



WELCOME TO

GROW YOUR MIND

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



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



WHO IS USING GROW YOUR MIND?



1 500 +
EDUCATORS



45 000 +
STUDENTS



1 000 +
FAMILIES

OUR RESEARCH:

We developed our **evidence-based** resources inspired by the research on character strengths, compassion, emotional regulation, respectful relationships, growth mindset and resilience, all of which are in line with the **NSW Wellbeing Framework for Schools** and Australian curriculum. Grow Your Mind is listed on Beyond Blue's Be You programs directory. You can [read more here](#).

WHAT WE HAVE DISCOVERED

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.



[CLICK HERE TO HEAR FROM OUR
TOUGHEST CRITICS!](#)



Check out
what kids have
to say about
Grow Your
Mind!

DIGITAL FOR TEACHERS

SUBSCRIBE TO DIGITAL

This whole school digital annual subscription is a comprehensive offering of the Grow Your Mind program. It makes teaching wellbeing EASY, EFFECTIVE and INSPIRING

Used by over 550 educators around Australia - Here's what one of them has to say:

"There is so much about Grow Your Mind that makes my life easier as a Kindergarten teacher.

For a start, students can often help each other out of a problem before needing me to 'fix' it for them. Particularly when the problem requires a more optimistic mindset.

I also appreciate the fact that students learn ways to emotionally regulate. The playful animal analogies, the stunning physical and digital resources make my every day teaching easier."

- Sophie Wadsworth

THIS DIGITAL ANNUAL SUBSCRIPTION OFFERS 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!

COURSES FOR TEACHERS

TEACHER WELLBEING

Grow Your Mind offers 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 NESAs 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



PEOPLE HAVE BEEN TALKING!

(AND WE'RE PRETTY CHUFFED)



"We are loving Grow Your Mind, it is so playful and yet empowering. Its appeal is certainly beyond preschool to Year 6. Adults benefit from it too!

I feel privileged with the joy and responsibility of bringing it to life at St. John's. Thank you!"

Mary Naim, Family Educator St John's Catholic Primary School

"Grow Your Mind helped me a lot because I used to be one of those shy kids. I wouldn't want to say anything when the teacher asked a question, even though I did know the answer. It helped me to be more confident."

Amy, Year 6 student:

"The Podcast has been such a great gateway for Toby to have a chat with me in the car on the way to school.

No quizzing him straight up about life but once we've settled in and listened to the podcast it seems to naturally spark something in him to chat more easily about his own world."

Peta, Mother of 3

Grow Your Mind has been a wonderful addition to our Positive Education programme and complements the new NESAs PDHPE syllabus.

It is wonderful to have a common language and to hear our students and teachers use this language in the classroom and playground when solving problems.

We encourage our parents to take on this language at home and find our parent workshops are crucial to strengthening our education partnership with families.

Kylie Latham, Deputy Head,
Loretto Kirribilli

”

JENNIFER LAWSON
Deputy Head, Malabar Public

"We have implemented Grow Your Mind at Malabar Public School this year. It has been such a beautiful, positive and easy to use program for our teachers and students.

The posters and artworks are divine and the concepts and lessons are evidence based in Positive Psychology.

It has been a joy to work with Alice as she presented professional learning for teachers and parents and demonstrated how Grow Your Mind lessons can be done in the classroom.

Thank you so much for enabling us to implement Positive Education at Malabar Public School."

"To be successful, wellbeing must be a whole school approach and Grow Your Mind has been embraced by the Clovelly Public School community to help build social and emotional skills and in turn nurture other positive, caring and respectful relationships.

The resources that support the program are well researched, age-appropriate and have assisted us in bringing mental health awareness into the classroom."

Matthew Jackman, Principal,
Clovelly Public School

"Grow Your Mind has given our school a common language when discussing feelings, the brain, mental health and all things mindfulness.

The resource easily fits with a full curriculum and our teachers report that the activities settle the class and therefore in the long run save time."

Belinda Gold, School Counsellor
Emanuel

"There is not a day where one of my children don't refer to the knowledge they have learnt, strategy or story that has been taught to them by Grow Your Mind."

Lucy, Occupational Therapist and
mother of 3

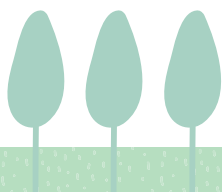
"This program is amazing for what it does in our childcares and schools. If we can teach our kids these skills at a young age - we will set them up for resilience, improved mental health and success for their life."

Chelsea Pottenger, Mental health
ambassador, mindfulness and
meditation coach and mother



PAYING IT FORWARD WITH SOME
TEACHER WELLBEING

In the following pages you will find some samples from our Teacher Wellbeing program, please complete in your own time, but make sure you print off the cards on page 11 and spread some kindness and appreciation to your fellow teachers.



STAFF WELLBEING!



The first step to effective student wellbeing is to strengthen, prioritise and protect your own.

The next 3 pages are dedicated to school staff.
Followed by 6 + pages of student worksheets

WRITE DOWN 3 WAYS YOU PLAN TO FILL YOUR OWN CUP

1.

2.

3.

STRESS

“I am an old man and
have known a great many
troubles, but most of them
never happened”

- Mark Twain

We feel 'stressed' when real or imagined pressures
exceed our ability to cope

STUDIES HAVE SHOWN THESE DETRIMENTAL EFFECTS OF TEACHER STRESS ON STUDENT LEARNING

- Less engagement with learning and lower overall performance (Collie, Shapka & Perry, 2012)
- Higher levels of stress (contagion) and therefore increased risk of mental health disorders (Oberle & Schonert Reichl 2016)
- Increased risk of experiencing aggression from their teacher (Riely et al 2012)
- Less trusting student-teacher relationships (Yoon, 2002)



STRENGTHS

KNOWING YOUR CHARACTER STRENGTHS CAN HELP YOU DURING TIMES OF STRESS:



LIST YOUR TOP 3 STRENGTHS

1.

2.

3.

PRINT THESE CARDS AND USE THEM TO
LET A COLLEAGUE KNOW YOU APPRECIATE THEM

Dear,

I feel like this school is super lucky to have you because

I wanted you to know that I notice the way you

So a big thank you from



Dear,

I feel like this school is super lucky to have you because

I wanted you to know that I notice the way you

So a big thank you from



Dear,

I feel like this school is super lucky to have you because

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PAYING IT FORWARD WITH SOME

SAMPLE WORKSHEETS

FOR YOUR STUDENTS

**PAGES 16-20 ARE ABOUT BRAIN HEALTH & FLOURISHING
FOR STUDENTS AGED 6-12**

Step 1: [Watch our animation](#) to introduce each animal's role to your students as well as the concept of mental health

Step 2: Print or display page 16. Complete sample worksheets are an introduction to the Grow Your Mind animals.

Step 3: Listen to [The Grow Your Mind podcast - episode 1](#) to develop a greater understanding of each animal, flourishing and resilience.

**PAGES 21-23 ARE ABOUT GRATITUDE
FOR STUDENTS AGED 5-12**

These sample worksheets focus on practising gratitude and looking for the good.

**PAGES 24 IS ABOUT MENTAL HEALTH & FLOURISHING
FOR STUDENTS AGED 7-12**

Print and invite students to complete over the course of a week.



The Wise Owl

(prefrontal cortex)



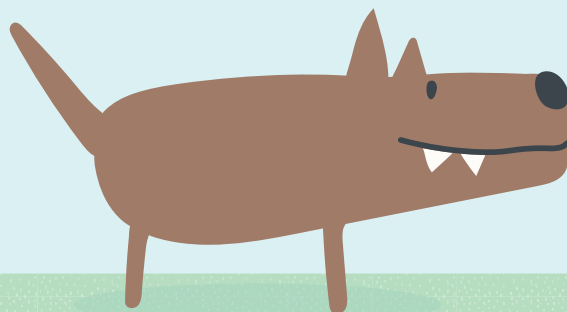
WAKE ME UP BY:

- Getting a good night's sleep
- Sticking with tricky things
- Taking three mindful breaths
- Making a mistake and learning from it

© Grow Your Mind 2017

The Guard Dog

(amygdala)



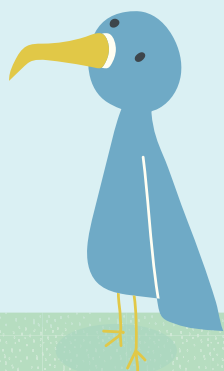
CALM ME BY:

- Practicing mindfulness – eating, listening, breathing, seeing – take YOUR pick!
- Doing something kind for someone else
- Writing three things you are thankful for EVERY day
- Changing a shark thought into a dolphin one

© Grow Your Mind 2017

The Sifting Sooty

(reticular activating system)
(RAS)



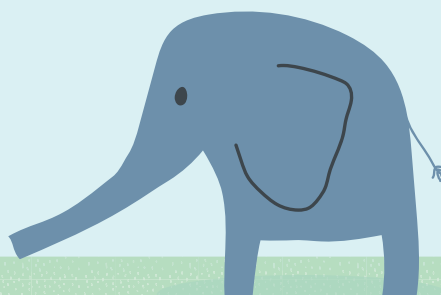
WAKE ME UP BY:

- Noticing when you are distracted: one thing you can touch, see, hear, smell and taste.
- Doing one thing at a time
- Setting a goal with a good plan on how to achieve it
- Drawing a picture or taking a photo that reminds you of what your goal is

© Grow Your Mind 2017

The Elephant

who tries to remember
(hippocampus)



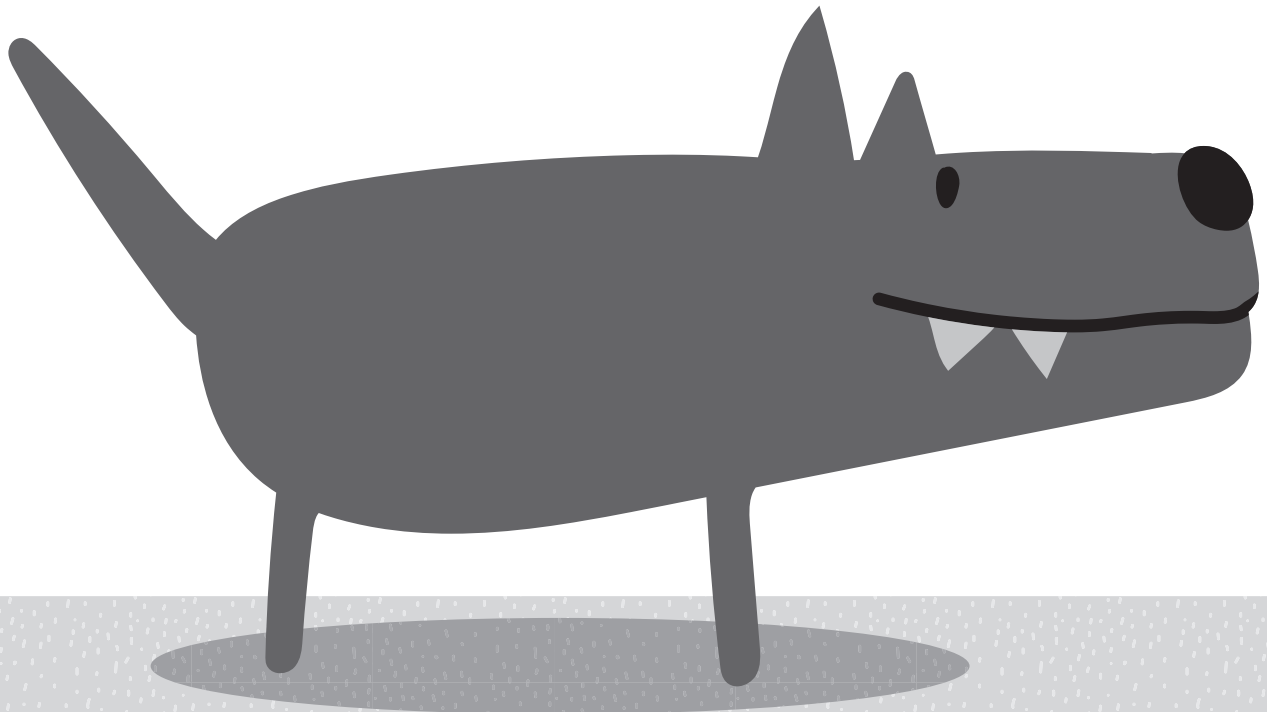
WAKE ME UP BY:

- Moving your body EVERY day
- Learning one new thing a day
- Meditating – even for a minute of belly breathing or hand breathing
- Eating healthy food

© Grow Your Mind 2017

The Guard Dog

(amygdala)



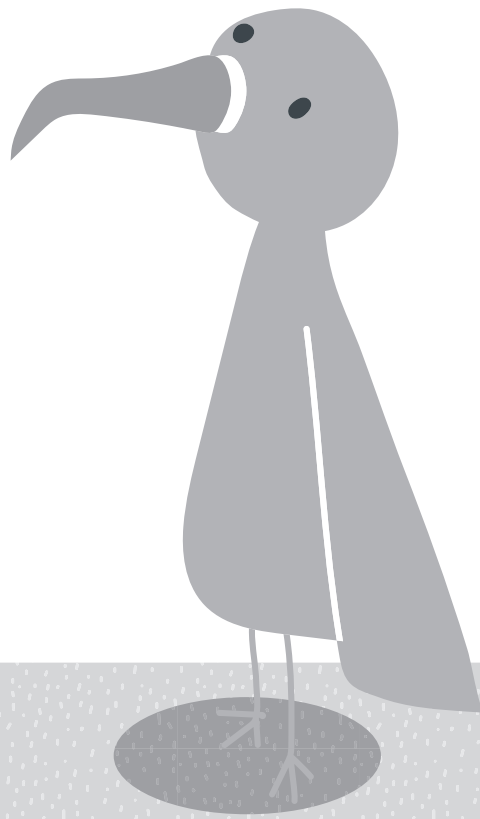
CALM ME DOWN BY:

1. _____
2. _____
3. _____

The Sifting Sooty

(reticular activating system)

(RAS)

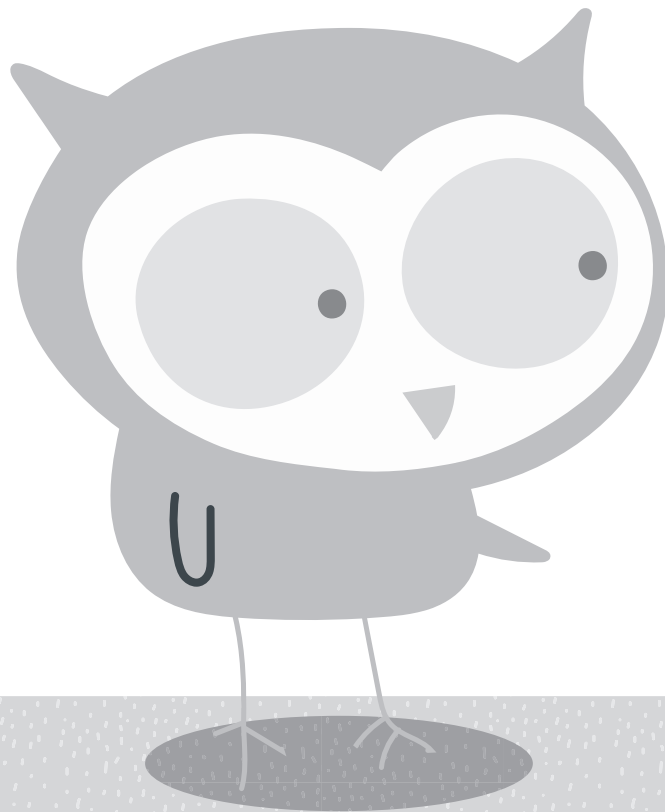


WAKE ME UP BY:

1. _____
2. _____
3. _____

The Wise Owl

(prefrontal cortex)

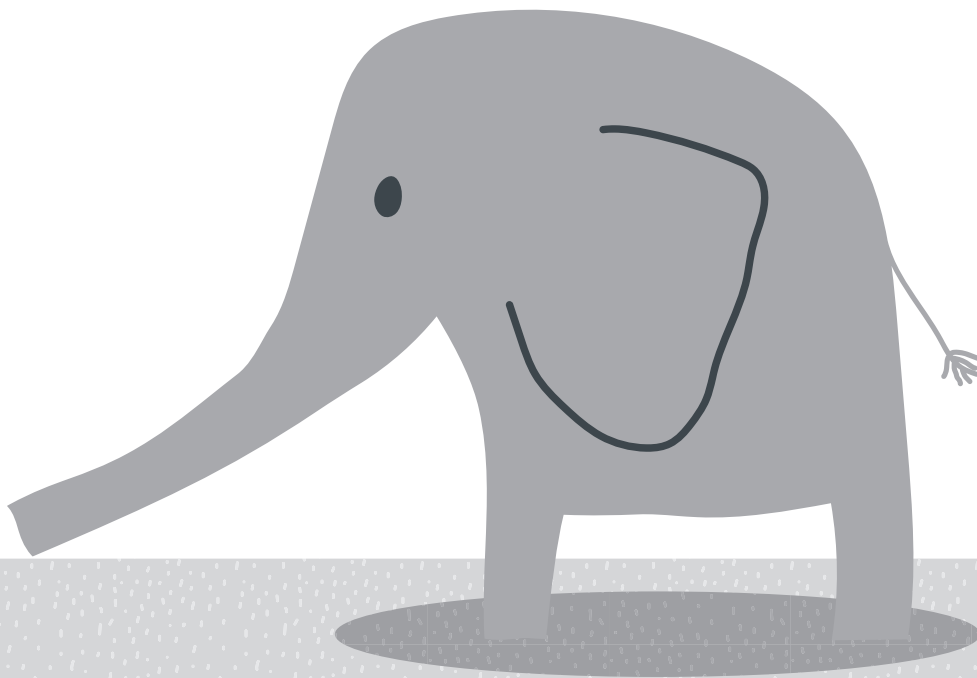


WAKE ME UP BY:

1. _____
2. _____
3. _____

The Elephant

who tries to remember
(hippocampus)



WAKE ME UP BY:

1. _____
2. _____
3. _____

NOTICE:

MONDAY: What went well for me today?

What am I most looking forward to tomorrow?

TUESDAY: What was my happy moment today?

What am I most proud of today?

WEDNESDAY: Who is someone I feel thankful for today?

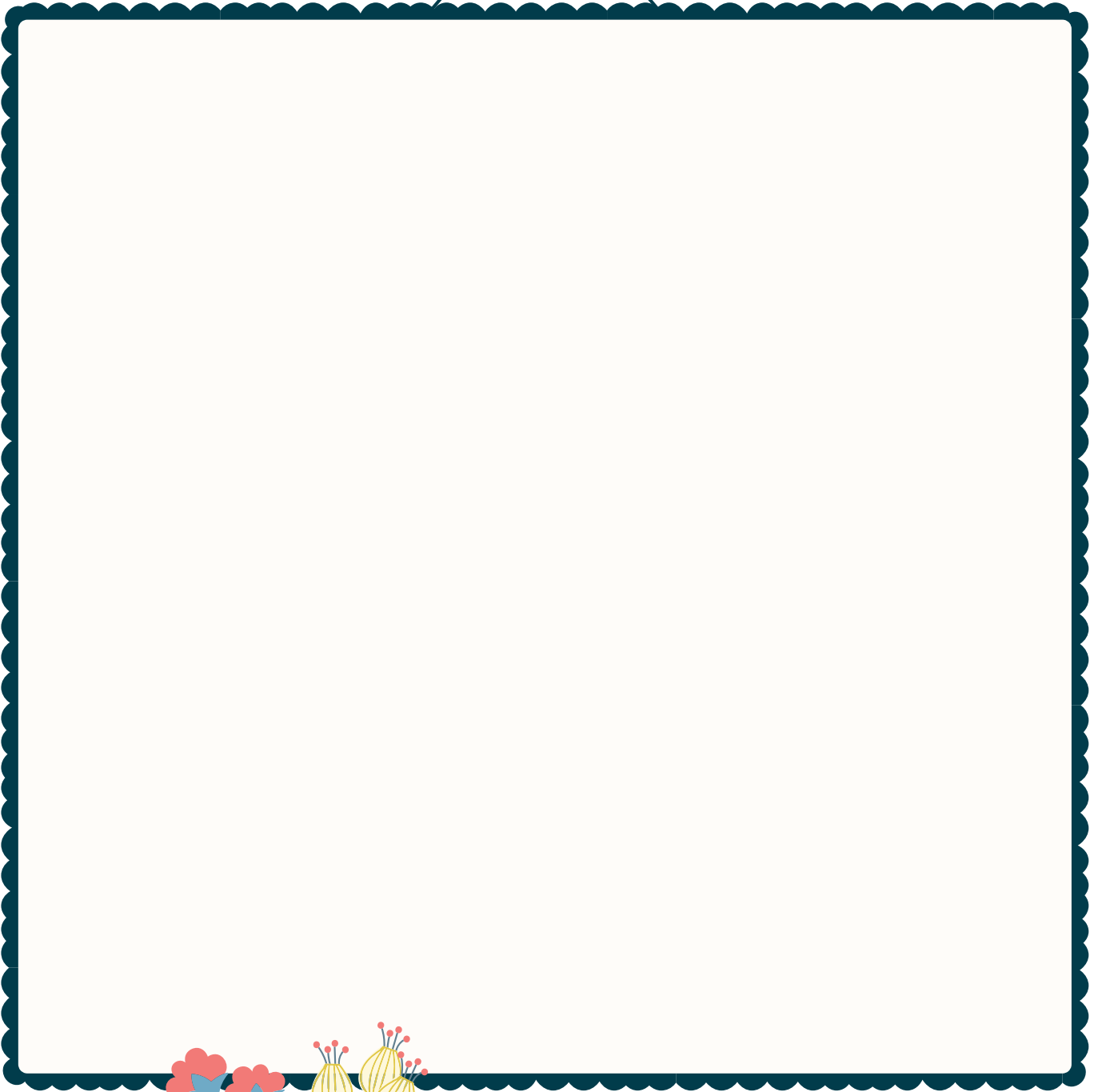
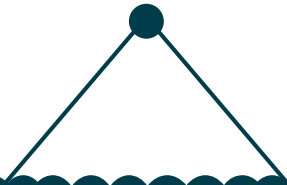
What am I most looking forward to tomorrow?

THURSDAY: Name something beautiful you noticed today?

What emotions am I feeling right now and why? (use your feelings cards if you need to)

FRIDAY: What was the best thing that happened to me this week?

What go slow, no technology activity am I going to do to take care of my mind this weekend?



Trace your hand.
Draw 5 people or things
you are thankful for.

UNDER EACH INVITATION DESCRIBE
THE MOST RECENT TIME YOU DID IT:



Take three mindful breaths



Move your body



Do something that brings you joy



Laugh



Think about what you are grateful for



Show kindness to someone



Know and grow your strengths



Connect with people



Learn something new

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