

## Smiling Mind News

Our Smiling Mind learning intention for Week 9 and 10 has focused around **STRENGTHS**. Our learning intention for this fortnight is to identify and grow personal strengths, and to recognise and appreciate individual differences and strengths in others. We learnt what strengths are, how to identify them and how to focus on our strengths rather than what we see as our weaknesses. Students who know and use their strengths are more resilient and display strong academic performance. Our meditation supported our learning focus as we were encouraged to focus on and relish in something we are good at, to reinforce our strengths and promote self worth. This meditation is called Exploring Strengths and can be found on the Smiling Mind app or by visiting [www.smilingmind.com.au](http://www.smilingmind.com.au)

A big thank you to **2F** for being Smiling Mind superstar's and taking photos to show how they are practicing Mindfulness in their classroom!

Many thanks  
Miss Castle  
Smiling Mind Coordinator

