

aarma**me** 



**MEET AARMA**  
Your human shield for  
success!





## 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.

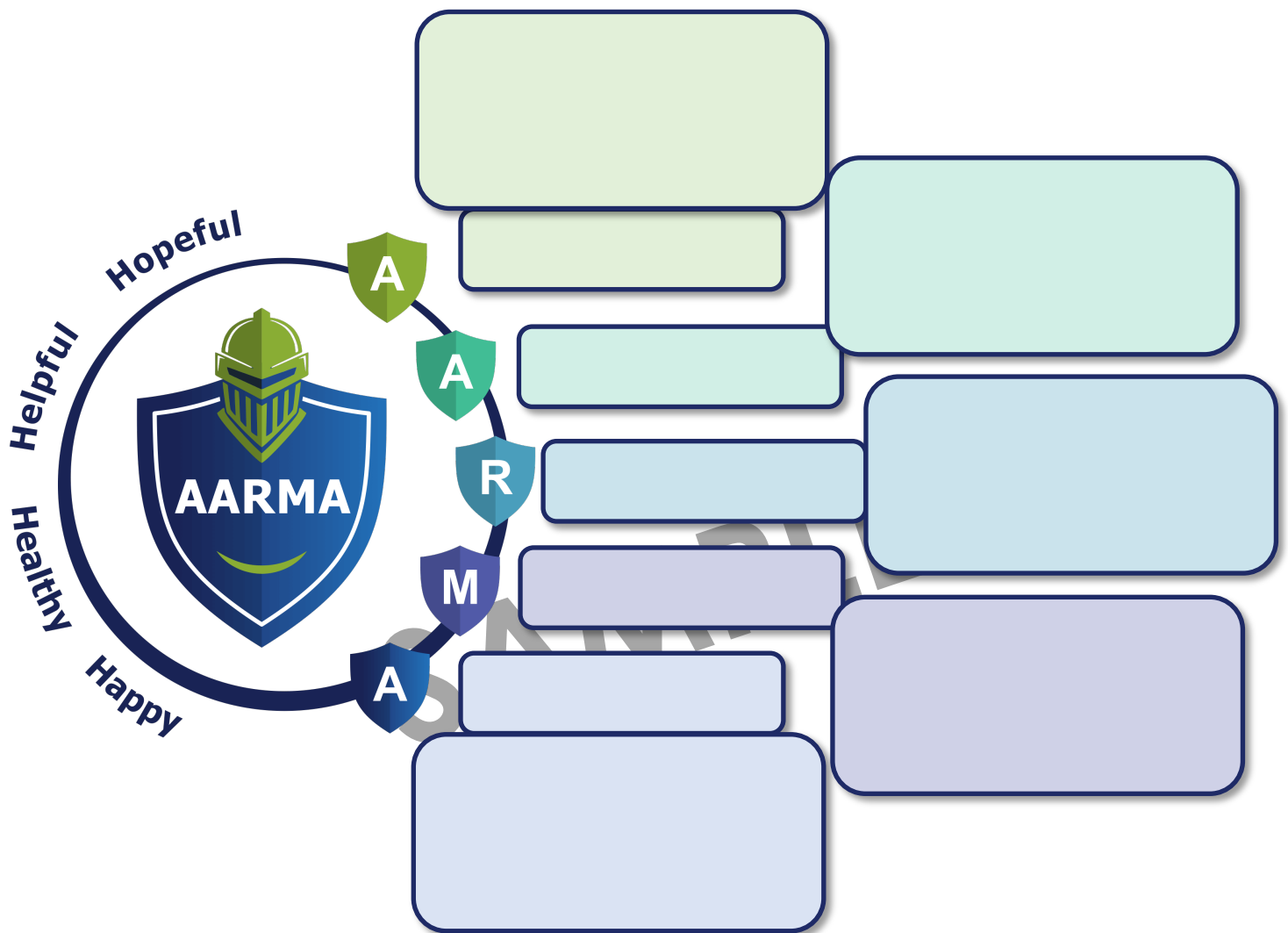
So... my amazing people, throughout this project, we'll explore various concepts and ideas related to these five building blocks that will help you to build your AARMA – your Awareness, Acceptance, Regulation, Motivation, and Accountability.



# The AARMA Principles

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.



The diagram features the AARMA logo on the left, which consists of a blue shield with a green dome on top, surrounded by the words 'Hopeful', 'Helpful', 'Healthy', and 'Happy' in a circular arrangement. To the right of the logo is a circular path with five colored shields labeled A, A, R, M, and A. To the right of these shields are five sets of boxes for writing. Each set consists of a small colored box (green for the first 'A', light green for the second 'A', light blue for 'R', light purple for 'M', and light blue for the final 'A') and a larger box of the same color for a sentence.



# 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**

# 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 Principle is tied to an action you can take with the Goggles on. What do you think each action word means?



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?



# 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**

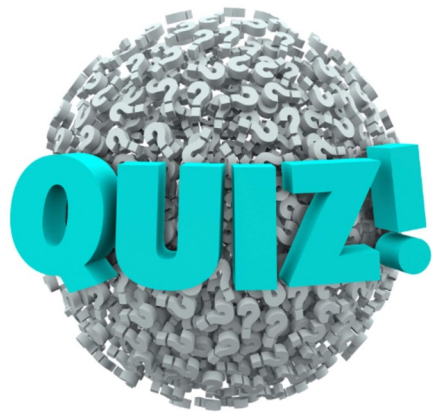
Ben felt angry when he couldn't solve a maths problem. Instead of throwing his book, he took deep breaths and counted to ten to calm himself down. Then, he tried again.

**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. Which action best shows AWARENESS?

- A. Ignoring others' feelings
- B. Noticing when someone looks upset
- C. Talking over classmates
- D. Pretending not to see a problem

### 3. Which of the following is the BEST example of ACCEPTANCE?

- A. "I know I'm nervous, but I'll keep focusing until I finish my speech."
- B. "I didn't do my homework, but I'll own up to it and take the consequence."
- C. "My partner had a different idea, but I respected it and worked with them anyway."
- D. "I felt angry, so I took a deep breath before responding."

### 4. What does the Principle of REGULATION mean?

- A. Accepting mistakes and moving on
- B. Controlling emotions, reactions, and behaviour
- C. Staying focused on a goal until it is complete
- D. Noticing how others feel and responding kindly

### 5. Which action phrase matches the Principle of MOTIVATION?

- A. I control
- B. I own
- C. I notice
- D. I focus

### 6. When someone shows ACCOUNTABILITY, what are they doing?

- A. Passing the blame
- B. Owning their actions
- C. Avoiding responsibility
- D. Making excuses



# Use Your AARMA Goggles



Time for an experiment.

Put on your **AARMA Goggles** and think about how the Principles work in real life. Choose a real or imagined situation where AARMA could make a difference.

First, write down or sketch what happened. Then, identify the AARMA Principle that was most important, and whether or not it was used.

If it was used, describe how it changed the situation. If it wasn't, describe how it could have changed it.

**What happened?**

**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.

**What AARMA Principle could have been used here?**

**Was it? YES / NO**

SAMPLE



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PROJECT