

THE **BetterMe** PROJECT



Helping students to
become **BETTER** humans
from the inside out!

A neuroscience-based
curriculum aligned well-
being and General
Capabilities program for
Years 4 to Year 10



Australian Curriculum V9 General Capabilities,
Respectful Relationships



Based on Brain Science



Teacher-Ready
Resources



Why **BETTER ME**?

Why now?

Today's students are growing up in a VUCA world—volatile, uncertain, complex, and ambiguous. This modern world challenges not only how students learn, but how they behave, relate, and grow. The **BETTER ME Project** equips students with the tools to thrive by teaching them how their brain works, how to lead themselves, and how to show up as better humans—at school, at home, and in life. "All human behaviour is normal. It's just not always useful."

This program helps students understand that—and learn how to take control of their brain and their choices!

- Neuroscience-based modules tailored to developmental stages
- Professionally filmed explainer videos and animations
- Comprehensive teacher guides, PowerPoints and student workbooks
- Interactive classroom activities that make learning stick
- Teacher accreditation and program onboarding included
- Optional masterclasses and support to enhance implementation

The **AARMA** Framework

The **BETTER ME** Project centres on five powerful self-leadership capabilities

Awareness



I Notice

Awareness – I NOTICE

Acceptance



I Respect

Acceptance – I RESPECT

Regulation



I Control

Regulation – I CONTROL

Motivation



I Focus

Motivation – I FOCUS

Accountability



I Own

Accountability – I OWN



Powered by neuroscience
Driven by purpose

www.better-me-project.com

**Uses an Explicit
Instruction
Framework**

Supports Social & Emotional Learning, Respectful Relationships,
and General Capabilities

Strengthens student-teacher connection

Helps address behaviour, engagement, and wellbeing challenges

Why schools love it!

Ready-to-teach

Brain-based AND behaviour-based

Builds whole-school culture

The package

- ✿ One off fee for a three-year licence per unit (includes updates and program developments as they happen)
- ✿ Onboarding resources and optional online teacher accreditation
- ✿ Quarterly program manager catch-ups
- ✿ Online Teacher Resource for extension resources and activities

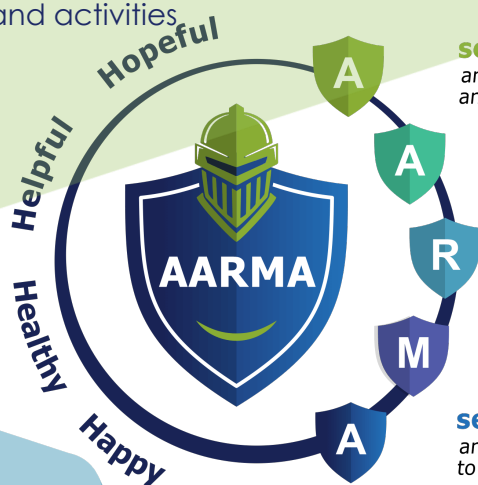
AARMA Me

Brainy Me

Social Me

Wise Me

and more ...



self-AWARE

and AWARE of your impact on other humans
and how other humans are impacting you

self-ACCEPTING

and ACCEPTING of other humans and of
circumstances beyond your control

self-REGULATED

and able to support other humans
to self-REGULATE

self-MOTIVATED

and MOTIVATED to work and collaborate
with other humans

self-ACCOUNTABLE

and able to hold other humans ACCOUNTABLE
to being kind, respectful and reliable

Contact:



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www.better-me-project.com



[Book a discovery call](#)

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