

Smiling Mind Meditation Resource

Kriol — English



About Smiling Mind

Smiling Mind is a 100% not-for-profit organisation with a bold ambition - we want to change the way we all look after our mental health. Smiling Mind offers a range of programs and resources designed to make mindfulness accessible, easy to practice.

The Smiling Mind app provides free mindfulness-based programs for any age. In schools we offer a range of resources and training programs to support mindfulness across the whole school community.

Our Vision

To help every mind thrive.

Our Mission

To provide accessible, lifelong tools to support healthy minds.



Mental Health & Mindfulness

Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others.

With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future.

Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.



Backed by evidence

The Science

Research has shown us that practising mindfulness strengthens areas of the brain that control ‘executive function’ such as the prefrontal cortex and hippocampus.

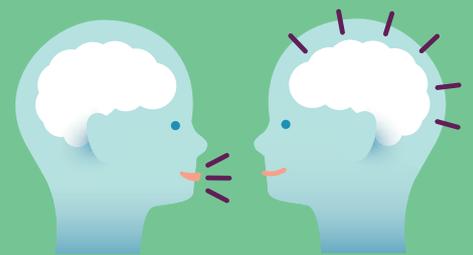
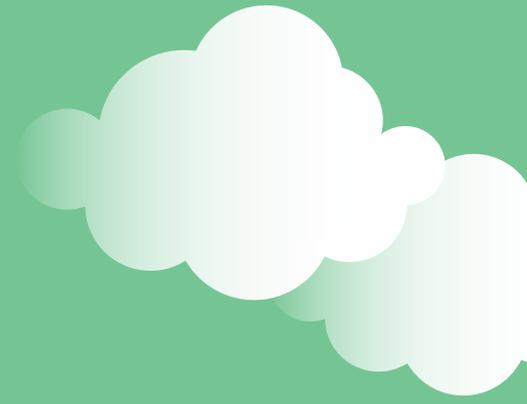
For that reason, mindfulness leads to better attention, memory, regulation of emotions and self-awareness^{1,2,3}. In turn, improvements in these areas leads to reduced stress, anxiety and depression, and better academic skills, social skills and self-esteem^{4,5}.

Independent Evaluation

We’re serious about the success of our mindfulness program in Australian schools so we put our program to the test. In 2016, we completed one of the largest research programs worldwide evaluating a technology-assisted mindfulness program in schools.

Researchers from Deakin University and InsightSRC surveyed **12 schools, 104 teachers** and **1,853 students** to assess the impact of the Smiling Mind mindfulness program.

The results indicated that our program can assist students with sleep, wellbeing, managing emotions, concentration and classroom behaviour.



1. Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical psychology review*, 31(6), 1041-1056.
2. Eberth, J., & Sedlmeier, P. (2012). The effects of mindfulness meditation: a meta-analysis. *Mindfulness*, 3(3), 174-189.
3. Klingbeil, D. A., Renshaw, T. L., Willenbrink, J. B., Copek, R. A., Chan, K. T., Haddock, A., ... & Clifton, J. (2017). Mindfulness-based interventions with youth: A comprehensive meta-analysis of group-design studies. *Journal of school psychology*, 63, 77-103.
4. Klingbeil, D. A., Renshaw, T. L., Willenbrink, J. B., Copek, R. A., Chan, K. T., Haddock, A., ... & Clifton, J. (2017). Mindfulness-based interventions with youth: A comprehensive meta-analysis of group-design studies. *Journal of school psychology*, 63, 77-103.
5. Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, 62(3), 373-386.

So, let's get started!

To set up a regular meditation practice in the classroom, we suggest:



01

Having a regular time of day for your meditation practice

The start or the end of the day are often good times



02

Setting up a regular, quiet meditation space



03

Practising sitting down on a chair or cushion with your students before beginning the meditation



04

Practise taking three deep breaths before starting the meditation. Remain seated with children for the duration of the meditation

A big part of practising mindfulness with students is debriefing the experience after each activity.

It's important to normalise any physical or emotional reactions they may have had and provide them with support if you think they need it.

Questions to get the conversation started

- **What was your experience when your eyes were closed?**
- **What did you learn?**
- **How do you feel now?**



Ded traburlin Baburl Stori Bubble Journey

Kriol

Mela wandim deigim yu nanga wan traburlin stori, na wan kantri kolum Mainfurlnis, tharran min wen yu jinggabad brabiliwei ba jamjin. Det kantri kolum mainfurlnis, im insaid na yu, wije yu gin jidan saibwan en strongbala insaid na yu gabada. Dijan yu gin meigim jes laik yu gabada brabili gudbinji o yu gabada smail smailbat na yu.

Ba gu na dijan traburlin stori, mela wandim yu ba ladan en jadimab yu ai, o yu gin libum yu ai oburn, en luk na yu binji wal. Burrum yu bingga na yu binji na.

Bluwin 3 bala biggwan win. Yu gin bilim yu bingga guapbat en gudaunbad.

Yu sabi wanim meigimbat duimbat lagijad? Im yu win tharran.

Yu bingga guab en gudaun garra ola win yu bluwin en deigimad. Wen yu bluwin, jinggabad gamon yu win gudaun gudaun brabliwei na yu bingji.

Kibgon bluwin bluwinbad gudwei. Yu bilimbat yu bingga guab guabbat en gudaun gudaunbat garra yu winmob.

Wen yu jinggabad najalod ola ebirrijing, trai burlimbek mijal na yu bingga, im guab en gudaunbad burrum yu win.

Gaundim 10 bala win yu garra bluwin, en yu binji garra guab en gudaunbad. Ma gaundim na:

1 wen yu bluwin, 2, wen det win gamad, 3 bluwin, 4 win gamad, 5 bluwin, 6 gamad, 7 bluwin, 8 gamad, 9 bluwin, 10 gamad.

Burru yu bingga wansaid na yu na. Bluwin bigwan na, gamon jingabat yu bin bluwin babugl gen, shein sheinwan. Ebri taim yu bluwin, tharran yu babbumabbad det baburl, meigimbad im grogrobat na yu binji gen, jinggabad wanim det kala ba yu baburl?

Jinggabad det baburl shein sheinbad meigimbad yu binji womwan gen, jes laik wen yu na faiya. Im meigim bat yu rilaks o yu jes raid insaid wei.

Dis raun, wen yu buwin bigwan, jingabat gamin det baburl gudaun gudaunbad na yu fud dubala na. Det sheiniwan baburl meigimbad yu fud jes raid. Wen yu bluwin, ledim ded baburl guab na yu leg en ni, ledim ded baburl guab na yu leg na im meigim yu leg jes raid.

Ebri taim yu bluwin, det baburl gu ab na yu bodi, meigim bad yu womwan, meigimbad yu raid. Det baburl na yu binji na, na yu bekburn en na tjes na.

Det baburl bin gu na yu bingga na, im guab guabbad na yu am, meigimbad yu womwan en yu bilimbad jes raid. Det barburl guab guabbad na yu winpaip, na yu fais, im na yu tang, joborn, irriwr en ai. Bluwin ded baburl na en meigim gamad. Wen yu digimat ded win, yu bin meigim yu bodimob womwan en rilaksi, o jes raid na.

Na yu gabada, tok tenk yu na yu bodi na, sabi watfo? Im duim loda wek ba yu. Yu fut en leg garrimab yu oldei. Yu bingga en am libdumab en garrimabbad ol kein ba yu. Yu binji, tjes, hat, liba en kidni mob. Alabad meigim yu bluwin bluwin en bambumbad yu blad en ol kein ba meigim yu laibbala. Yu gabada en fais ba lenlenbad ol kein en meigim yu sabi ol kein.

Gudwan, yu bin jes laik burrum biggiswan smail na yu gabada. Ai garra meigim dis saun ba binijima dijan. Lijin na det saun raitab. Yu gin oburnum yu ai den.

Mayaja, gudwan.



English

We would like to take you on a little journey to the Land of Mindfulness. The Land of Mindfulness is a place inside you, where you are safe and strong. A place where you can put a big smile on your mind.

To go on this journey we'd like you to lie on your back on the floor with your eyes closed or half closed and looking down at your belly. Put your hands on your belly.

Take 3 really big breaths. Can you feel your hands move up and down?

Do you know what's causing them to rise and fall like this? It's your breath that causes this!

Feel your hands rise and fall with every breath you take. As you breathe in, imagine your breath moving deep down into your belly.

Then let your breath return to normal and see if you can still feel your hands moving up and down with your breath.

When your mind gets distracted, bring your attention back to feeling your hands on your belly rise and fall with your breath.

You are going to count ten of your breaths as you feel your belly rise and fall, rise and fall. So let's count 1 as you breathe in, 2 as you breathe out, 3 in, 4 out, 5 in, 6 out, 7 in, 8 out, 9 in and 10 out.

Now you can put your hands on the floor beside you. Take another big breath in and imagine that you are breathing in a glowing bubble. With every breath, feel the bubble grow and fill up your belly.

What colour is your bubble?

Feel how the bubble's glow makes your belly feel warm and relaxed.

With your next big breath move the bubble all the way down to your feet. Feel how the bubble's glow relaxes your feet.

Then with your breath allow the bubble to float up to your lower legs, and then up your thighs, as it relaxes each part of your legs.

With every breath you take, the bubble floats further up through your body, warming and relaxing every part that it passes. It moves up through your hips, to your back, your belly and chest.

It passes your hands and your arms, warming and relaxing them.

It rises all the way up your neck and your face, relaxing your tongue, jaw, ears and eyes until you breathe it out slowly.

Feel how you're whole body is now warm and relaxed.

Take a moment to thank your body for all its hard work. Your feet and legs for carrying you around all day. Your hands and arms for lifting things. Your belly, chest and organs for breathing and pumping blood and keeping you alive. Your head and face for picking up information and making sense of the world.



Belly Breathing

Kriol

Mela wandim deigim yu nanga wan traburlin stori na wanbala kantri kolum Mainfulness. Tharran men wen yu jinggabad brabiliwei ba jamjing. Det kantri wije yu jinggabad brabiliwei ba enijing im raid insaid nanga yu, yu gin jidan seibwan en strongbala, tharran wiya nobodi gin ardim yu. Wen yu duim laigijad, yu gin meigim yu gaba smail smialbat na yu gamin.

Ba gu na dijan traburlin stori, yu garra ledan na yu bekburn o jidan garra pila kwiedbala. Ib yu jidanbad, meigim mijel jidan gudwei, jadimab yu ai o libum yu ai obun lil bid en burrum yu bingga na yu binji du.

Bluwin thribala brabili bigwan win. Yu gin bilim yu bingga guab guabbad en gudaunbad garra yu winmob? Wen yu bluwin, jinggabad yu win gudaun gudaunbad raid insaid na yu binji.

Bluwin gudwei na, yu gin bilim yu bingga dubala guabbad en gudaunbad wen yu bluwinbad yed.

Nomeda yu trai jinggabad yu binji guab en gudaunbad, meidi yu jinggabad najamob ol kein. Im raid, wi ol lod dum laigijad. Wen yu dingabad najamob, bringimbek mijal ba jinggabad, yu win mob batham, yu binji guabbad en gudaunbad.

Wi garra kaundim 10 winmob. Kibum yu bingga na yu binji ba bilim im guab en gudaunbad. Ma kaundim, 1 tharran bluwin, 2 digimad yu win, 3 bluwin, 4 digimad, 5 bluin, 6 digimad, 7 bluin, 8 digimad, 9 bluin, 10 digimad.

Disraun, yu kaundim misal na raid ab na 10 ba yu winmob, ma.

Yu binijab kaundimbad na, burrum yu bingga wansaid na yu ib yu laidaunbad o burrum na yu leg dubala ib yu jidanbad. Bilim yu win guin en gamadbad burrum yu binji. Nomada yu bingga nomo na yu binji ba album yu bilimbad ded win brabili.

Wi garra ladan batham na kwiedbala, bilimbat wi binji guab wen wi bluin, en wi binji gudaun wen wi digimad ded win.

Ib yu jinggabad naja lod ebrijing, trai libum batham en jinggabad yu binji guabbad en gudaunbad garra yu winmob.

Mayaja! Gudwan, jes laik yu bin meigim yu main o brain insaid na yu gabada smail smailbad gamin. Yu fil raid na.

Ai garra meigim wan saun, tharran men wi binijab na, jidan batham, kibgon jadimbad yu ai raidab ded sound binijab. Yu mob raid den.

Mayawa.



English

We would like to take you on a little journey to the Land of Mindfulness. The Land of Mindfulness is a place deep inside you, where you are safe and strong. A place where you can put a big smile on your mind.

To go on this journey we'd like you to lie on your back on the floor, or sit cross-legged on a pillow on the floor. If you are sitting make sure that your back is straight and that you are comfortable. Now close or half close your eyes and put your hands on your belly.

Take 3 really big breaths. Feel your hands rise and fall with every big breath you take. As you breathe in, imagine your breath moving deep down into your belly.

Then let your breath return to normal and see if you can still feel your hands moving up and down with your breath.

Although you are trying to pay attention to your belly rising and falling, sometimes your mind gets distracted. This is completely normal, it happens to all of us. So whenever this happens try to bring your attention back to feeling your belly rise and fall with your breath.

You are now going to count ten of your breaths as you feel your belly rise and fall, rise and fall. So count 1 as you breathe in, 2 as you breathe out, 3 in, 4 out, 5 in, 6 out, 7 in, 8 out, 9 in and 10 out.

You are going to try doing this one more time, without my help. So count 1 as you breathe in, 2 as you breathe out and so on all the way up to ten.

If you get distracted and lose count, don't worry just bring your attention back to your breathing and start counting again at 1.

If you get to 10 and we're still going, start again at 1 and keep counting.

You can stop counting now, and bring your hands to rest in your lap or on the floor beside you. Try to feel your breath move in and out of your belly without your hands there to help you.

We are going to sit for a little while in silence, trying to feel our bellies rise as we breathe in and fall as we breathe out.

If you get distracted, remember to come back to the feeling of your belly rising and falling with your breath.

Well done! You've just put a big smile on your mind!

I am going to ring a bell to end the exercise. Try to sit with your eyes closed until you can't hear the ringing of the bell anymore and then you can open your eyes.



Faindimbat Ola Saunmob

Exploring Sounds

Kriol

Mela garra deigim yu na naja traburlin stori na ded kantri kolum Mainfulnes. Ded kantri kolum mainfulnes, im insaid na yu gabada, wije yu gin jidan saibwan en strongbala. Wen yu duim laigijad, jes laik yu gabada garra gudbinji na yu o im garra smail-smailbad na yu.

Ba gu na dijan traburlin stori, mela wandim yu ba ladan o jidan na graun garra pila. Ib yu jidanbad, meigim yu bekborn straidbala en jidan gudwei, yu raid na. Jadimab yu ai na o jadimab lilbid en burrum yu bingga na yu binji.

Bluwin drribala biggiswan win. Bilim yu bingga guab en gudan garra yu winmob. Wen yu bluin, drai jinggabad yu win gudanbad raid daun insaid na yu binji.

Bluin gudwei igin na. Yu bingga guabbad en gudanbad garra yu winmob yed.

Wen yu duimbad laigijad, jinggabad yu winmob, yu garra faindim mijal jinggabad naja lod ebirrijing, dai libum batham en gubek na yu winmob en bingga guabbad en gudaunbad.

Yu garra gaundim 10 win bla yu en yu bingga guab en gudaunbad, guab en gudaunbad. Yu garra kaundim lagijad luk, 1 bluin, 2 digimad yu win, 3 bluin, 4 digimad, 5 bluin, 6 digimad, 7 bluwin, 8 digimad, 9 bluwin, 10 digimad.

Burrum yu bingga wansaid na yu na, o ib yu jidanbad, burrum na yu leg. Dra bilimbad yu bodi jes ladanbat o jidanbad na dijan rum. Jidan kwiedbala na en lisen na ola saun mob o noismob raun na yu.

Lisin na dedmob saun wen im longwei burrum yu batham.

Lisin na ola saunmob gulijab na yu na.

Im raid ib yu jinggabad najalod ebrijing. Wen yu duim laigijad, drai libum en jinggabad ola saunmob fes.

Wanim det saunmob yu gin lisen iya gin wan? Yu gin lisen yu winmob?

Jidan kwied wan batham, eni najamob soundmob yu gin irrim?

Yijarr! Yu bin jis laik meigim yu gaba gudbinji o abum gibidim spel batham o jes laik yu bin meigim im smail – smailbad.

Ai garra meigim ded bel duim ded saun na ba binijimab dijan iya.

Jadimab yu ai en jidan batham raidab det bel saun binijab, den yu gin oburnum yu ai en jidan gudwei den. Ma.



English

We are going to take you on another little journey to the Land of Mindfulness. The Land of Mindfulness is a place deep inside you, where you are safe and strong. A place where you can put a big smile on your mind.

To go on this journey we'd like you to lie on your back on the floor, or sit cross-legged on a pillow on the floor. If you are sitting make sure that your back is straight and that you are comfortable. Now close or half close your eyes and put your hands on your belly.

Take 3 really big breaths. Feel your hands rise and fall with every big breath you take. As you breathe in, imagine your breath moving deep down into your belly.

Then let your breath return to normal and see if you can still feel your hands moving up and down with your breath.

You might notice that when you try to pay attention to your breath like this your mind gets distracted. When this happens try to bring your attention back to feeling your hands on your belly rise and fall with your breath.

You are going to count ten of your breaths as you feel your belly rise and fall, rise and fall. So let's count 1 as you breathe in, 2 as you breathe out, 3 in, 4 out, 5 in, 6 out, 7 in, 8 out, 9 in and 10 out.

Now you can put your hands on your lap or on the floor beside you. Try to feel your body lying on the floor or sitting on the cushion in this room. Be as quiet as you can possibly be and listen to all the sounds around you.

Listen to the sound that is the furthest away from you. Now slowly start to listen to the sounds that are closer to you.

It's normal if your mind gets distracted. When it does, just bring your attention back to listening to the sounds.

What is the closest sound that you can hear?
Can you hear yourself breathing?

Sit in quiet for a little while longer and listen to any other sounds that you can hear.

Well done, you've just put another big smile on your mind!

I am going to ring a bell to end the exercise. Try to sit with your eyes closed until you can't hear the ringing of the bell anymore and then you can open your eyes.



Jinggabad Hau Yu Garra Mub

Mindful Movement

Kriol

Gudwan, yu bin kembek na Smailing Main o yu wandim ba meigim yu gabada raid wan mo raun. Meditaishin o wen yu jinggabad jamjing brabiliwei, yu nomo garra jidanbadoldei. Wi gin duim dis kein wen yu mubmubbad du ba meigim wi jinggabad wanim wi duimbad na, ba drai bogid ola najalod ting ba gibid wi gabada spel batham.

Ba dijan, yu garra jandab en baindim rum weya yu kaan bambum enibodi. Yu gin duim insaid na rum o adsaid. Obunim yu am raidab en darnim mijal raun wan taim na. Gibid mijal loda rum, nomo rudimad mijal. Burrum daun yu am wan said en jadimab yu ai na.

Slobala song plei.

Jinggabad gamin yu biggeswan tri, braili haibala, bajim ola najalod dri. Libdimab yu am dubala na skai, draidnimab mijal brabiliwei, kibgon... Hau big yu dri yu gin groimab? Burrum daun yu am na. Yu bodi laigim ded dri andanij wei, wen im ondob na graun... yu am laik dem branjmob... ded wodimob wen dei oldim ola lebmob... yu gabada im raid na dop. Yu fud gin bilim ded graun. Im ded rutsmob gen, wen im oldim ded tri undanid na graun.

Jinggabad ded win im bloinbad slobala raun na yu tri batham. Yu fud im strongbala na graun. Megim yu bodi blo gamin, gu wan said, den gu naja said. Kibgon duimbad laigijad. Bilim yu am dubala mubmubbat, yu binji, jolda, bekborn en gabada?

Jadimab yu ai yed, nomo oburnim.

Det song im gu mo fas n.

Wen yu jinggabad najalod, libum batham, jinggabad yu bodimob.

Wen yu gubad dijei, tharrei, said na said, yu bilim ded win gu mo strongbala na. Yu branjmob, o am dubala gu ab en daun na. Jagim yu bingga, am en jolda du, ab en daun na.

Rad ondob na yu dri du dad jaik jaik na, mubum yu gabada du.

Jaikim yu dri trunk na, tharran yu leg dubala. Bendim yu ni ab en daun garra ola yu bodi. Ol lod jaik jaikbad na, du maj det win dumaji.

Ib yu jinggabad dijan not wers o mi luk wathu duimbad laigijad, jes tok theng yu na yu mein o gabada en jinggabad yu bodimob en wad kein im fil. Kibgon jaik jaik yu bodi en abum fan.

Stap tokin lil bid long taim.

Song finij finij na.

Ded win im daidaibad na, yu dri im slo daun bad na. Meigim yu dri jandab kwietbala na. Bluwin 3 bigiswan win, ba meigim mijal jedurldaun na. Bluwin deibwan en meigim gudaun raid insaid na yu binji. Ledim ded win gamad slobala, wuj, ded win im gamad burrum yu binji.

Tjek na yu bodi. Im dibren na abda yu bin gu dijei tharrai en jeikjeikbat or im saim laig bifo wi bin stad? Yu odwan lilbid, kolwan, bagidab o yu mo laibli?

Wi garra binijab dragli, wen yu gabada jinggabad najalod ol kein, o yu wori wori ba enijing, yu gin jes laig gamad burruum yu gabada en gibid mijal spel enitaim wen yu jinggabad yu bodi mob.

Jingga bad dijan rum na en oburnim yu ai na, yu bodi en deigimbek mijal na yu taburl ba jidan kwiedbal dil ded song im binijab brabili.



English

Welcome back to Smiling Mind. Meditation is not only about sitting down. We can also use movement as a fun way to bring us into the present moment.

For this practice, you'll need to stand up, and walk to an open space. It can be inside or outside. Stretch your arms out wide, and slowly turn around once in a circle. Make sure that you can't touch anyone, otherwise find a bigger space for yourself. Let your arms fall by your side and gently close your eyes.

Imagine that you are a big, tall tree, the tallest tree you can think of. Lift your arms up into the sky and stretch your body up as far as you can go... how tall can you stand? Let your arms relax by your side. Your body is the trunk of the tree... your arms are the branches... and your head is the top of the tree. Feel your feet on the ground, and picture the roots of your tree going deep into the ground.

Let's imagine that the wind is gently blowing around your tree today. With your feet glued to the ground, let your body slowly sway from side to side.

Tune into how your body feels as it gently sways in the wind. Can you feel your arms moving...your belly...shoulders ... back... head?

Remember to keep your eyes closed.

Every time your mind wanders, bring your focus back to your body.

As you're swaying in the wind, you notice that the wind is beginning to blow more strongly. Your branches are starting to shake up and down in the wind... shaking your hands, arms, and shoulders up and down.

Letting the top of the tree join in now...moving your head up and down.

Now, let the trunk of your tree shake... bend your knees up and down, whilst you are shaking. Your whole body is moving...arms and legs both shaking at once.

If your mind becomes distracted on thoughts such as "this is silly",

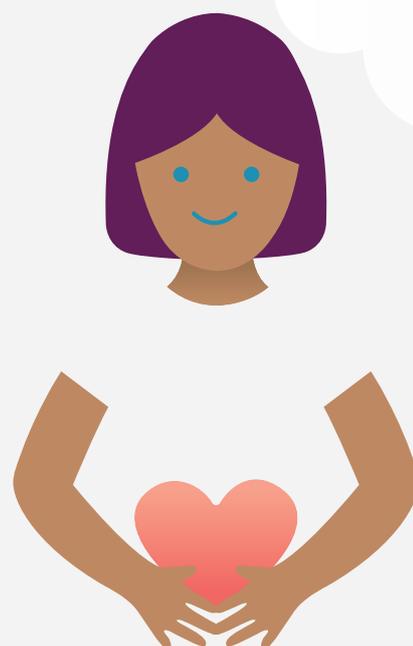
"I look silly", Just thank your mind and bring your attention back to your body and how it feels. Just keep shaking your body and have fun.

The wind is quieting down...your tree is becoming still...your body is becoming still. Take three deep breaths to help calm yourself. Breathing deeply all the way into the belly...and letting the air slowly whoosh out so that the belly is empty.

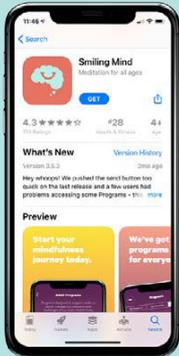
Check in with your body. Does it feel different after the swaying and shaking, or just the same as before? Do you feel warm, cold, tired or have more energy?

As we come to the end of the practice, remember whenever your mind starts to take over or you start to feel anxious or overwhelmed by a situation, you can get out of your head by dropping in and focusing on your body.

Allow your attention to come back to the room now and open your eyes, bringing mindfulness to your body as you gently move back to your desk.



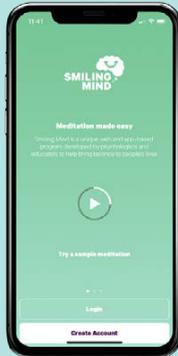
How to access the program



1

Download the app

Our free app is available through the App Store or Google Play and can be downloaded on your phone, iPad or computer.



2

Create an account or login

Login to an existing account or follow the directions to create a new account.



3

Navigate to the 'Other Language Programs'

After opening the app select, My Programs > All Programs > Other Language Programs.



4

Select Kriol, choose your meditation and enjoy!

Acknowledgment

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More information can be found on the
Smiling Mind website
smilingmind.com.au.



everyone's family

Smiling Mind

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smilingmind.com.au

Illustration by Beci Orpin | The Jacky Winter Group

**Smiling Mind is a 100%
not-for-profit organisation
that works to make
mindfulness meditation
accessible to all.**

Visit us online or download
the free app to get started.

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