

Module One - Meet AARMA

What is AARMA ME all about?

Your child is about to begin a powerful personal development journey through the **BETTER ME Project** program - an engaging, age-appropriate course designed to help students in Years 4–6 build emotional awareness, resilience, and responsibility. This first unit is called **AARMA ME** where students learn to put on their human AARMA to help them succeed and protect themselves in the world.



AARMA stands for **A**wareness, **A**cceptance, **R**egulation, **M**otivation, and **A**ccountability.



What's in this first module?

In this first introduction module, students will be introduced to each of the five **AARMA** Principles and learn how they all work together to help them grow as individuals.

They'll explore the big picture idea behind **AARMA** - that being a human isn't always easy, but with the right skills and tools, they can learn to manage emotions, build better relationships, and take ownership of their choices and work toward personal success.

This opening module sets the tone for the course by encouraging self-reflection, curiosity, and an 'I can' mindset.

Why is this program important?

Being human is tough - even for adults. Young people today are growing up in a fast-paced, complex world. **AARMA** gives students a chance to pause, reflect, and learn real-life skills for navigating relationships, emotions, school pressures, and growing independence.

The program is designed to:

- Make students more **self-aware** of their thoughts, feelings, and behaviours
- Teach **emotional regulation** and decision-making strategies
- Build **respect, resilience**, and a **growth mindset**
- Equip students to take **ownership** of their learning, choices, and personal development



What makes the BETTER ME Project different?



This is not just about classroom learning—it's a **personal project** for each student. They'll hear relatable examples, learn science-backed facts about how their brain works, and be invited to try simple strategies they can use in everyday life. They'll be encouraged to put on their **AARMA Goggles** to see the world in a different light.

The tone is practical, humorous, and real - designed to connect with pre-teens on their level while introducing concepts that promote lifelong social-emotional growth.

How can YOU support this program?

You can help by:

- **Talking about it** - Ask your child what they've learned and how it relates to their daily life
- **Model the AARMA Principles** - Share your own examples of awareness, acceptance, regulation, motivation and accountability!
- **Encourage practice** - Remind your child they're learning a skill, and that takes time and patience
- **Celebrate effort** - Recognise moments of emotional strength, kindness, or self-reflection in your child



What else is important to know?

You don't need to be an expert in psychology or neuroscience to help your child grow to be **HAPPY, HEALTHY, HELPFUL and HOPEFUL**. AARMA is about building healthy habits and mindsets, and your support can make all the difference. By engaging in this journey together, you're helping your child become not just a better student—but a **BETTER ME**.



Awareness Acceptance Regulation Motivation Accountability



I Notice



I Respect



I Control



I Focus



I Own