

# AARMA Me



## MEET AARMA

Your human shield for  
success!



Workbook - Module One



## 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 things to think about, along with 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.





Like, you know, when someone says something that upsets you and you want to just punch them or say something nasty? You want them to hurt because you feel hurt. Well, it's the self-regulation processes in your brain that stops that from happening ... and they don't always work!

So, I guess the idea of MOTIVATION, the fourth building block, is pretty easy to understand. There are things that are motivating for you and things that maybe aren't – like getting up and getting to school on time when you are tired, and it's winter, and it's cold, and you were up late last night ... that's definitely not a motivating situation for me!

Of course, sometimes we need to FIND the motivation to do things that we don't want to do, but that we know are important, and that's hard.

And finally, you are a BETTER ME when you are willing to be ACCOUNTABLE to yourself and to others – to take responsibility for the consequences of your actions – be they good or not so good.

Being self-accountable can be challenging, especially when things don't go as planned, so we'll discuss how to deal with such situations and develop a strong sense of self-accountability.

Now, I vividly remember being your age, navigating the ups and downs of life. It's a rollercoaster, right? But trust me, it's all part of an incredible journey to adulthood.

So... my amazing people, throughout this project, we'll explore various concepts and ideas related to these five building blocks that will help you to build your AARMA – your Awareness, Acceptance, Regulation, Motivation, and Accountability.

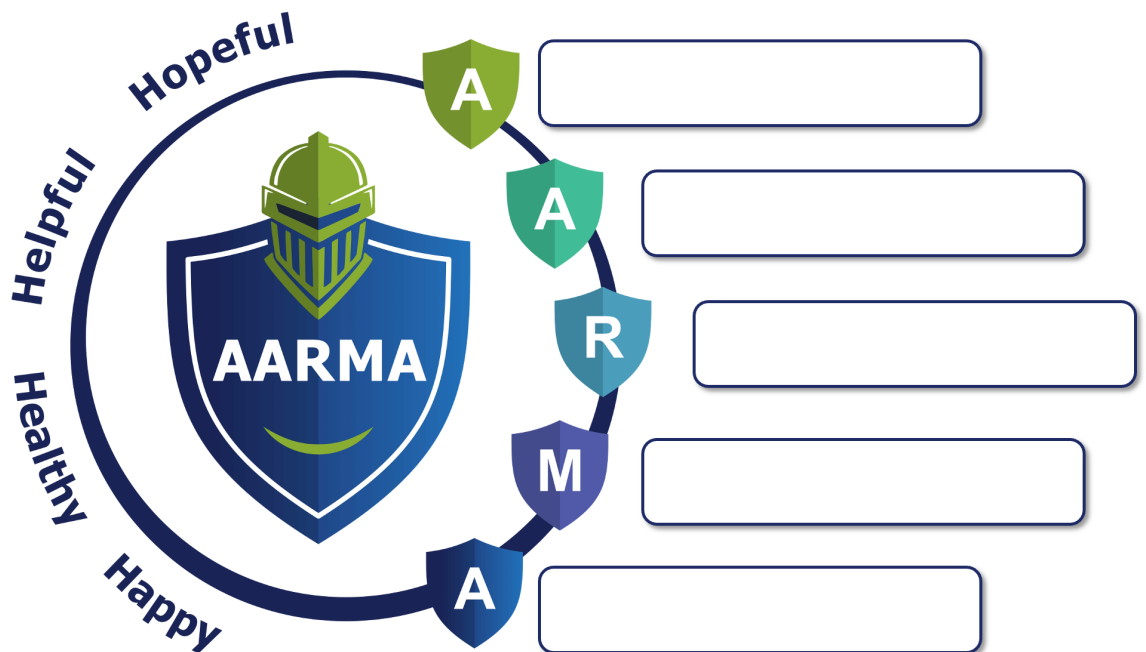


# The AARMA Principles

When things get tough, or you need to make a big decisions, or you are feeling challenged you can use your Human AARMA to help you.

Developing your Human AARMA and learning how to use your AARMA Filter will help you to lead a happy and successful life!

## My human AARMA





# AARMA Word Search



Find the words in the list at the bottom of the page in the Word Search and colour or highlight them.

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

Find these words:

Accountability  
 BETTER ME  
 AARMA

Acceptance  
 Awareness

Regulation  
 Motivation

# AARMA Word Scramble



Unscramble the words associated with the Human AARMA Principles

CNTOILBYIACATU

VTINAOMITO

TOAREGIULN

NAESSARWE

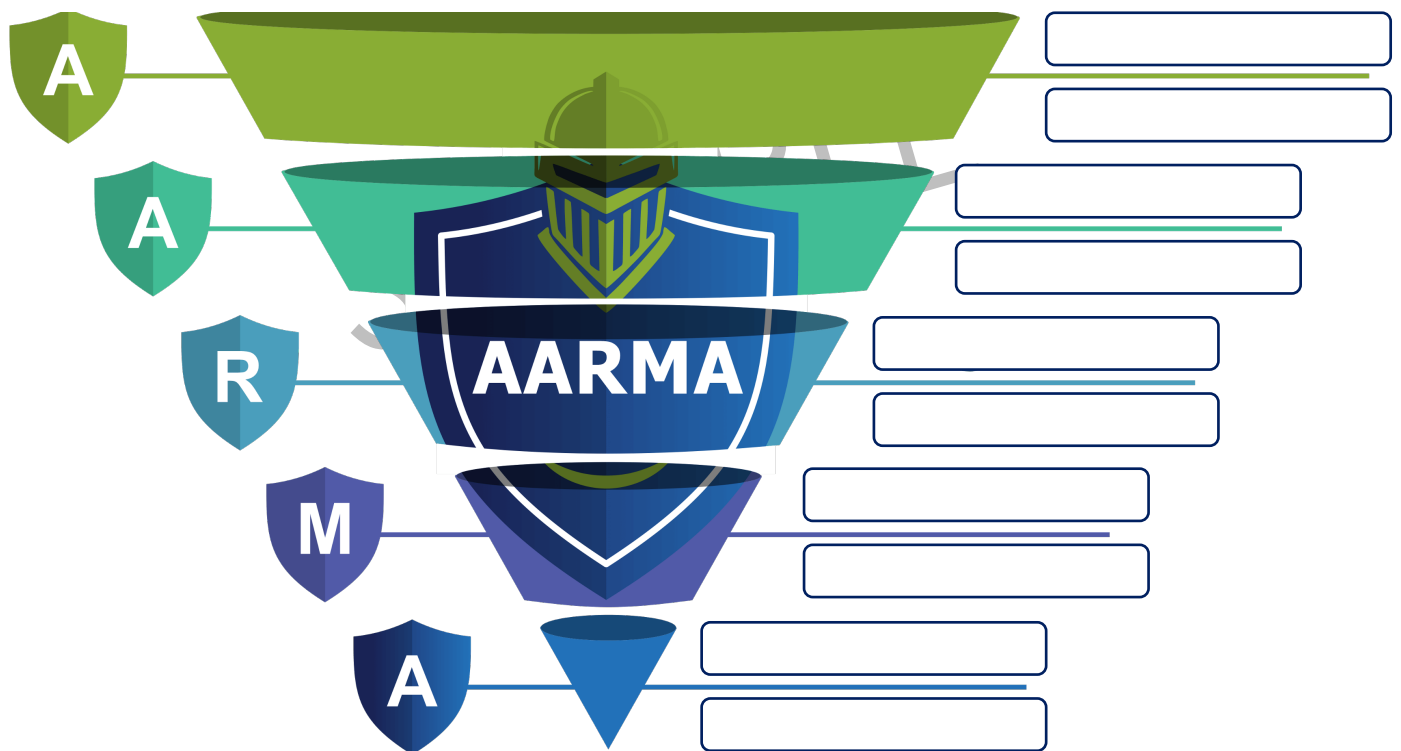
CPEANTECAC

# My AARMA Goggles

When things get tough, or you need to make a big decision, you can use your AARMA Goggles to help you.

Each of the AARMA Principles has a sentence starter – “I...”

Let's learn about them and then fill them out below!



The diagram illustrates the AARMA Goggles, which are represented as a funnel with five sections. Each section is connected to a shield with a letter and a set of two horizontal lines for writing. The sections are:

- A** (top, green): Two lines for writing.
- A** (second, teal): Two lines for writing.
- R** (third, blue): Two lines for writing.
- M** (fourth, dark blue): Two lines for writing.
- A** (bottom, dark blue): Two lines for writing.

The central part of the funnel is labeled **AARMA**.



# Story Matching



Read the stories and match them to the AARMA principle that is being used.

Draw a line between the principle and the story.

**AWARENESS**

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.

**ACCEPTANCE**

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.

**REGULATION**

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.

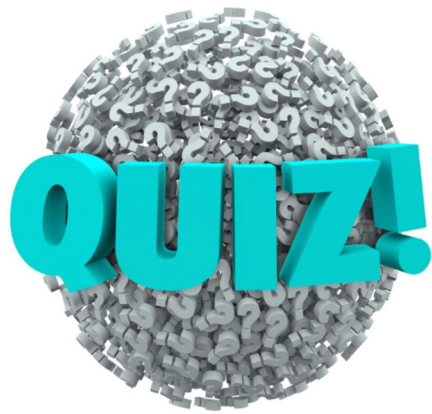
**MOTIVATION**

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.

**ACCOUNTABILITY**

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.





### 1. What does AARMA stand for?

- A. Awareness, Acceptance, Responsibility, Motivation, and Accountability
- B. Awareness, Action, Regulation, Management, and Accountability
- C. Awareness, Acceptance, Regulation, Motivation, and Accountability
- D. Awareness, Advice, Recognition, Motivation, and Accountability

### 2. What does AWARENESS focus on?

- A. Understanding yourself and others.
- B. Understanding math skills.
- C. Accepting others' mistakes.
- D. Finding energy for fun activities.

### 3. Why is ACCEPTANCE important?

- A. It helps you become more competitive.
- B. It ensures that you never make mistakes.
- C. It allows you to solve problems by first understanding and accepting the situation.
- D. It helps you control others' emotions.

### 4. What does REGULATION mean?

- A. Following school rules.
- B. Controlling emotional responses and stopping impulsive actions.
- C. Avoiding emotions completely.
- D. Remembering important facts.

### 5. Which of these did Nick give as an example of something that needs MOTIVATION?

- A. Studying for exams.
- B. Playing video games.
- C. Cleaning your room.
- D. Getting up for school on a cold winter morning.

### 6. What does it mean to be ACCOUNTABLE?

- A. Blaming others when things go wrong.
- B. Taking responsibility for your actions.
- C. Ignoring the consequences of your actions.
- D. Keeping track of others' mistakes.

# Use Your AARMA Goggles



Time for an experiment.

If you know the AARMA Principles, trying 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!

**The AARMA Principle I saw**

**What happened?**

**The AARMA Principle I saw**

**What happened?**

SAMPLE

SAMPLE



SAMPLE

THE **BetterMe**  
PROJECT