



Module 1



Meet AARMA
Your human shield for
success!

THE **BetterMe**
PROJECT

1



Introducing ...

THE **BetterMe**
PROJECT

2

THE **BetterMe** PROJECT



What is the **BETTER ME** Project?

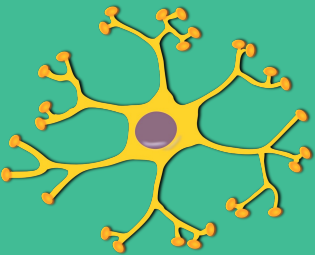
The Better Me Project is designed to help you build a stronger version of yourself by understanding how your brain actually works.

The more you know about the way your brain processes thoughts, emotions, and decisions, the more power you have to choose your actions instead of just reacting.

When you learn to take control of your brain's signals, you open the door to making smarter choices, building resilience, and creating a healthier, more balanced life.

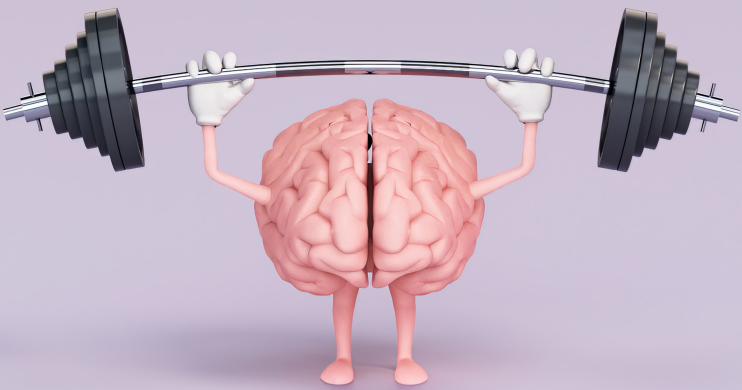
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3

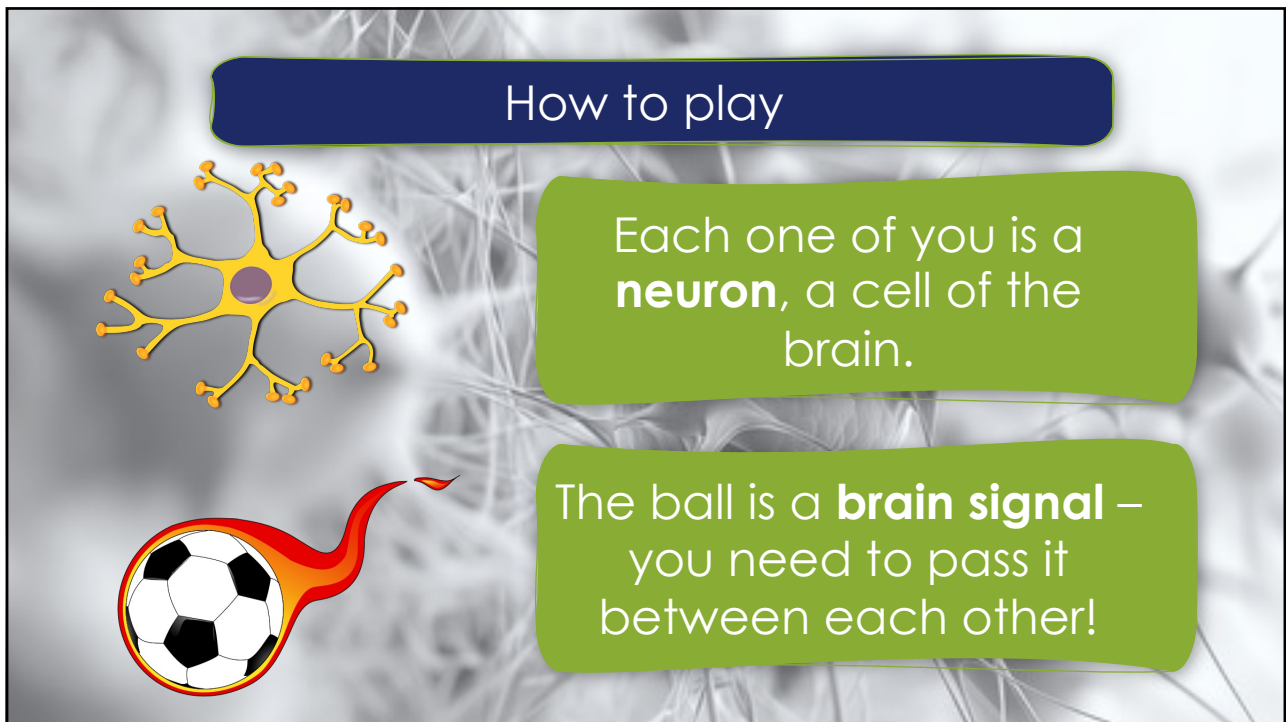


ACTIVITY

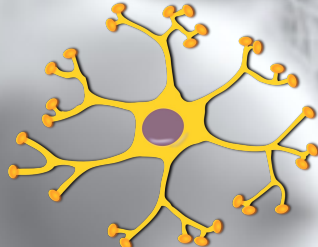
Time to act like your
brain!




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

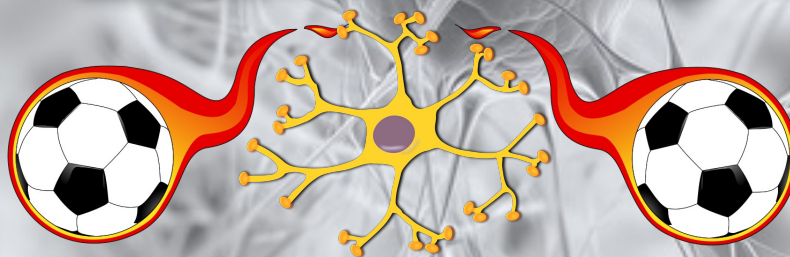
Pass the **brain signal** again
– but you have to say the
password as well!



7

Round Three – Double Trouble

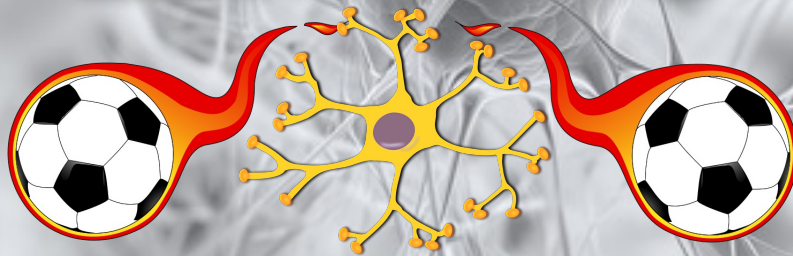
Now there are **two brain signals**, and you still have to say the password!



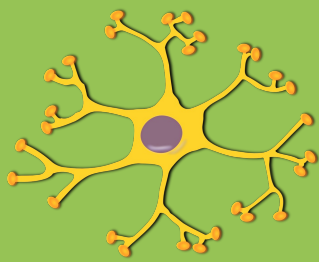
8

Round Four – Split Attention

Now two different directions! Keep the password going!



9





KEY
POINT

What does that have to
do with your brain?



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10



Your brain is a network of billions of neurons, constantly sending signals back and forth.

For you to think clearly and stay in control, this communication has to be smooth and efficient.

But distractions, stress, and emotions can interfere with these signals and make it harder to focus.

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11






Becoming a BETTER ME starts with understanding how your brain works.

The more you know about the processes happening inside your mind, the easier it becomes to recognise when things go off track and to take control of your thoughts, feelings, and actions.

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12




When you learn how your brain functions, and practise ways to stay calm, regulate emotions, and concentrate, you strengthen its ability to work at its best.


This self-knowledge gives you the tools to make smarter choices and continue growing into a BETTER ME.

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13



Time to watch something!



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14



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

Workbook

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DISCUSS

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



17

The AARMA Principles

Workbook




The five AARMA principles aren't just vocabulary words: they're ideas you can test in your own life.

Write down each AARMA principle in the correct small coloured box, and in the larger coloured box, write a sentence about what you think it means and how you might be asked to use it.

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18




Which principle feels like your strongest right now? Which principle is hardest for you to apply?

If you could pick just one to improve this year, which would it be, and why?

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19

AARMA Word Challenge



Connect each of the words below with the AARMA Principle you think it is the most related to.

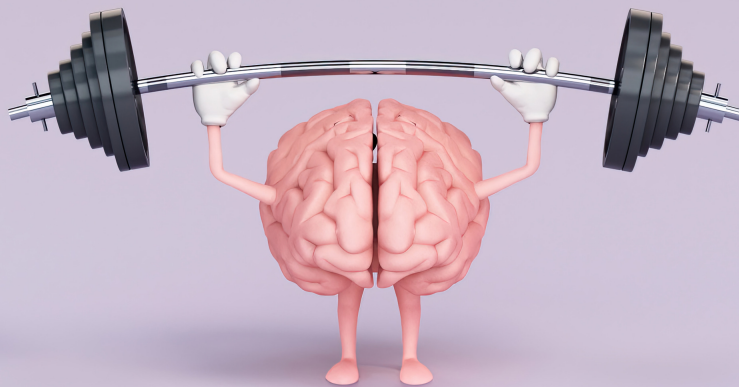
ACCEPT ADMIT ANGER BLAME BREATHE
CALM CONTROL DISTRACTION ENCOURAGE EXCUSE
FOCUS GOALS NOTICE OBSERVE OWN
REFUSE RESPECT RESPONSIBILITY SEE TOLERANCE

AWARENESS ACCOUNTABILITY
ACCEPTANCE MOTIVATION
REGULATION

Module 1 | 4

Let's test your knowledge!

Turn to **page 4.**



ACTIVITY

20

AARMA Word Challenge

Workbook

ACCEPT ADMIT ANGER BLAME BREATHE
 CALM CONTROL DISTRACTION ENCOURAGE EXCUSE
 FOCUS GOALS NOTICE OBSERVE OWN
 REFUSE RESPECT RESPONSIBILITY SEE TOLERANCE

AWARENESS

ACCEPTANCE

REGULATION

MOTIVATION

ACCOUNTABILITY

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21



KEY
POINT

What do the five AARMA
Principles really mean?



22

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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23

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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24

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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25

AARMA Me 

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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26



DISCUSS

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



27

AARMA Me 



AWARENESS

With Awareness, people would be more mindful of how their behaviour impacts others. They would notice when their words or actions are making someone feel left out, uncomfortable, or stressed. Being aware also means paying attention to what's happening around you, like picking up when a group project is going off track or when a classmate needs help.

If everyone practiced Awareness, our school would feel more respectful and supportive, because people would actually notice what's needed and take action.

Awareness



I Notice

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28



ACCEPTANCE



With Acceptance, differences would be respected and conflict reduced. Acceptance means not judging people because they look, think, or act differently to you. Instead of criticising or gossiping, people would learn to value diversity and realise that no one has to be perfect.

This doesn't mean ignoring problems, but recognising that mistakes and differences are part of life. A school with Acceptance would feel safer and kinder, where students can be themselves without worrying about being excluded or put down.

Acceptance



I Respect

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29



REGULATION



With Regulation, arguments and impulsive actions would decrease. Regulation is about keeping your cool when emotions are running high. Instead of snapping back at a teacher, storming out of a class, or fighting with friends, you'd learn to pause, breathe, and choose a smarter response.

This doesn't mean hiding your feelings, but managing them so they don't control you. If more students practiced Regulation, the school would be calmer, less chaotic, and more focused on learning.

Regulation



I Control

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30



I CAN



MOTIVATION

With Motivation, more students would push through challenges instead of giving up. Motivation is what keeps you working towards a goal, even when you're tired, bored, or tempted to quit. It's about finding reasons to keep going, like wanting to improve your grades, make your team proud, or finish something you started.

In a motivated school, you'd see students encouraging each other, trying harder in sports, music, or classwork, and celebrating progress - not just results. Everyone would push a little harder, and the whole school would achieve more.

Motivation



I Focus

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31



ACCOUNTABILITY

With Accountability, people would own their mistakes and build more trust. Accountability is not about blaming, it's about taking responsibility for your actions and fixing things when they go wrong. For example, if you missed a deadline, you'd admit it, apologise, and figure out how to improve next time.

If you hurt someone with your words, you'd own up and make it right. A school with Accountability would be a place where students and teachers trust each other more, because promises are kept and honesty is valued.

Accountability



I Own

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32



KEY POINT

How do I use the AARMA Principles?



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33

When you face a challenge, it can be easy to react without thinking. Instead, you can pause, step back, and look at the situation with fresh perspective—like putting on a new set of lenses that help you see more clearly.

These are your **AARMA Goggles**. They help you notice what is happening, understand your options, and choose how to respond in a way that keeps you calm, focused, and in control.



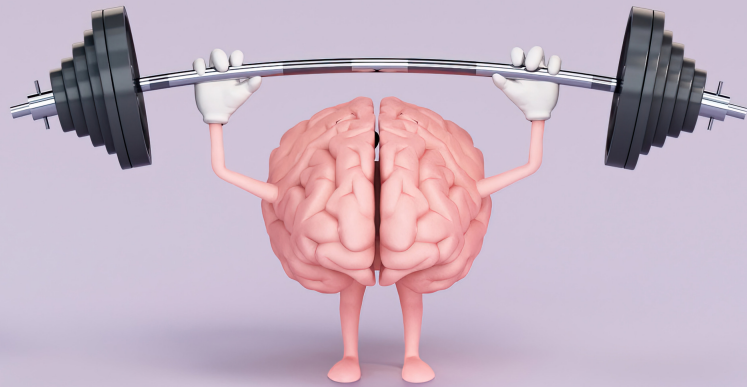
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34



ACTIVITY

Let's review the AARMA actions. Turn to **page 5**.



35

My AARMA Goggles



Workbook

What do you think "**I notice**" means?

What do you think "**I respect**" means?


What do you think "**I control**" means?

What do you think "**I focus**" means?

What do you think "**I own**" means?

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36





Let's watch the AARMA Video again!

VIDEO

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37



AARMA Me 

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

Workbook

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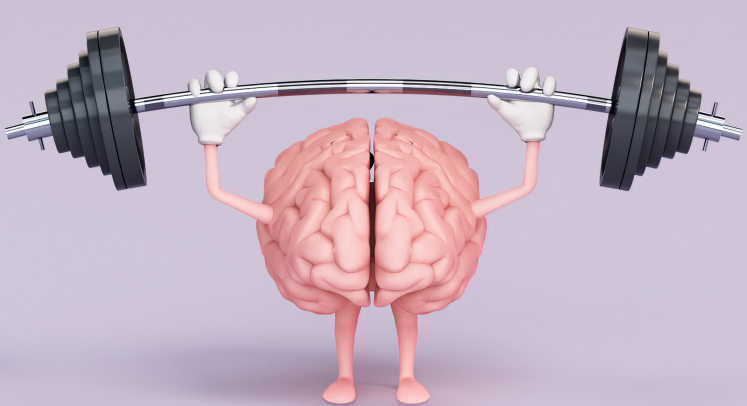
38

39

Story Matching

Answers	Stories
Answers	When his phone, and not last class, there for a while. Then, she decided that they had to be better and make her class. She was already more than and she others about how they had to.
Acceptance	Stress worked to be part of the school day, so she just had to be more than they after school to make sure she was ready for the class.
Reception	Ben had anger when he couldn't solve a math problem. Instead of trying to solve, he took deep breaths and continued to try to solve it until he was done. Then, he had a good day.
Motivation	Ben was supposed to read the class his story about a dragon. When he was asked to read it, he did it once. But when he was asked to read it again, he did it again. He was so happy to read it.
Acceptance	Sam noticed that she had more things every time she looked at her phone. She was happy, she started looking at her phone more often to keep feeling good.

Let's see if you understand AARMA. Turn to **page 6.**



ACTIVITY

40

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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41

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

"Focus"	Awareness	"Control"	Acceptance	"Respect"
RESPECT Holding others in respect, understanding and considering the feelings and thoughts.	ACCEPTANCE Embracing yourself and your feelings, including circumstances beyond your control.	CONTROL Managing your actions and reactions, taking control of your situation.	FOCUS Directing your attention and effort towards specific goals.	AWARENESS Recognizing internal and external cues and surroundings.

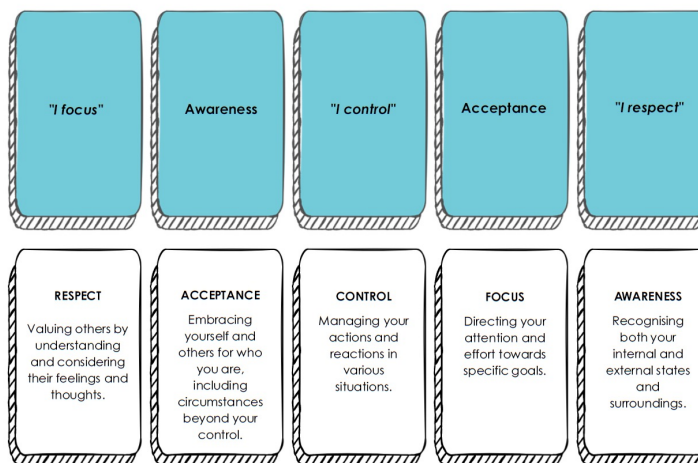
DISCUSS



42

Step 1:

Get a set of
AARMA
Memory
Cards.

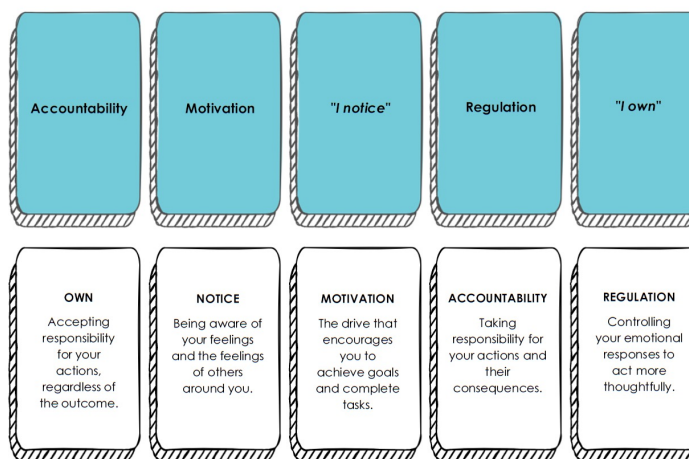


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43


Step 2:

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




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KEY POINT

How do we use the AARMA actions?



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AWARENESS



“I notice”

What kinds of things are you genuinely good at noticing, in yourself, in others, or in the world around you?

Think of a time when you completely missed something important. Why do you think you didn't notice it?

What do you notice about your current state right now, your feelings and your energy? Can you put a name to your emotions right now?

Awareness



I Notice

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46



ACCEPTANCE

"I respect"



What do you find easiest to accept in others?
What do you find hardest?

Can you remember a moment where accepting something, or someone, was really difficult? What made it hard?

What are some things in life that people simply have to accept, even if they don't like it? Why?

Acceptance



I Respect

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47



REGULATION

"I control"



When do you feel you have strong control over your emotions and reactions?

When are you least able to control yourself, and what happens as a result?

Regulation



I Control

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48



MOTIVATION

I CAN



"I focus"

When do you feel motivated, without anyone pushing you? What makes your motivation go away the fastest? What types of chores or situations? Why?

Motivation



I Focus

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49



ACCOUNTABILITY

I'm Sorry!



"I own"

Why do you think it can be uncomfortable to admit when we're wrong or when we've made a mistake?

Why is accountability a good thing, even when it might feel difficult or unfair?


Accountability



I Own

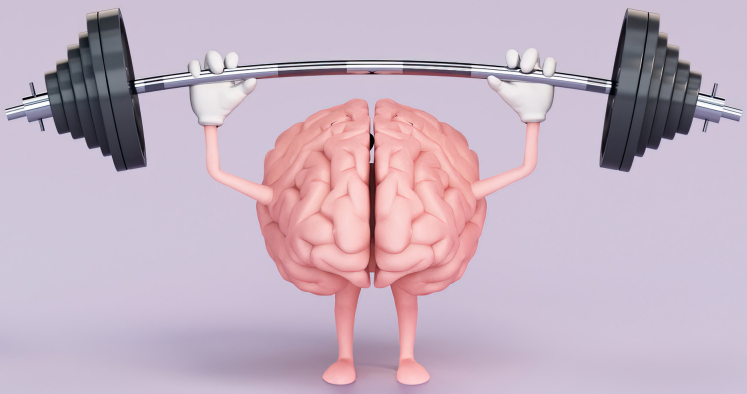
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50




ACTIVITY

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




51

Rapid Recall!



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52





Let's watch the AARMA video one final time.

VIDEO

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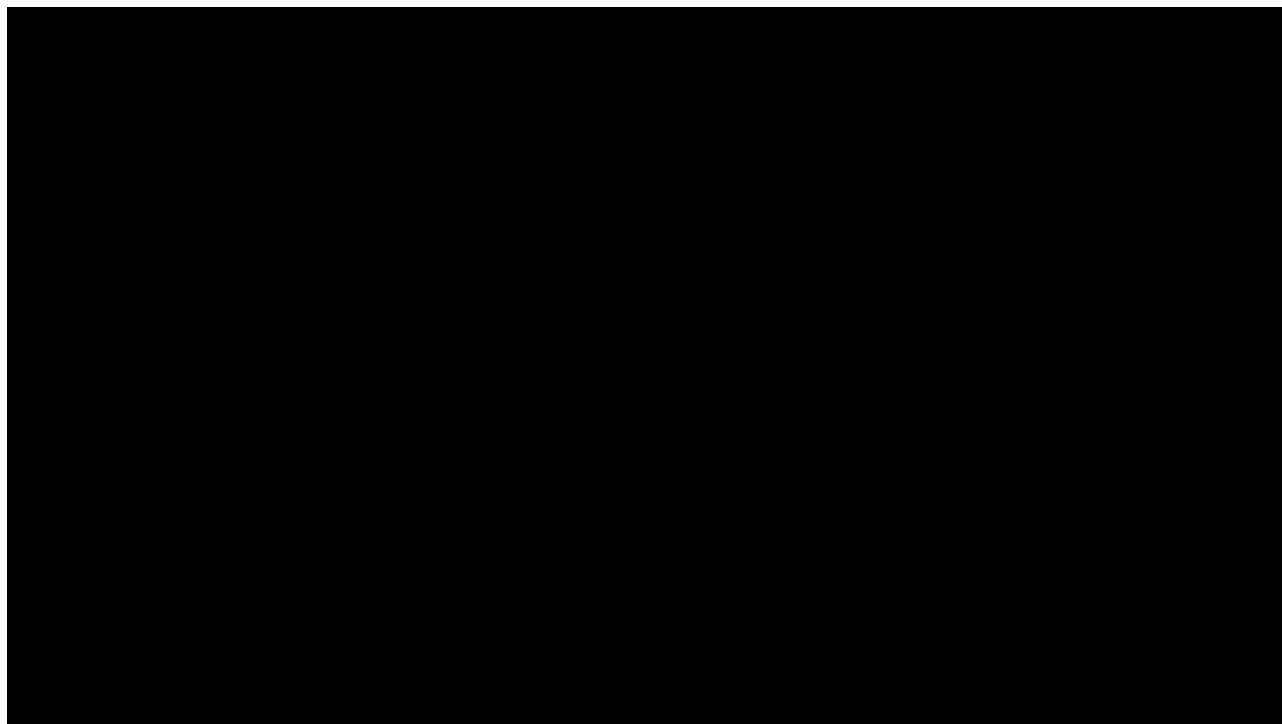
AARMA Me 

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

Workbook

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54



55

QUIZ

Workbook

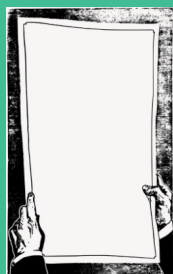


AMPI MPLE

Turn to **page 7** of the
workbook – time to test your
AARMA knowledge!

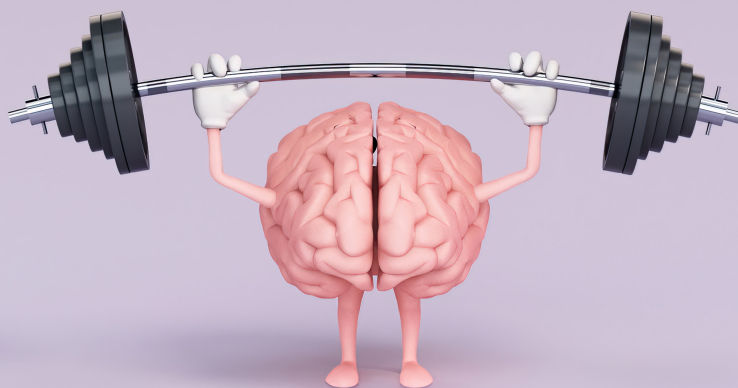
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56



ACTIVITY

Grab a piece of poster paper!



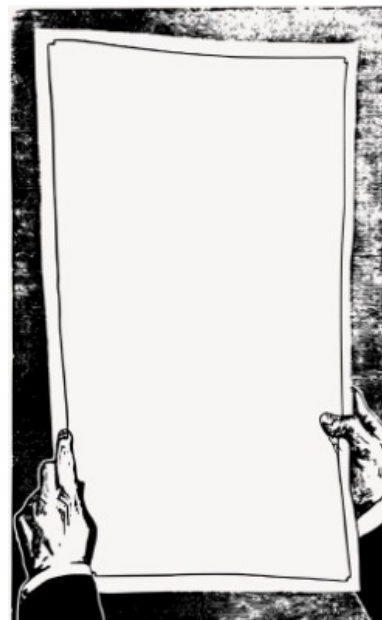
57

Make an AARMA Infographic



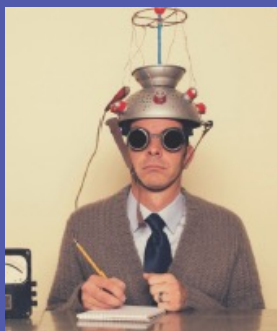
Pick one of the five AARMA Principles.

Then, make an infographic 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 9**.



59



Use Your AARMA Goggles!

It's time for an experiment. Imagine wearing AARMA Goggles that let you see Awareness, Acceptance, Regulation, Motivation, and Accountability in action. Think of a real situation, maybe in school, at home, or even in the wider community, where one of the AARMA actions ('I notice, I respect, I control, I focus, I own') was used or could have been used."


Work with a partner or group to identify which AARMA action fits the situation, whether or not an AARMA action was used, and how the outcome might have been different if it was – or wasn't.



Workbook

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60



AARMA Me

Use Your AARMA Goggles!

Workbook



What happened?

What AARMA Principle could have been used here?

Was it? YES / NO

How could have the outcome been different?

If AARMA was used, describe what would happen without it.

If it wasn't, describe what would have happened if it was.

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61





KEY
POINT

So, what is AARMA, again?



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62

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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63



AARMA Me 

Module 1

Meet AARMA
Your human shield for success!

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THE **BetterMe** PROJECT 

64