

SMILING MINDS

Smiling Mind is now considered to be one of the world's leaders in the pre-emptive mental health space and Australia's go-to expert for youth-based mindfulness programs. They pride themselves on pioneering innovative ways to support good mental health and wellbeing across all our programs. Their goal is to provide accessible, life-long tools to support healthy minds.

Whether your child is unsettled due to the change and uncertainty with COVID, or you just want to build more calm and wellbeing into their day-to-day activities, our packs have something for everyone. Don't forget to check out our self-care tools, with strategies to look after yourself too!

Visit the link below to receive an email with helpful videos, activities and guidance from the Smiling Minds website.

<https://www.smilingmind.com.au/kids-care-packs>

Kids Care Packs — Smiling Mind

Digital Care Packs to support kids through COVID-19 and beyond.

These Care Packs provide tips and guidance on how to build positive mental health in children, and offer a range of simple, evidence-based activities that can be used with children aged five to 12 years to provide immediate relief against worry and anxiety, or used to support a proactive positive mental health approach.

These Care Packs provide tips and guidance on how to build positive mental health in children, and offer a range of simple, evidence-based activities that can be used with children aged five to 12 years to provide immediate relief against worry and anxiety, or used to support a proactive positive mental health approach.

Each pack explores related topics and contains downloadable activities for children.