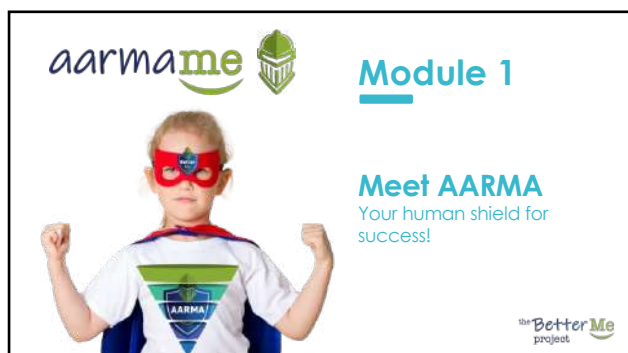
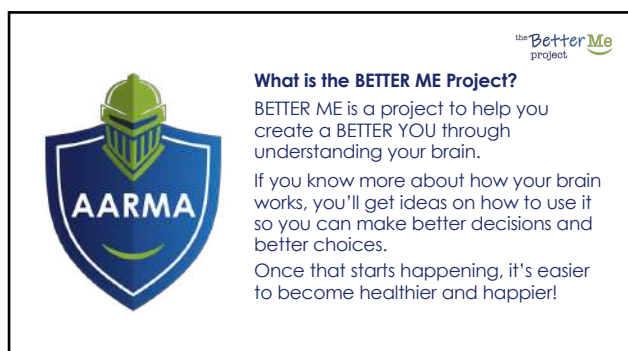




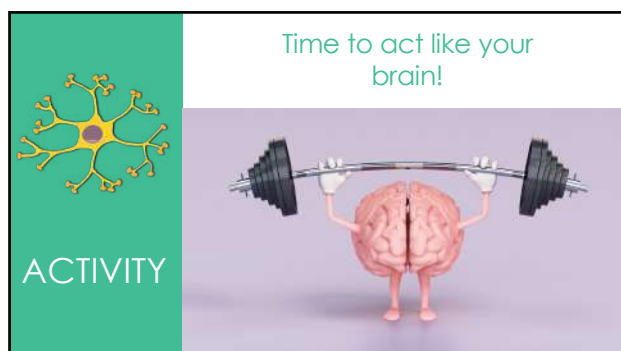
1



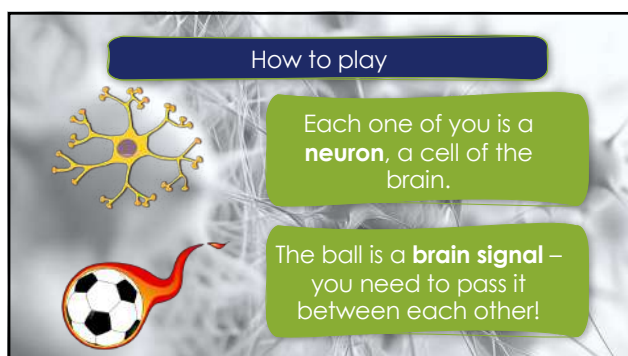
2



3



4



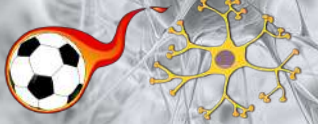
5



6

Round Two – Mixed Messages

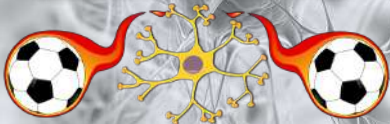
Pass the **brain signal** again – but you have to say the password as well!



7

Round Three – Double Trouble

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



8

What did the game teach us about our brains?

KEY POINT



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9

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.



the Better Me project

10

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

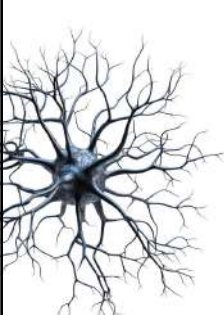
You can learn to take control of the stuff that gets in the way.



the Better Me project

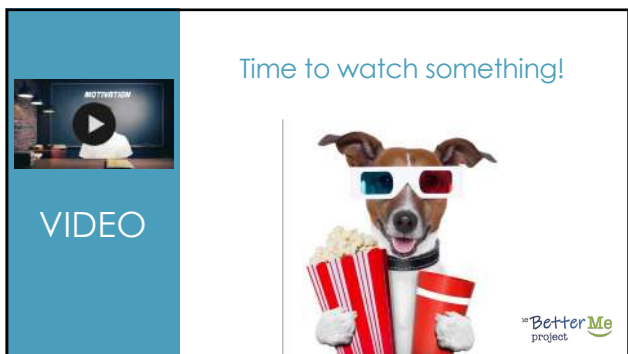
11

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.**



the Better Me project

12

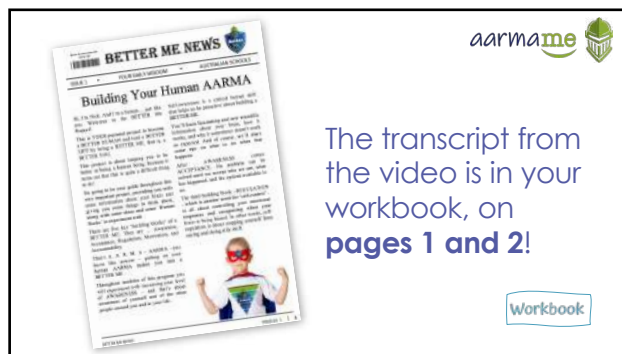


Time to watch something!

VIDEO

the Better Me project

13

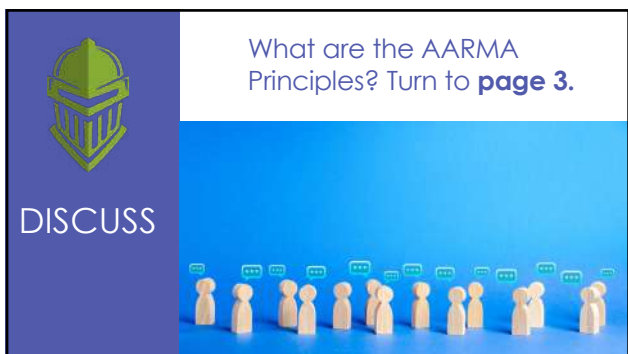


aarame

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

Workbook

14



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

DISCUSS

the Better Me project

15



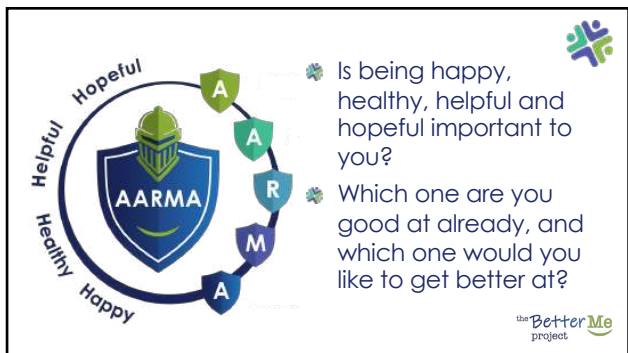
Hopeful
Helpful
Healthy
Happy

A A R M A

AWARENESS
ACCEPTANCE
REGULATION
MOTIVATION
ACCOUNTABILITY

the Better Me project

16



Hopeful
Helpful
Healthy
Happy

A A R M A

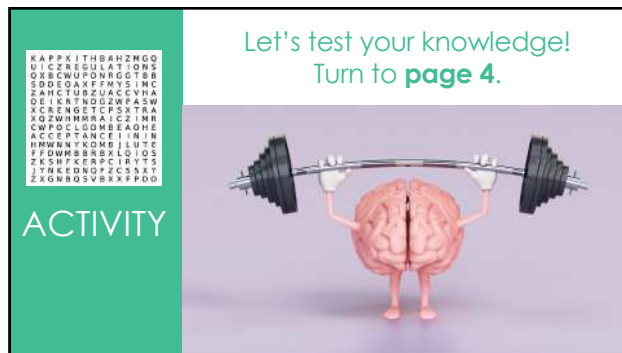
AWARENESS
ACCEPTANCE
REGULATION
MOTIVATION
ACCOUNTABILITY

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?

the Better Me project

17



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

ACTIVITY

the Better Me project

18

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 O 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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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 O 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

the Better Me project

20

Ready for another challenge?

Turn to **page 5**.

ACTIVITY

CNTOLBYIACATU
VTINAOMITO
TOAREGIULN
NAESSARWE
CPEANTECAC
RESPERE

21

AARMA Word Scramble

aarmanme

Workbook

CNTOLBYIACATU

VTINAOMITO

TOAREGIULN

NAESSARWE

CPEANTECAC

22

What do the five AARMA Principles really mean?

KEY POINT

23

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

24

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 – I can't change it
- Accept and learn and make right

Acceptance

I Respect





25

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





26

I CAN

MOTIVATION

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





27

I'm Sorry!

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 doing the right things.
BEING A BETTER ME.

Accountability

I Own





28

DISCUSS

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




29

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





30

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

31

REGULATION 



There would be less yelling, arguing 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

32

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 our school a BETTER place, like planting trees or helping people in need.

Motivation

I Focus

33

I'm Sorry! **ACCOUNTABILITY** 



Our school 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

I Own

34


KEY POINT

How do I use the AARMA Principles?



35

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.




36



ACTIVITY

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



37

Workbook



The AARMA Actions

38

VIDEO

Let's watch the AARMA Video again!



39



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

40



ACTIVITY

Let's see if you understand AARMA. Turn to **page 9**.



41

Story Matching

AWARENESS

ACCEPTANCE

REGULATION

MOTIVATION

ACCOUNTABILITY

Jenny has glasses, and felt embarrassed 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.

42

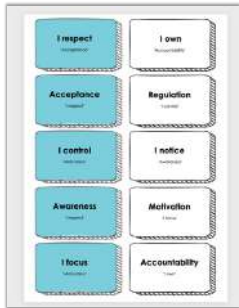
Time to test your memory and talk about how to use your AARMA.

DISCUSS



43

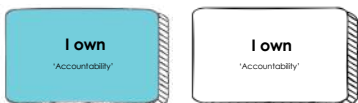
Step 1:
Sort the memory cards into two groups and turn them face down



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44

Step 2:
Turn over one card at a time from each group and try to remember where the matching card is.



aarma.me

45

How do we use the AARMA actions?

KEY POINT



46

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?



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Awareness

I Notice

47

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?



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Acceptance

I Respect

48

REGULATION the Better Me project

"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

49

I CAN MOTIVATION the Better Me project

"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

50

ACCOUNTABILITY the Better Me project

"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

51

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

ACTIVITY



52

Helpful Hopeful
Healthy Happy

AARMA

A A R M A

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53

Let's watch the AARMA video one final time.

VIDEO



the Better Me project

54

BETTER ME NEWS

Building Your Human AARMA

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

the Better Me project

55

Workbook

QUIZ!

Turn to **page 10** of the workbook – time to test your AARMA knowledge!

QUIZ

aarname

56

ACTIVITY

Grab a piece of poster paper!

57

Make an AARMA Poster

Choose 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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58

DISCUSS

Time to use your AARMA Goggles! Turn to **page 11**.

59

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!

60

aarmame  **Use Your AARMA Goggles!**

Workbook



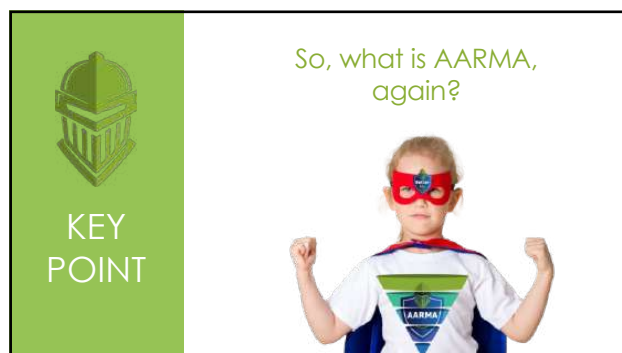
The AARMA Principle I saw

What happened?

The AARMA Principle I saw

What happened?

61



62

aarmame  

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**.



63

aarmame  **Module 1**

Meet AARMA
Your human shield for success!



64