



1



2

THE **BetterMe**
PROJECT



What is the BETTER ME Project?

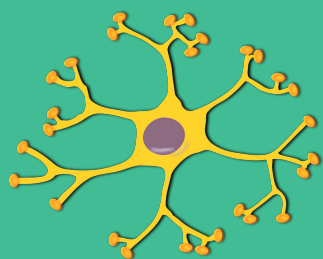
BETTER ME is a project to help you create a BETTER YOU through understanding your brain.

If you know more about how your brain works, you'll get ideas on how to use it so you can make better decisions and better choices.

Once that starts happening, it's easier to become healthier and happier!

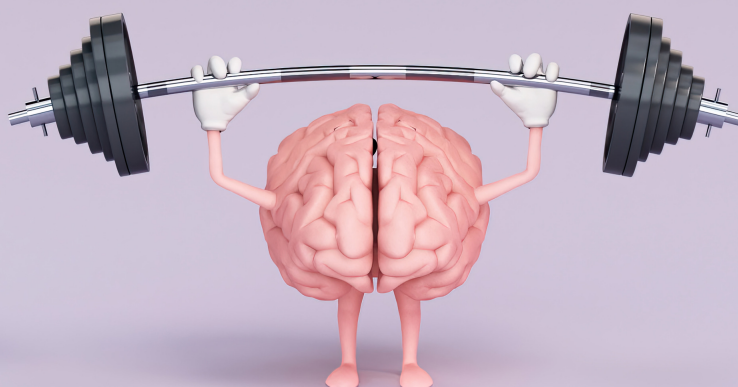
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3

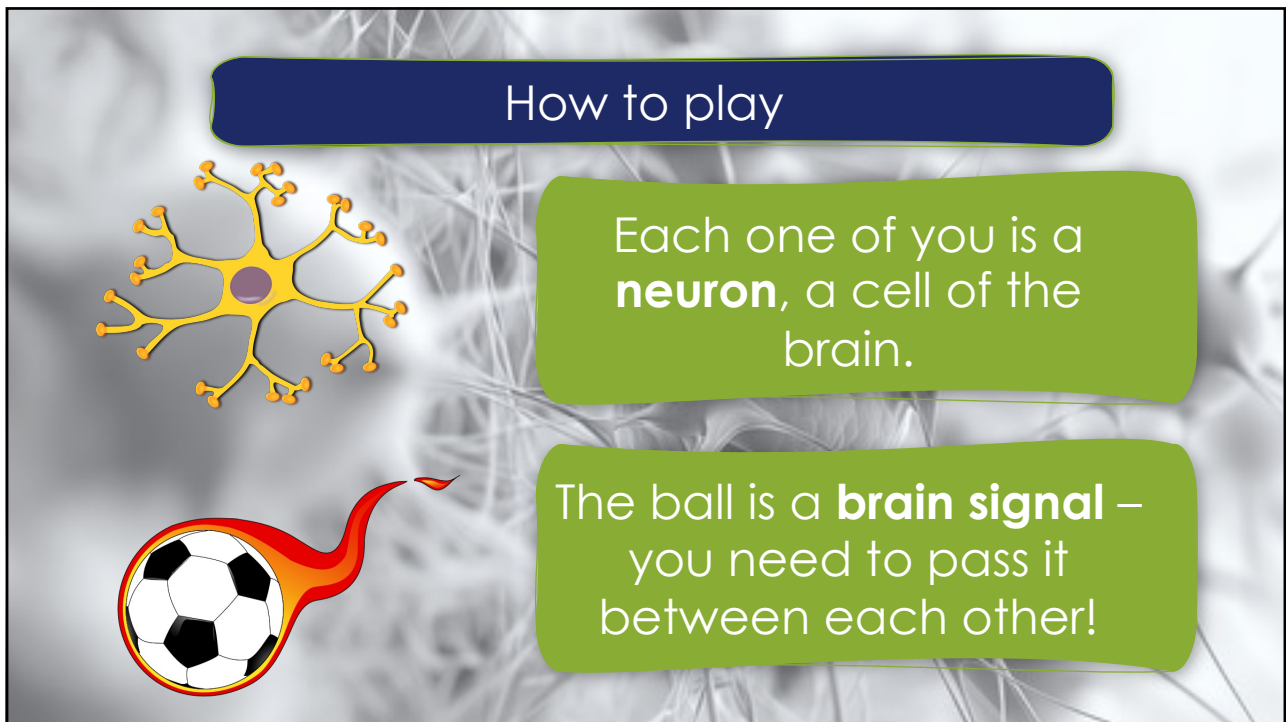


ACTIVITY

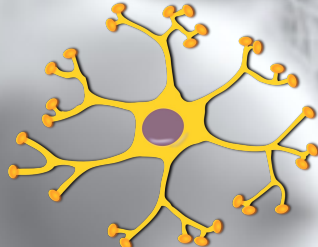
Time to act like your
brain!




4



How to play



Each one of you is a **neuron**, a cell of the brain.



The ball is a **brain signal** – you need to pass it between each other!

5



Round One – Simple Signal

Pass the **brain signal** – make sure not to drop it!



6

Round Two – Mixed Messages

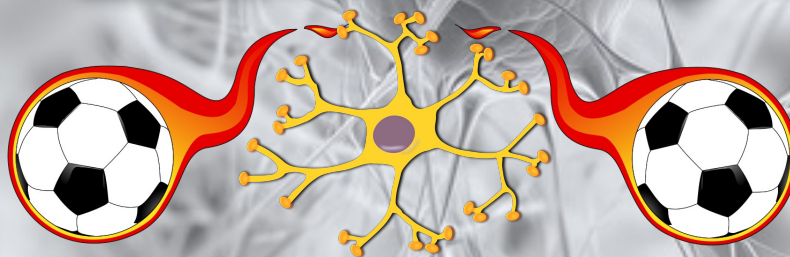
Pass the **brain signal** again
– but you have to say the
password as well!



7

Round Three – Double Trouble

Now there are **two brain signals**, and you still have to say the password!



8





KEY
POINT

What does that have to do with your brain?



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There is a lot of co-ordination that has to happen in the brain through the signals that are passed from neuron to neuron!

Lots of stuff gets in the way.

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To be a BETTER ME you need to understand your brain and figure out some ways to be in control of it.

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Learning about your brain, how it works and how to stay calm and focused helps your brain work better – so you can be a BETTER ME.


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VIDEO

Time to watch something!



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BETTER ME NEWS
AUSTRALIAN SCHOOLS
ISSUE 1 • YOUR DAILY WISDOM

Building Your Human AARMA

Hi, I'm Nick. And I'm a human... just like you. Welcome to the BETTER ME Project!

This is YOUR personal project to become a BETTER HUMAN and lead a BETTER LIFE by being a BETTER ME, that is, a BETTER YOU.

This project is about helping you to be better at being a human being, because it turns out that that is quite a difficult thing to do!

I'm going to be your guide throughout this very important project, providing you with some information about your brain and giving you some ideas and some 'Human Hacks' to experiment with.

There are five key 'building blocks' of a BETTER ME. They are ... Awareness, Acceptance, Regulation, Motivation, and Accountability.

That's A. A. R. M. A - AARMA - you know like armour - putting on your human AARMA makes you into a BETTER ME.

Throughout modules of this program you will experiment with increasing your level of AWARENESS - and that's about awareness of yourself and of the other people around you and in your life.


Self-awareness is a critical human skill that helps us be proactive about building a BETTER ME.

You'll learn fascinating and new scientific information about your brain, how it works, and why it sometimes doesn't work as expected. And of course, we'll share some tips on what to do when that happens.

After AWARENESS comes ACCEPTANCE. No problem can be solved until we accept who we are, what has happened, and the options available to us.

The third building block - REGULATION - which is another word for 'self-control' - is all about controlling your emotional responses and recognising when your brain is being biased. In other words, self-regulation is about stopping yourself from saying and doing silly stuff.

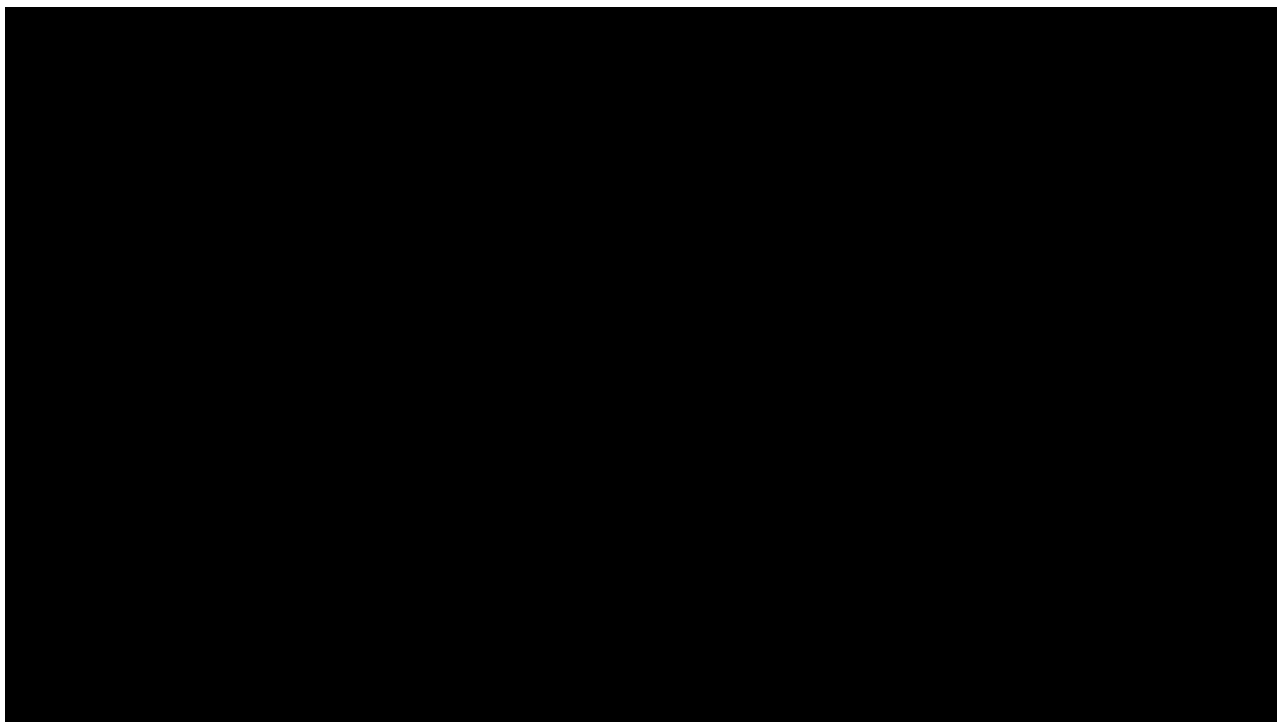
Module 1 | 1

AARMA Me 


The transcript from the video is in your workbook, on pages 1 and 2!

Workbook

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15



DISCUSS

E

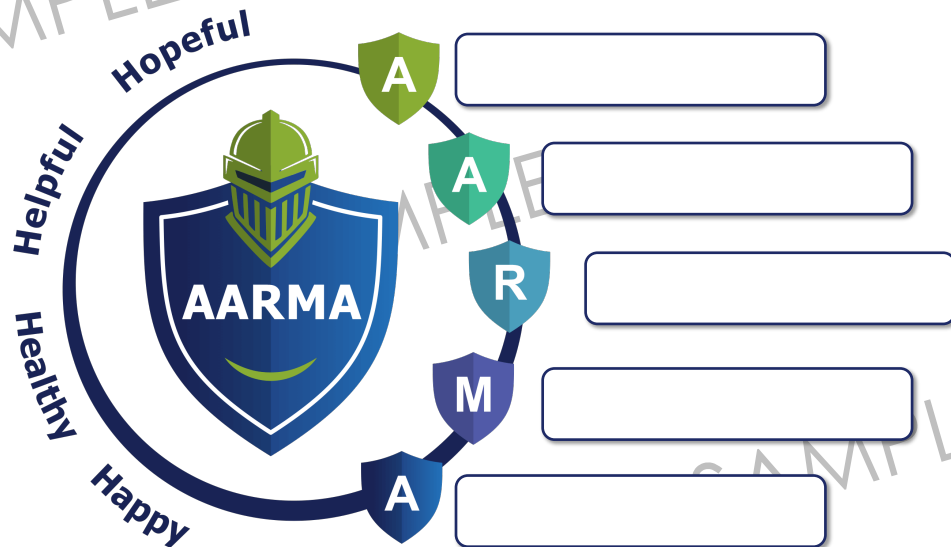
What are the AARMA Principles? Turn to **page 3**.



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My human AARMA

Workbook



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17



Is being happy, healthy, helpful and hopeful important to you?

Which one are you good at already, and which one would you like to get better at?

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18

Let's test your knowledge!
Turn to **page 4**.

ACTIVITY

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AARMA Word Search

Workbook

SAMPLE

K A P P X I T H B A H Z M G Q
U I C Z R E G U L A T I O N S
Q X B C W U P D N R G G T B B
S D D E O A X F F M Y S I M C
Z A H C T U B Z U A C C V H A
Q E I K R T N D G Z W P A S W
X C R E N G E T C P S X T R A
X Q Z W H M M R A I C Z I M R
C W P O C L G D M B E A O H E
A C C E P T A N C E I I N I N
H M W N N Y K O M B J L U T E
F F D W M B B R B X L Q I Q S
Z K S H F K E R P C I R Y T S
J Y N K E D N Q F Z C S S X Y
Z X G N B Q S V B X X F P D O

SAMPLE

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20

AARMA Word Search

Workbook

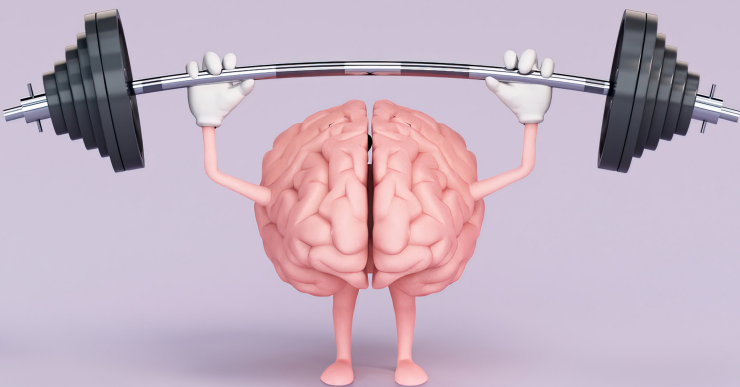
K A P P X I T H B A H Z M G Q
U I C Z R E G U L A T I O N S
Q X B C W U P D N R G G T B B
S D D E O A X F F M Y S I M C
Z A H C T U B Z U A C C V H A
Q E I K R T N D G Z W P A S W
X C R E N G E T C P S X T R A
X Q Z W H M M R A I C Z I M R
C W P O C L G D M B E A O H E
A C C E P T A N C E I I N I N
H M W N N Y K O M B J L U T E
F F D W M B B R B X L Q I Q S
Z K S H F K E R P C I R Y T S
J Y N K E D N Q F Z C S S X Y
Z X G N B Q S V B X X F P D O

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Ready for another challenge?
Turn to **page 5.**

CNTOILBYIACATU	<input type="text"/>
VTINAOMITO	<input type="text"/>
CNTEOI	<input type="text"/>
TOAREGIULN	<input type="text"/>
NOW	<input type="text"/>
UFCOS	<input type="text"/>
NAESSARWE	<input type="text"/>
RCONTOL	<input type="text"/>
CPEANTECAC	<input type="text"/>
TCSPERE	<input type="text"/>

ACTIVITY



AARMA Word Scramble

Workbook

CNTOILBYIACATU

VTINAOMITO

TOAREGIULN

NAESSARWE

CPEANTECAC

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23



KEY
POINT

What do the five AARMA
Principles really mean?



24

AARMA Me 

AWARENESS



Noticing things that are important

- How you feel
- How other people make you feel
- How what you do makes other people feel
- Stuff going on around you!

Awareness



I Notice

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25

AARMA Me 

ACCEPTANCE



Accepting yourself

- Who you are, ok with your mistakes, being a 'normal' human

Accepting others

- Who they are, ok with their mistakes, they are a 'normal' human

Accepting what happens

- Situations and circumstances
- It's in the past
- Accept and learn and make right

Acceptance



I Respect

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AARMA Me 

REGULATION



Staying calm and pausing

- Noticing your emotions and controlling them before you make decisions and choices

Choosing your actions wisely

- Making wise choices and useful decisions based on fact

Being in control of your brain

- Not letting your brain be in control of YOU and your mind.

Regulation



I Control

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AARMA Me 

MOTIVATION

I CAN



Motivating yourself

- Doing things you want and don't want to do because it's worth it or it's necessary or the right thing to do

Perseverance and grit

- Staying the course even when things get tough

Focusing on your goals

- Having clear goals and not getting distracted

Motivation



I Focus

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ACCOUNTABILITY

Owning up to your mistakes

- We all make mistakes – it's normal human behaviour

Accepting the consequences

- Choices equal consequences - when you accept them you grow and learn

Doing better next time

- Being better every day. Motivating yourself to get stuff done and do the right things. Being a BETTER ME.

Accountability



I Own

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DISCUSS

How would our school be better if everyone could use their human AARMA?



30



AWARENESS

People would notice how their actions make others feel and try to be nicer.

Everyone would pay more attention to what's happening around them and help others when they need it.

Awareness



I Notice

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ACCEPTANCE

We would all get along better because we'd accept people for who they are, even if they're different.

It would be easier to fix problems because we'd stop blaming ourselves or others and just try to make things better.

Acceptance



I Respect

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REGULATION

There would be less yelling and fighting because people would stay calm and think before they act.

If everyone could control their emotions, they'd say nice things instead of mean ones when they're upset.

Regulation



I Control

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33



I CAN



MOTIVATION

People would try harder to do important things, even if it's difficult or they don't feel like it.

We'd all help each other reach goals and make the world a better place, like planting trees or helping people in need.

Motivation



I Focus

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ACCOUNTABILITY

The world would be fairer because people would admit when they make mistakes and try to fix them.

Everyone would trust each other more because we'd all keep our promises and take responsibility for what we do.

Accountability



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KEY
POINT

How do I use the
AARMA Principles?



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36

When you are facing a challenge, you can learn to pause and see the situation through the lens of a BETTER ME – like putting on a set of magic goggles.

You can then use the AARMA Goggles to help you to decide how to manage your brain and what to do next.



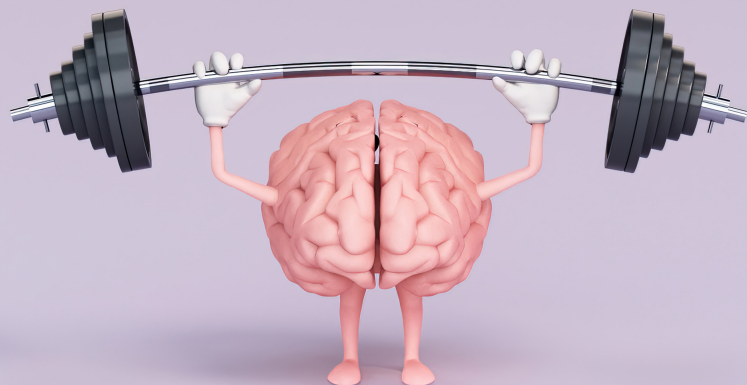
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37



ACTIVITY

Let's review the AARMA actions. Turn to **page 6**.



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My AARMA Filter

A

A

R

M

A

Workbook


The AARMA Actions



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VIDEO

Let's watch the AARMA Video again!

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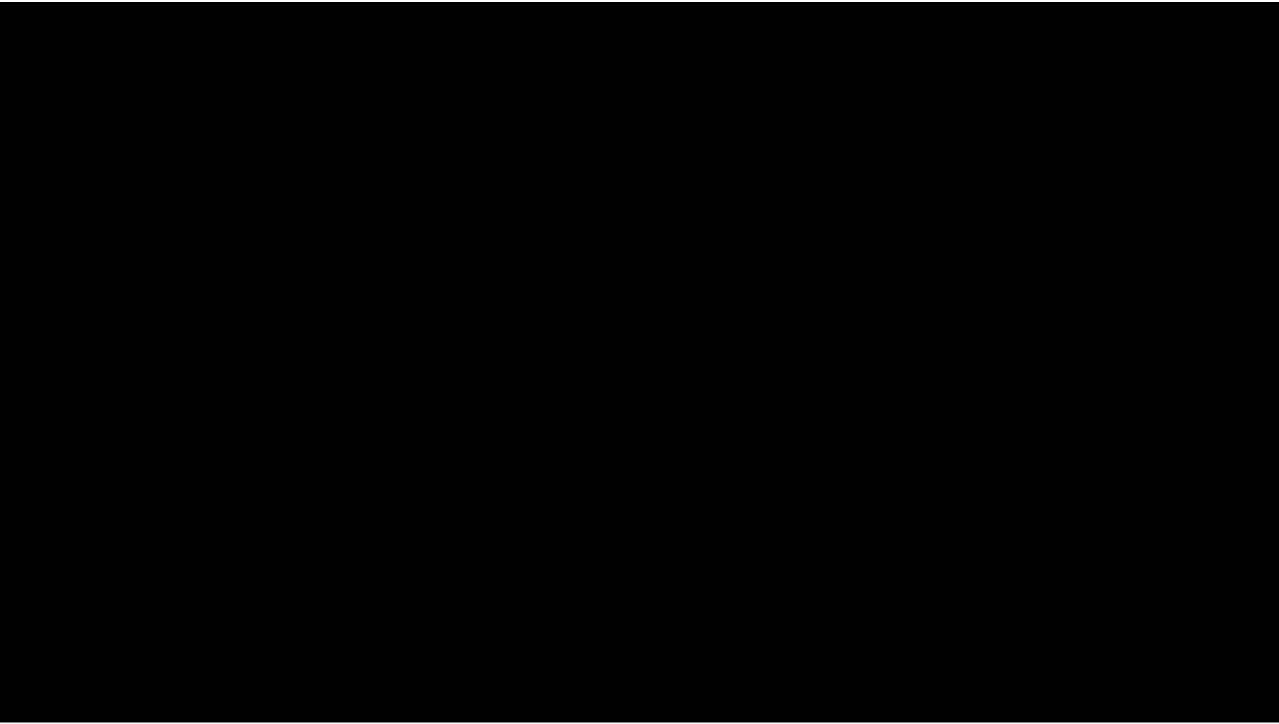





The transcript from the video is in your workbook, on pages 1 and 2!

workbook

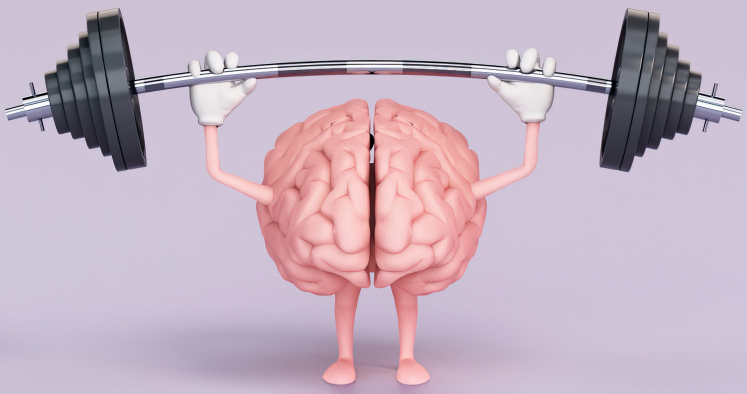
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ACTIVITY

Let's see if you understand AARMA. Turn to **page 7**.



43

Story Matching

AWARENESS

ACCEPTANCE

REGULATION

MOTIVATION

ACCOUNTABILITY

Jenny has glasses, and felt bad about them for a while. Then, she accepted that they help her see better and make her unique. She now proudly wears them and tells others about how they help her.

Emma wanted to be part of the school play, so she practiced her lines every day after school to make sure she was ready for the audition.

Ben felt angry when he couldn't solve a maths problem. Instead of throwing his book, he took deep breaths and counted to ten to calm himself down. Then, he tried again.

Harry was supposed to feed the class fish during lunch but forgot. When he remembered, he quickly did it and said sorry to the teacher, promising to set a reminder for next time.


Sarah noticed that she felt really happy every time she helped her friends with their homework. She started offering help more often to keep feeling good.

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44

Time to test your memory and talk about how to use your AARMA.

DISCUSS



45

Step 1:
Get a set of
AARMA
Memory
Cards.

"I focus"	Awareness	"I control"	Acceptance	"I respect"
RESPECT Valuing others by understanding and considering their feelings and thoughts.	ACCEPTANCE Embracing yourself and others for who you are, including circumstances beyond your control.	CONTROL Managing your actions and reactions in various situations.	FOCUS Directing your attention and effort towards specific goals.	AWARENESS Recognising both your internal and external states and surroundings.

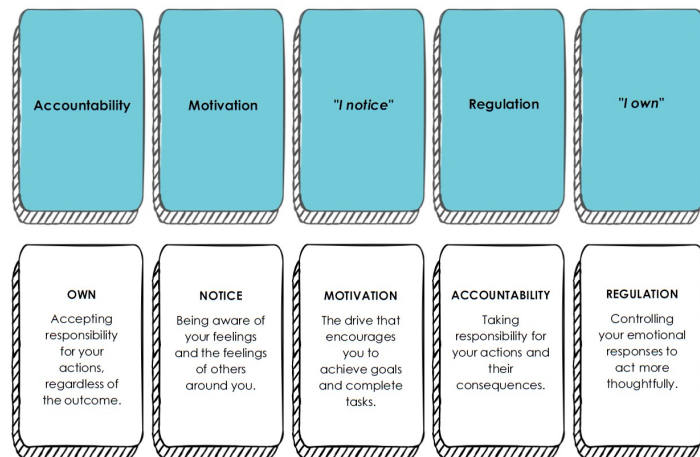
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46

SAMPLE

Step 2:

In groups,
match the
blue cards
with the white
ones.



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47



KEY
POINT

How do we use the
AARMA actions?



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AWARENESS



"I notice"

What are you good at noticing?

Can you remember a time when you did NOT notice something that was important?

What do you notice about how you are feeling right now? Can you give your feeling a name?

Awareness



I Notice

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ACCEPTANCE



"I respect"

What are you good at accepting?

Can you remember a time when you found it hard to accept something you or someone else did?

What kinds of things do we all need to 'just accept' sometimes?

Acceptance



I Respect

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50

AARMA Me 

REGULATION



"I control"

When are you good at controlling your emotions?
When are you not so good?

Can you remember a time when you lost control of your emotions and made poor choices?


Regulation




I Control

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51

AARMA Me 

MOTIVATION




"I focus"

When do you feel motivated to do things?
When is it hard to be motivated?

What would you like to be more motivated about and why?

Motivation




I Focus

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AARMA Me



ACCOUNTABILITY

I'm
Sorry!




"I own"

Why is it hard to be accountable and own your mistakes?

Why should we be accountable, even if it's difficult?

What is one thing you want to be better at being accountable for?

Accountability



I Own

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53

Hopeful

Happy

Healthy

Helpful



A

A

R

M

A

AWARENESS

ACCEPTANCE

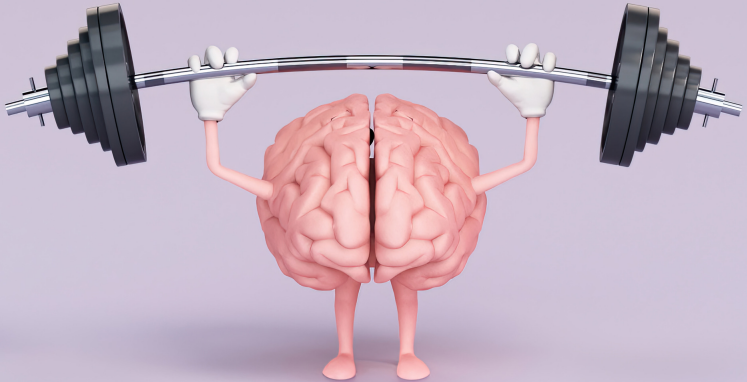
REGULATION

MOTIVATION

ACCOUNTABILITY

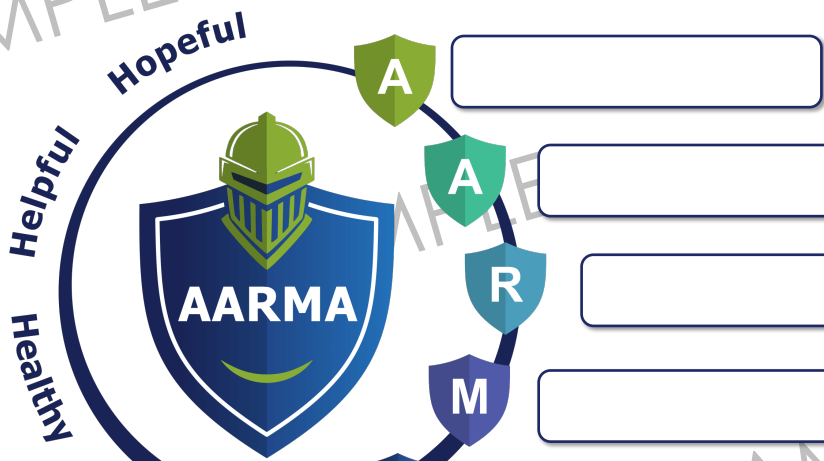
ACTIVITY

Let's see if you can remember all the parts of AARMA!



54

Rapid Recall!



A diagram illustrating the AARMA acronym. At the center is a blue shield with a green helmet on top, containing the text "AARMA" and a green smiley face. Surrounding the shield is a circular path with five smaller shields, each containing a letter of the acronym: "A" (green), "A" (green), "R" (teal), "M" (dark blue), and "A" (dark blue). To the left of the circle, the words "Hopeful", "Helpful", "Healthy", and "Happy" are arranged vertically. To the right of the circle, there are five empty rectangular boxes for notes, each aligned with one of the acronym letters.

Hopeful

Helpful

Healthy

Happy

A

A

R

M

A

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55

E

SA

PLE

Let's watch the AARMA video one final time.

A brown and white dog is shown from the chest up, wearing white 3D glasses with red and blue lenses. It is holding two large red and white striped containers of popcorn. The dog has its mouth open, showing its tongue.

VIDEO

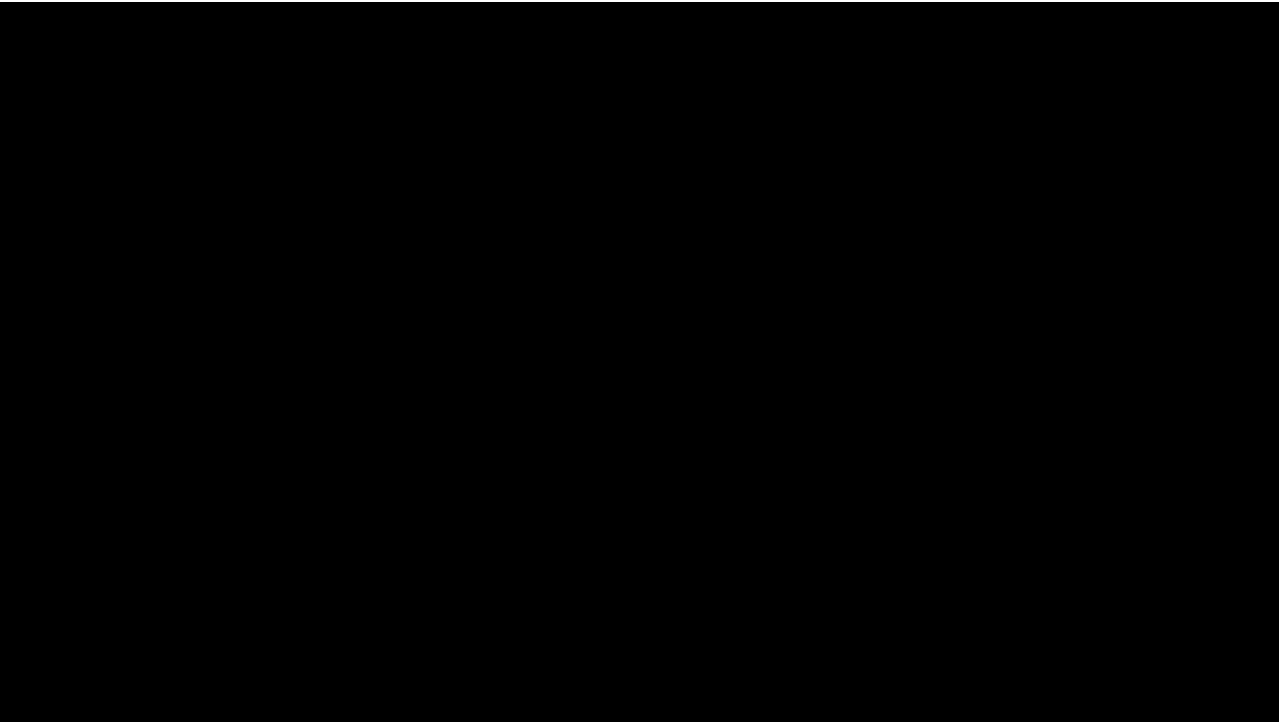
56

AARMAMe

The transcript from the video is in your workbook, on pages 1 and 2!

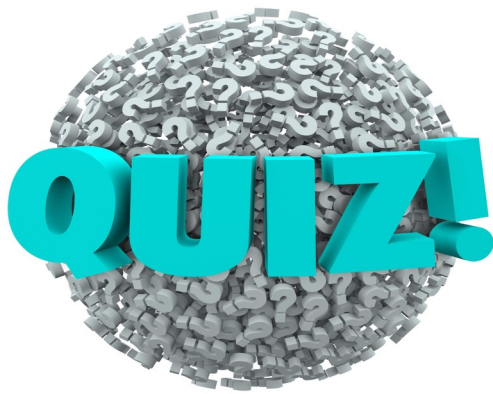
Workbook

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QUIZ

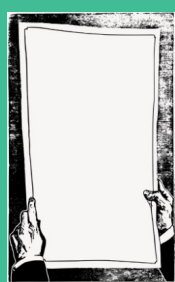
Workbook



Turn to **page 8** of the workbook – time to test your AARMA knowledge!

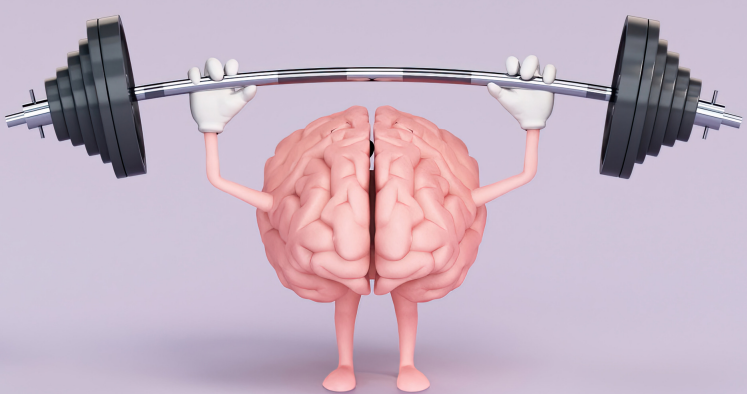
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ACTIVITY

Grab a piece of poster paper!



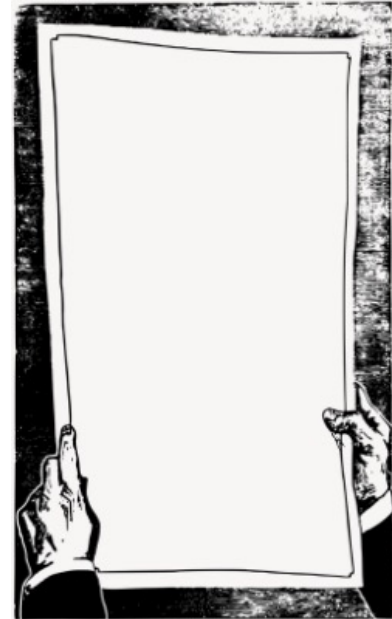
60

Make an AARMA Poster



Pick one of the five AARMA words.

Then, make a poster on it – make sure to include the meaning of it into your design!



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Time to use your AARMA Goggles! Turn to **page 9**.



DISCUSS



62



Workbook

Use Your AARMA Goggles!



Time for an experiment.

If you know the AARMA words, try wearing them like a pair of **AARMA Goggles!**

Remember a time when you, or someone else, used one of the AARMA actions (“I notice, I respect, I control, I focus, I own”). Figure out which one it was, and write down what happened!

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Workbook

Use Your AARMA Goggles!

<p>The AARMA Principle I saw</p> <div></div>	<p>The AARMA Principle I saw</p> <div></div>
<p>What happened?</p> <div></div>	<p>What happened?</p> <div></div>

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KEY
POINT

So, what is AARMA,
again?



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AARMA is a set of Principles you can use to become a BETTER ME.

They help you to understand when your brain is in control in ways that aren't useful, so you can **take back control**.

Developing your Human AARMA will help you become a BETTER ME.

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AARMA Me



Module 1

Meet AARMA

Your human shield for success!