from other teachers on elements of the Digital for teachers subscription.





# IMPLEMENTING IT COURSES FOR EDUCATORS



## USING THE GROW YOUR MIND PODCAST

This course walks school staff through the research and motivations behind each of the 14 FREE podcast episodes available to any person, anywhere in the world. Every episode is an offering to boost mental health, connection, and resilience.

### Key areas explored:

- Research + reasons behind every positive mental health podcast episode + how to use the student reflection journals (ages 7 and up) alongside each of these.
- What mental health is and is not, why the podcast offers a unique educational experience for students, staff members, and families
- A summary of key positive mental health topics: joy, play, gratitude, respectful relationships, movement, courage, hope, benefit mindset, growth mindset, optimism, resilience, empathy + more!
- Grief, gender + climate change. Why these subject areas were included in the podcast & their potential to affect mental health.

## ENGAGING CHARACTER STRENGTH EDUCATION

This 1-hour course is an exploration of how to create a positive classroom culture and increase resilience in your students via character strength education. We created this course to inspire educators to see the potential of strength spotting, quality children's literature as well as the impact of stories and art.

### Topics covered:

1. An introduction to character strength education.
2. Children's books and their potential to further support character strength education.
3. Art + Awe + Stories! A look at our 'Guess Who' playdough character strength video series. We showcase how to make the most of this educational resource.



# LIVING IT COURSES FOR EDUCATORS

## TEACHER WELLBEING

At Grow Your Mind we believe that while it is fantastic for school staff to teach the program they also need to live it. Therefore we offer a range of teacher wellbeing courses, online and in person.

The goal of these workshops are for all school staff to discover, practice and be inspired to prioritise their own wellbeing. Effective student wellbeing begins with teachers nurturing their own!

*"The Grow Your Mind teacher wellbeing course was one of the most valuable and meaningful professional learning workshops I've ever been to. In truth, I haven't been to a more engaging professional development day."*

- Thea Burke, Year 6 OC Teacher



### INTRODUCTION TO TEACHER WELLBEING COURSE

This accredited course provides a number of invitations on ways to flourish both at school and at home.

#### Key areas explored:

- Understand stress, the good and the bad
- Begin to identify character strengths and personal values. Explore how these differ and ways to live by the values we determine
- Dip into the world of neuroscience
- Practice some mindfulness-based activities to help be less reactive to situations and unhelpful thinking patterns



### TEACHER RESILIENCE COURSE

Resilience is not for the genetically blessed, we can all learn to grow more of it. This engaging workshop takes you through the latest research-based tools that are the key components in building the resilience within ourselves.

#### Key topics covered:

- Myths and truths of being resilient
- Awe
- Unrealistic optimism
- Barriers to feeling resilient
- Joy + authentic gratitude
- Vulnerability, feedback and embracing stuff ups



WATCH TEACHERS EXPLAINING

# GYM DIGITAL RESOURCES

Click on any of the links below to see videos of teachers talking about our digital resources

[DAILY REFLECTIONS FOR WELLBEING](#)

[GUESS WHO CHARACTER STRENGTH VIDEO LESSONS](#)

[EMOTIONAL CHECK-IN TOOL](#)

[CHARACTER STRENGTH SPOTTER PLUS HEALTHY & UNHEALTHY R/SHIP TRACKER](#)

[CHARACTER STRENGTH SPOTTER](#)

[PODCAST PLUS JOURNALS](#)

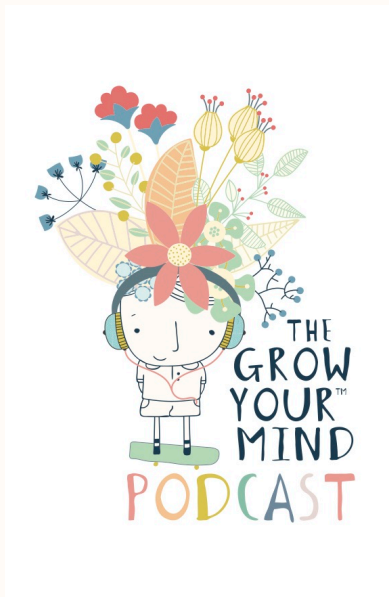
[UNITS OF WORK](#)

## MEASURING IMPACT

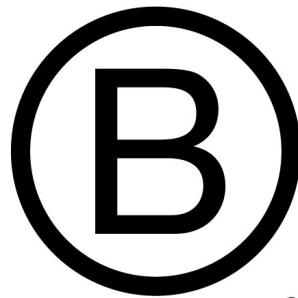
Digital users are strongly encouraged to take confidence surveys before and after the sessions. Email us directly to ask for the link. Every school that has undertaken these surveys has shown an increase in children's confidence to take care of their mental health and an increase in the teacher's confidence to talk about mental health, emotional regulation and focus.

- Pre and post evaluation surveys of 106 primary school kids at South Coogee Public School in 2019 revealed that:
- 92% felt MORE confident to take care of their mental health since doing the Grow Your Mind lessons.
- 1 in 2 students knew about the key parts of the brain as opposed to 1 in 5 before the Grow Your Mind program.
- Our teacher wellbeing course has seen 95% of all school staff attendees increase in their confidence to take care of their mental health.

At the end of each session all students are encouraged to reflect on what they learned, how they felt during certain activities and to make one plan for the week as to how they plan to 'live' their learnings. This is to give students an opportunity to practise skills in between sessions. It is hoped that by using Just Digital for teachers plus the Grow Your Mind physical resources, all students will have a sound understanding of what mental health and wellbeing is.



**Certified**



®

**Corporation**