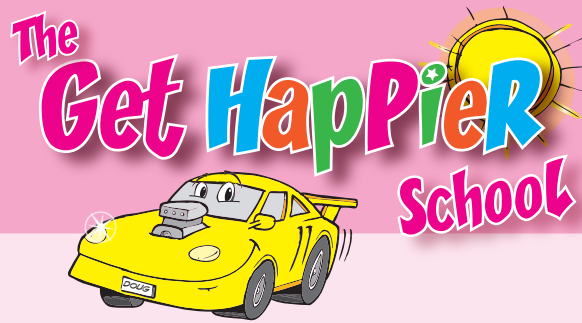


Grade Prep to Grade 6



A comprehensive social and emotional learning program

Program Outline and Resources

Bringing together the best in practical and positive psychology, and effective teaching and learning processes.

A whole school approach where;

- Children are taught the skills and mindsets to thrive in the 21st century...(emotional intelligence, resilience, self esteem and problem solving skills.)
- You intentionally create a happy and mentally healthy environment for learning.
- Teachers, children and parents are supported, and work together.
- Happier children are engaged and achieving at optimal levels.
- Everyone is empowered to take responsibility and be accountable for themselves.
- You use a simple framework containing fun and colourful resources.
- Problem behaviours are greatly reduced and children learn to get what they need in more effective ways.
- A developmental and integrated program is used across all grade levels and complies with Australian SEL curriculum requirements.

The Get Happier School

Committed to the genuine empowerment of the whole school community

*We do explicit teaching of the lessons but we weave it through the culture of our classroom. Everything is linked back to the Get Happier strategies
I really recommend the program, it's brilliant*

Thanks Ivan.

Andrea
Kinder Teacher
Moama Anglican Grammar School

The use of the metaphors and activities in this programme to teach powerful life changing concepts to primary aged students is stunning. The comprehensive scaffolding for teachers and the instant appeal for students is more than I had hoped for. I'm thoroughly impressed.

Maine Curtis
Principal, Waitohu Primary School
New Zealand

You have presented the concepts with such clarity, approachability and fun and with such high quality resources, that there is an implicit message in the program - this information is important and has real value in helping people build happy and satisfying lives.

Gerard O'Brien
Student Services team, Peregrine Springs SS and Sunshine Beach SS, Qld

The Get Happier School Quick Guide



<p><i>Ready, Set, Go!</i> Recommended for Grade Prep & One</p> <p>Students use the <i>Ready, Set, Go! Story Books</i> and <i>Posters</i> to learn about feelings and how to get along with each other. The learnings are consolidated through games and fun activities.</p> <p>Teachers acquire a deeper understanding of behaviour and are able to create a great learning environment.</p>	<p>Resources</p> <ul style="list-style-type: none"> • <i>Ready, Set, Go! Story Books (Digital)</i> • <i>The Get Happier Toolbox Card set</i> • Comprehensive <i>Ready, Set, Go! Teacher Guide</i> • <i>The Get Happier Toolbox 20 Feelings Cards Powerpoint Slides</i> • <i>Posters and Colouring Pages</i>
<p><i>Life's an Adventure</i> Recommended for Grade Two & Three</p> <p>Teacher reads <i>The Amazing Adventures of Doug Dragster</i> to their students. The novel has three books. Grade 2 use Book One and Grade 3 use Book Two and Three. The teacher leads the discussion as students complete the activities in their <i>My Get Happier Travel Journal</i>.</p> <p>Students write, draw, create constructions and play games.</p>	<p>Resources</p> <ul style="list-style-type: none"> • <i>The Amazing Adventures of Doug Dragster</i> story book • <i>My Get Happier Travel Journal</i> (students journal) • <i>The Get Happier Toolbox card set</i> • Comprehensive <i>Life's an Adventure Teacher Guide for 71 lessons</i> • <i>Posters</i>
<p><i>The Magic in Life</i> Recommended for Grade Four & Five</p> <p>Students complete activities in <i>Doug Dragster's Magic Book</i> to build their understanding of behaviour and further develop social & emotional skills.</p>	<p>Resources</p> <ul style="list-style-type: none"> • <i>Doug Dragster's Magic Book</i> (students journal) • Comprehensive <i>The Magic in Life Teacher Guide (43 lessons including additional games and activities)</i> • <i>The Get Happier Toolbox card set</i> • <i>Posters</i>
<p><i>Get Happier in Action</i> Recommended for Grade Six</p> <p>Students work in teams to create projects to increase happiness in the school and community. They use their acquired knowledge and apply it to different projects and learn the skills of leadership and project management.</p>	<p>Resources</p> <ul style="list-style-type: none"> • <i>Get Happier In Action Project Book</i> (students journal) • Comprehensive <i>Get Happier in Action Teacher Guide</i> • <i>Posters</i>
<p>For all parents in the school</p>	<p>Personal copy of <i>Happy Parenting: Raising Positive and Empowered Kids</i></p>
<p>For teachers & schools</p>	<p>One or two day training for all staff</p>

The *Get Happier* Project Framework

1.

**OPEN ROADS
OR
DEAD END
ROADS**



*How do I create
great relationships
and feel good about
myself?*
**The Open and
Dead End Roads**

5.



*How do I
understand and
manage my
feelings?*
**The Four
Wheels**

2.

*How do I see new
opportunities and
transform my
reality?*

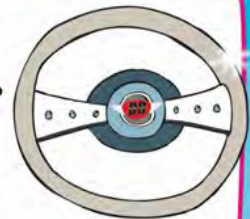


The Windscreen

6.

*Where do I
really
want to go?*

**The
Steering
Wheel**



3.



*How can I be in
charge of my
life?*

**The Driver's
Seat**

7.



*How do I solve
problems and get
the best out of
life?*

**The Magic
Questions**

4.

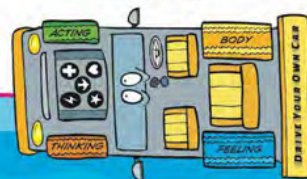
*What is my
source of
energy and
power?*

The Engine



Putting it all together!

*A framework for personal
wellbeing, mental health,
counselling, leadership and
achieving purpose and meaning
in life.*



www.gethappier.net

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The Get Happier School Program

Why it Will Work for Your School

1.	Deliberately creating a culture and community of happiness and wellbeing in a school is the most powerful way to address issues of mental ill health, disengagement, bullying and poor academic performance.
2.	Every human being has a built-in desire to get happier and get the best out of life. This internal motivation ensures deep engagement by everyone in the Get Happier School. It provides clear rationale and logic to help make the most effective choices.
3.	A framework for mental health, happiness and wellbeing can and should be taught to all children as part of the curriculum.
4.	Having an explicit, simple framework or mental model to understand the idea of happiness and how to maximize it in your life, is essential to wellbeing and mental health.
5.	A wholistic and relevant framework for wellbeing enables anyone to quickly recognize which aspect of behaviour they can change, and how to do it.
6.	The Get Happier School framework provides strategies and problem solving processes, but also provides the freedom for each person to apply it creatively in their own unique life space.
7.	We learn best through fun, stories, self-reflection, questioning, engagement and practice.
8.	Prevention is better than cure. Being proactive by teaching this framework before puberty sets children up with the resources to build well-being, self esteem, responsibility and mental health. Children learn to value themselves and to discover their own unique gifts.
9.	Developmental and sequential learning using the established principles of effective learning, ensures highly effective learning outcomes.
10.	In a complex and rapidly changing world, young people do not require 'quick fix' solutions, but practical, evidence-based and sustainable processes to build confidence, resilience, great relationships and problem solving skills.
11.	Everyone in the school community is involved in empowering students, including teachers and parents.
12.	To significantly reduce the incidence of family violence, suicide, drug abuse and road trauma, we need to teach children in our schools the science and skills for managing feelings, improving wellbeing and getting happier.

Ready, Set, Go!

Prep and Grade 1

(Ages 4 to 6)

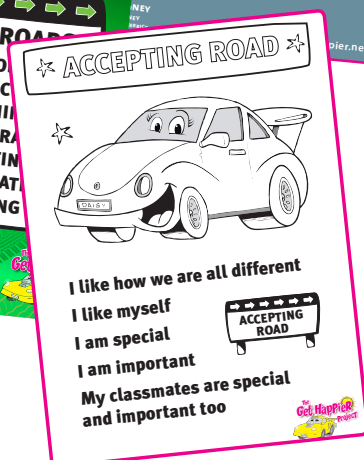
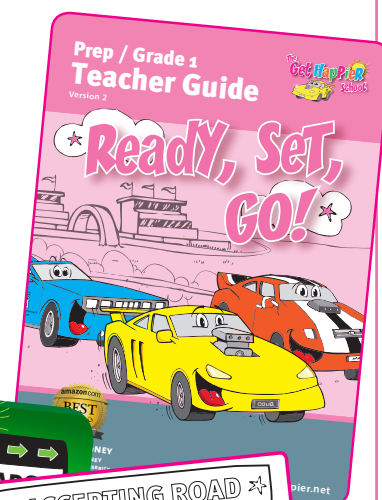
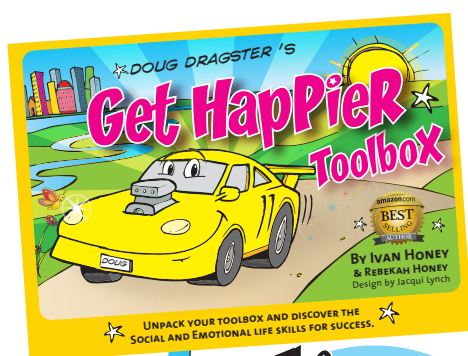
This introductory early learning program contains activities, games, wall charts and digital story books. The only hard copy resource is *The Get Happier Toolbox*.

Children learn the guidelines and language for working together co-operatively, and how to recognise and begin to self regulate feelings constructively.

The program introduces the Dragster family, who will guide the students through social and emotional learning during the primary school years.

Along with the Teacher Guide, the resources used by the children are;

- *The Get Happier Toolbox*
- *Ready, Set, Go! Story Books - Powerpoint Slides*
- *Open Road Posters for Working Together and Beginning the School Year*
- *My Open Road Colouring Pages*



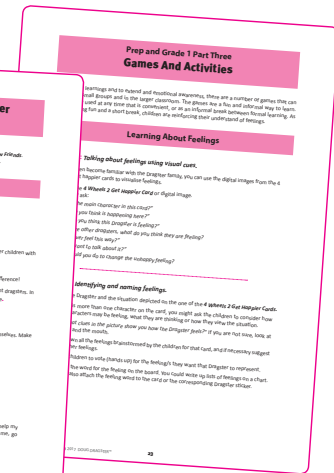
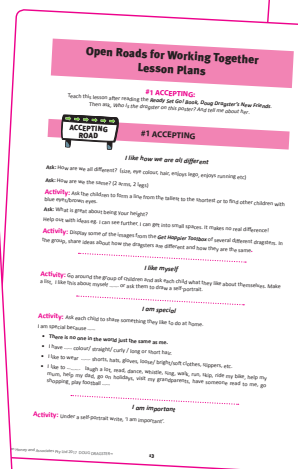
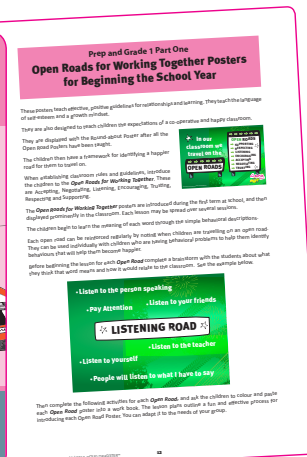
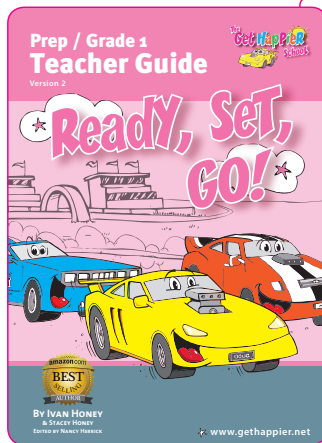
Ready, Set, Go! Resources

Teacher Guide: Ready, Set, Go!

Comprehensive Teacher Guide

Easy, step by step guide to implementing the program in your classroom or group. The Teacher Guide contains:

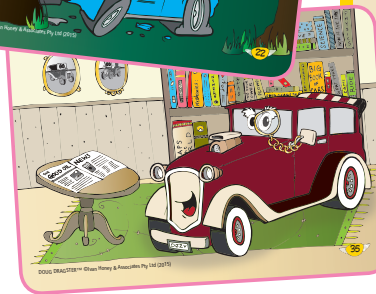
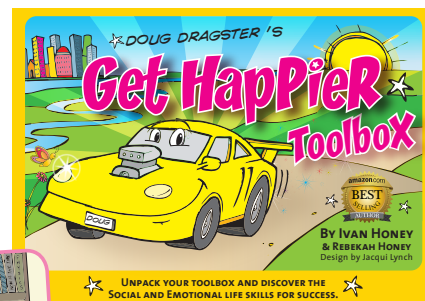
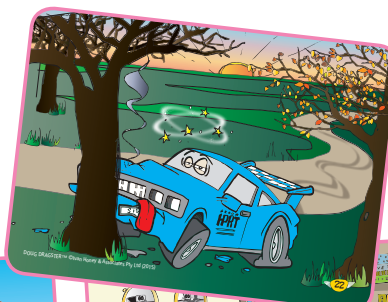
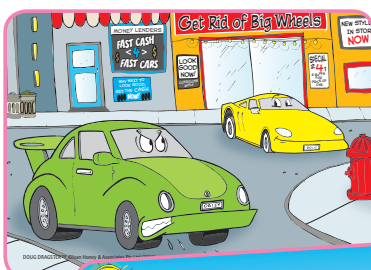
- Introduction to the Get Happier School Project
- Lesson plans for the Open Roads for Working Together Posters for Working Together and Beginning Your School Year
- Lesson plans to accompany the Ready, Set, Go! digital stories.
- Games, Activities and Problem Solving With the Dragsters
- Mindfulness Games



The Get Happier Toolbox

The Get Happier Toolbox is a dynamic card set that is designed to help everyone discover and apply the skills for living a happy and successful life. It can be used as a practical, fun and visual method to teach emotional Intelligence, understand feelings, develop empathy, improve self-esteem, learn problem solving skills and to learn how to make and keep better relationships.

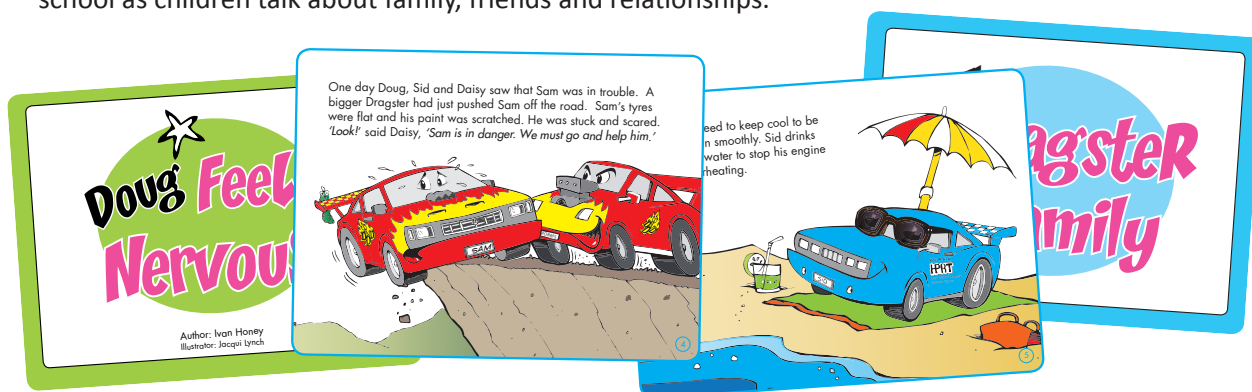
Children use the cards to play games, tell stories and problem solve.



Ready, Set, Go! Resources

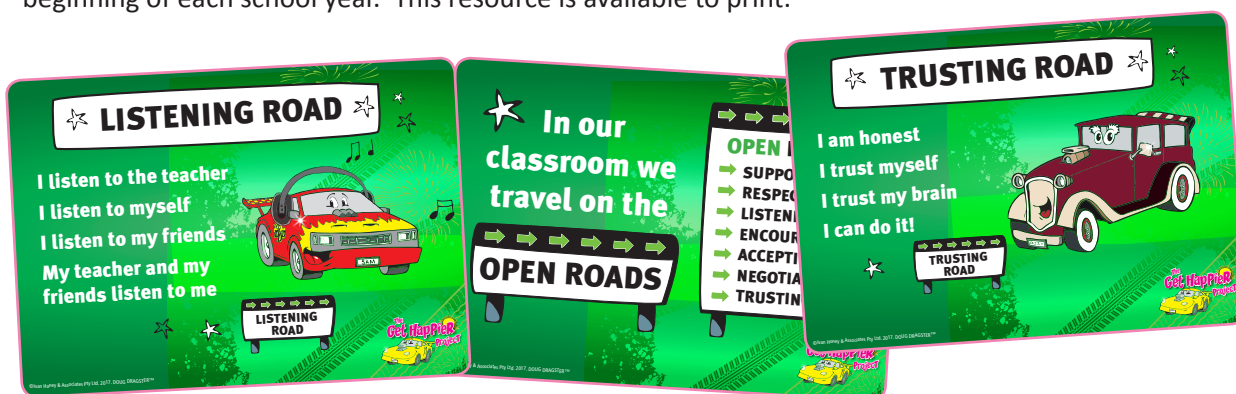
Ready, Set, Go! Story Books - Powerpoint Slides

Digital Story Books designed to be used with a class group. The story books introduce children to the Dragster family and their friends. The themes of 'family' and 'getting along together' provide an introduction to school and its expectations for learning. It creates a natural transition from home to school as children talk about family, friends and relationships.



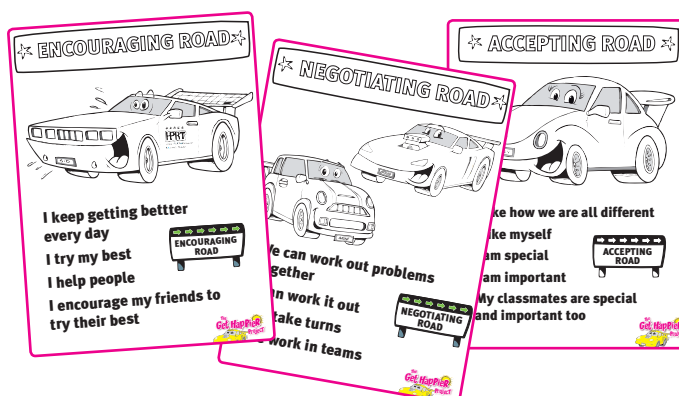
Open Road Posters for Working Together and Beginning the School Year

These fabulous posters are the basis for effectively working together, and are introduced at the beginning of each school year. This resource is available to print.



My Open Road Colouring Pages

At the conclusion of each Open Road lesson, the children are given a colouring page of the poster to decorate for themselves with colour, sparkle or mixed media. These are also designed to develop literacy skills. This resource is available to print.



Life's an Adventure

Grades 2 and 3

(Ages 7 and 8)

This Grade 2-3 social and emotional learning program uses the storybook, *The Amazing Adventures of Doug Dragster* and *The Get Happier Travel Journal*. The program includes stories, fun, games and activities, discussion, reflection, writing, art, construction and reading.

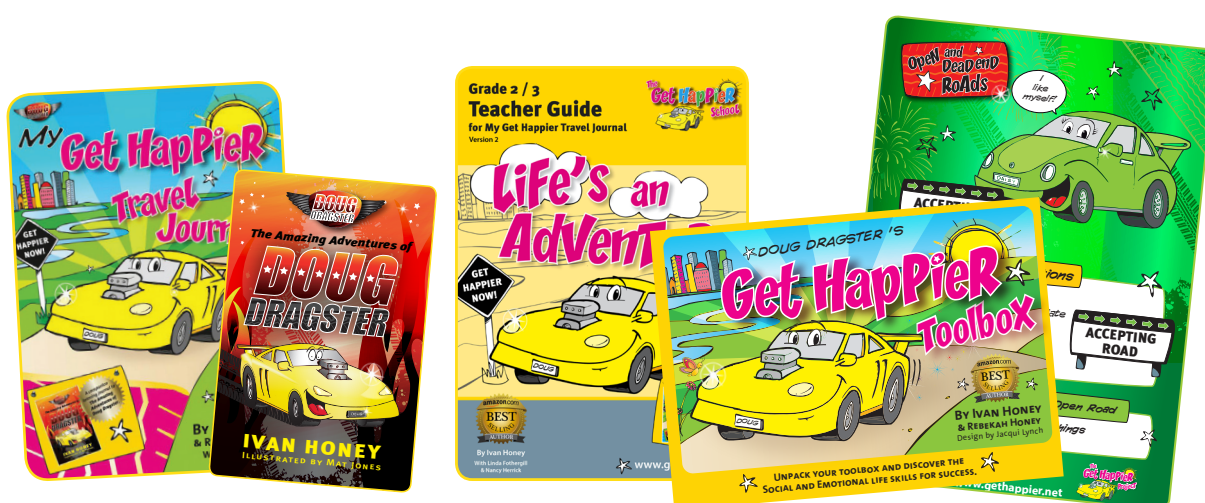
Along with the Teacher Guide of 71 sessions, the three hard copy resources used by the children over the two years are;

1. ***My Get Happier Travel Journal***
(One copy required per student over two years)
2. ***The Amazing Adventures of Doug Dragster Story & Audio book.***
3. ***The Get Happier Toolbox***

Included in the package are the following resources to Print

- ***4 Wheels Posters***
- ***Open Road Posters for Working Together***

The Lesson Guides provide comprehensive activities which are spread over the two years. Lessons can be adapted for shorter or longer sessions of 30 to 60 minutes.

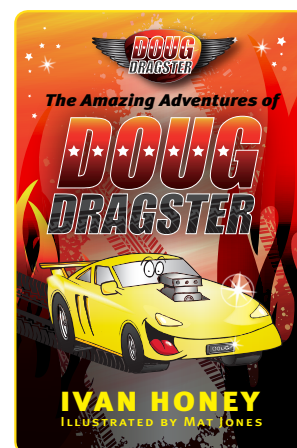
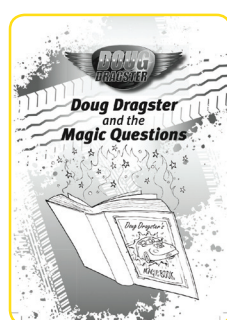
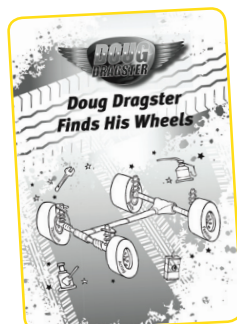


Life's an Adventure Resources

The Amazing Adventures of Doug Dragster

This book is the foundational resource of the entire **Get Happier Project**. This illustrated chapter book follows the adventures of Doug and his friends as they navigate some of life's most difficult choices and discover the secrets to 'Get Happier'. Within the novel, you will find three stories in one book!

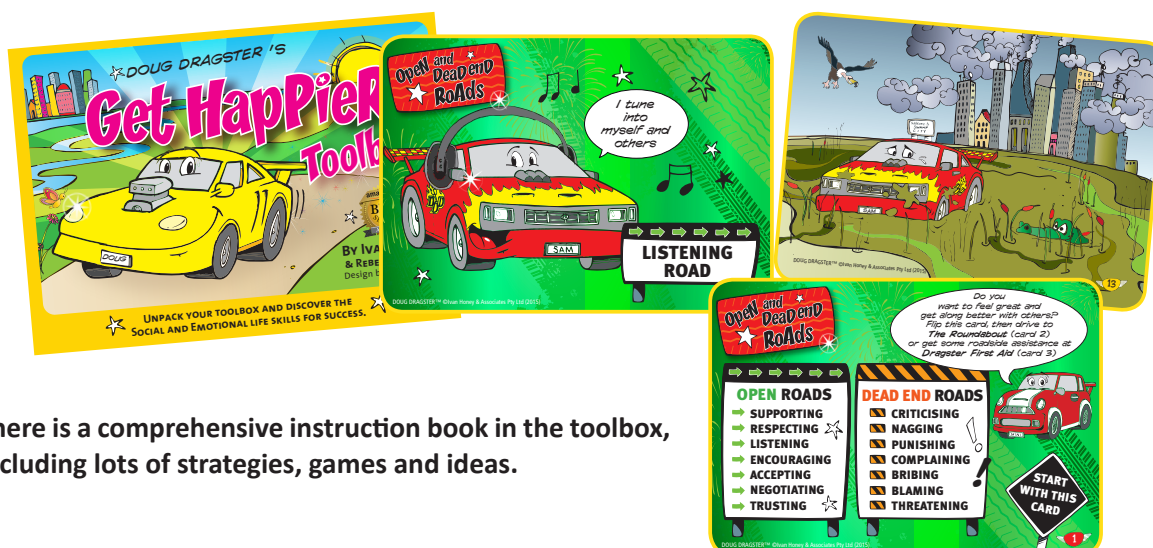
The audiobook is delivered chapter by chapter and narrated by the author Ivan Honey. The mp3 download audiobook can be used as a read along book or as a listening and comprehension exercise.



The Get Happier Toolbox

The Get Happier Toolbox is a dynamic card set that is designed to help everyone discover and apply the skills for living a happy and successful life. It can be used as a practical, fun and visual method to teach emotional Intelligence, understand feelings, develop empathy, improve self-esteem, learn problem solving skills and to learn how to make and keep better relationships.

For the Grade 2/3 Program the Toolbox contains useful card sets such as the **4 Wheels 2 Get Happier** cards and the **Open and Dead End Roads** cards. The **4 Wheels to Get Happier Cards** take us into the world of the Dragsters, helping us to project our feelings and thoughts safely onto the dramatic visual images. The cards are built into the lesson plans. The **Open and Dead End Roads** cards are perfect for Grade 3 of this program. Again, they are a fun way to teach and they also create a simple visual system that can be used to teach both relationship and self-esteem building skills.

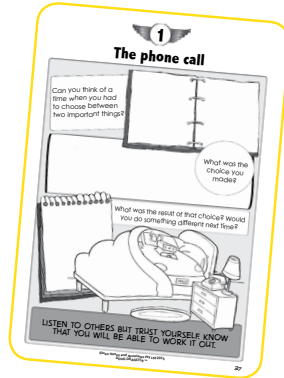
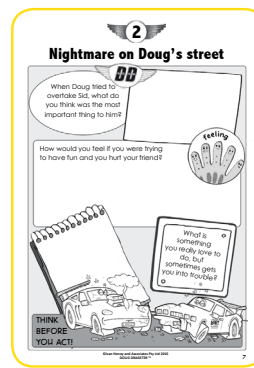
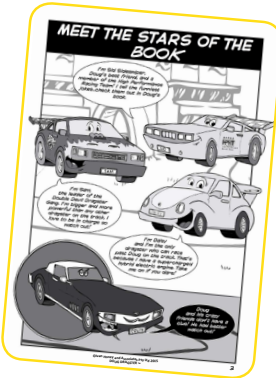
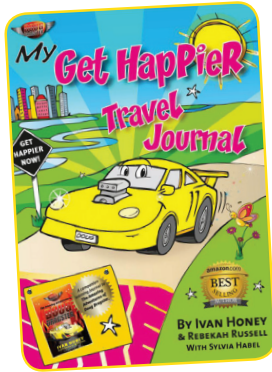


There is a comprehensive instruction book in the toolbox, including lots of strategies, games and ideas.

Life's an Adventure Resources

My Get Happier Travel Journal

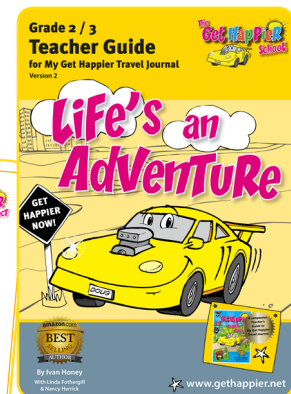
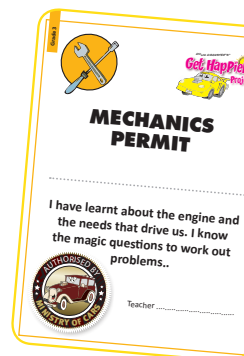
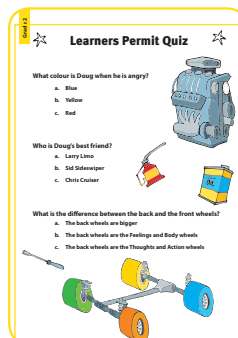
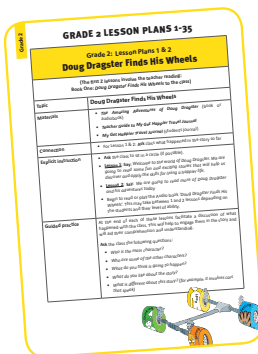
The **My Get Happier Travel Journal** is a personal journal for each child to write, draw, colour in and record their learnings. Each page links with a chapter in **The Amazing Adventures of Doug Dragster**, and promotes discussion and understanding of essential social and emotional skills for well being.



Teacher Guide to the My Get Happier Travel Journal

Comprehensive teacher guide with 71 lesson plans providing easy, step by step instructions to implement the program in your home, classroom or group. The Teacher Guide contains:

- Introduction to the Get Happier School Project
- Lesson plans for *The Amazing Adventures of Doug Dragster*
- Games and Activities
- Mindfulness Games and Exercises



Resources to Print

- 4 Wheels Posters
- Open Road Posters for Working Together

These fabulous posters are the basis for effectively working together, and are introduced at the beginning of each school year.



The Magic in Life

Grades 4 and 5

(Ages 9 and 10)

This program is a continuation and consolidation of the Grade 2-3 social and emotional learning program using the storybook, *The Amazing Adventures of Doug Dragster* and *The Get Happier Travel Journal*. The program uses cartoons, stories, fun, games and activities, discussion, reflection, writing, art, construction and reading.

Along with the Teacher Guide of 43 sessions, the three hard copy resources used by the children over the two years are;

1. ***Doug Dragsters Magic Book***
(One copy required per student)
2. ***The Amazing Adventures of Doug Dragster story & audio book.***
3. ***The Get Happier Toolbox***

The Lesson Guides provide comprehensive activities which are spread over the two years.

Included in the package are the following resources to print:

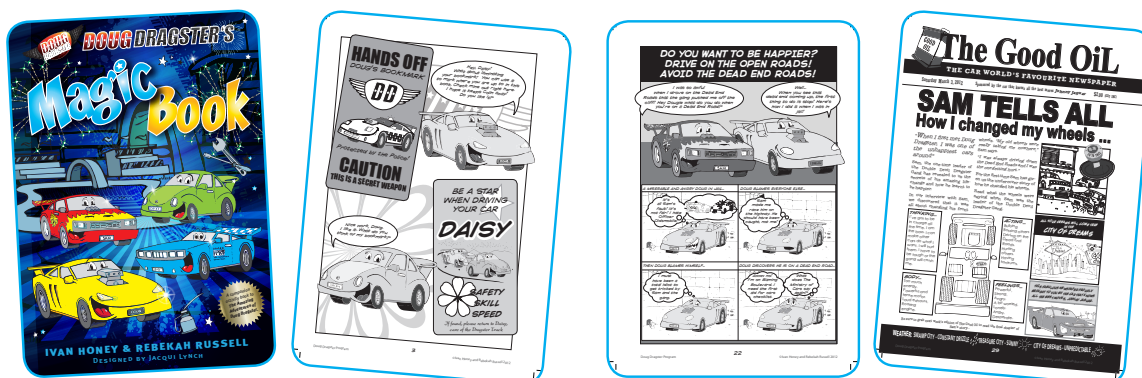
- ***Classroom Poster Package: 26 posters to transform your room into a 'Get Happier Classroom'!***
- ***Nametags***
- ***Your Keys to Get Happier***
- ***Road Map Plan***
- ***Certificates***



The Magic in Life Resources

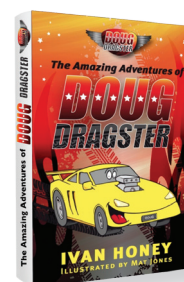
Doug Dragster's Magic Book™

A companion book to *The Amazing Adventures of Doug Dragster*, *Doug Dragster's Magic Book* is specifically designed to build on the learning gained from the stories. Packed with comics, more stories, activities and fun.



The Amazing Adventures of Doug Dragster Story & Audio Book

This book is the foundational resource of the entire Get Happier Project. Each chapter of *Doug Dragster's Magic Book* has a link back to part of this story. Links between *Doug Dragster's Magic Book* and *The Amazing Adventures of Doug Dragster* are shown by an image of a gear shift with the chapter and page reference inside. This illustrated chapter book follows the adventures of Doug and his friends as they navigate some of life's most difficult choices and discover the secrets to 'Get Happier'.



The Get Happier Toolbox

This is a resource that is included in the program. You and your students will use it every day to solve problems, maximize outcomes and understand and manage behaviour. It includes an instruction book and many ideas for use that will be enlightening and fun in your class.

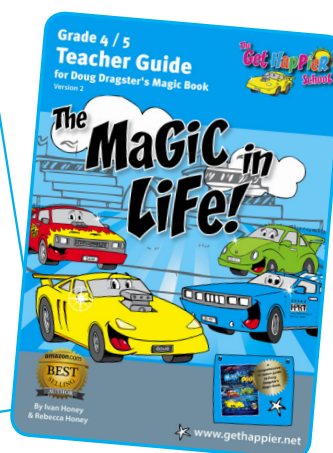
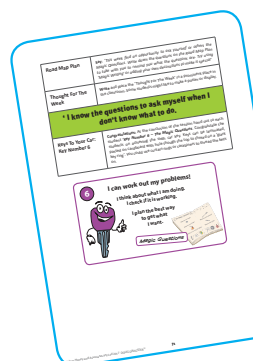
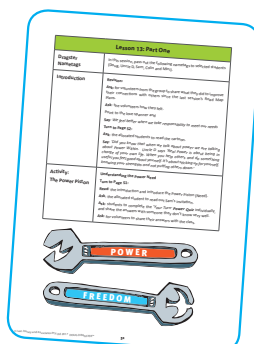
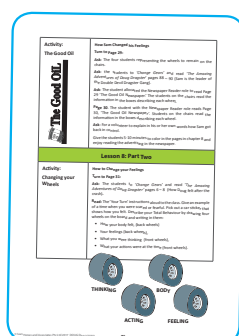


The Magic in Life Resources

Teacher Guide to Doug Dragster's Magic Book

Comprehensive teacher guide with 43 lesson plans providing easy, step by step instructions to implement the program in your home, classroom or group. The Teacher Guide contains:

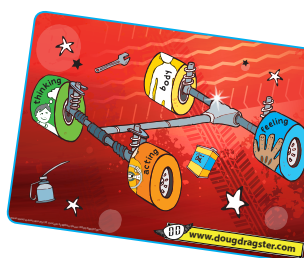
- Introduction to the Get Happier School Project
- 43 Lesson plans
- Games and Activities
- Mindfulness Games and Activities



Digital resources for you to print:

Classroom Poster Package

The 26 posters in the Classroom Poster Package will transform your room into a 'Get Happier Classroom'! These vibrant and easily recalled images from the story and sessions can be used to create a display as reminders or as problem solving tools in your classroom.



Nametags

Your Keys to Get Happier



Road Map Plan

Certificates



Get Happier in Action

Grade 6

(Ages 11+)

In this program, students work in teams to create projects to increase happiness within the school. They use their acquired knowledge from the previous programs and apply it to different projects and learn the skills of project management.

This program follows the learning that the children have completed using *Doug Dragster's Magic Book*, *The Amazing Adventures of Doug Dragster* storybook and *The Get Happier Toolbox*

The pre-condition to begin this program is that the class has completed the earlier programs as part of *The Get Happier Schools Project*.

Along with the Teacher Guide of 13 sessions, the digital resource used by the children is;

Get Happier in Action Student Project Book
(One digital copy required per student)

The Lesson Guides provide comprehensive activities which are spread over the year.

Included in the package are the following resources to print:

- ***Open and Dead End Roads Posters***
- ***Magic Questions Poster***
- ***The Get Happier Project Framework***



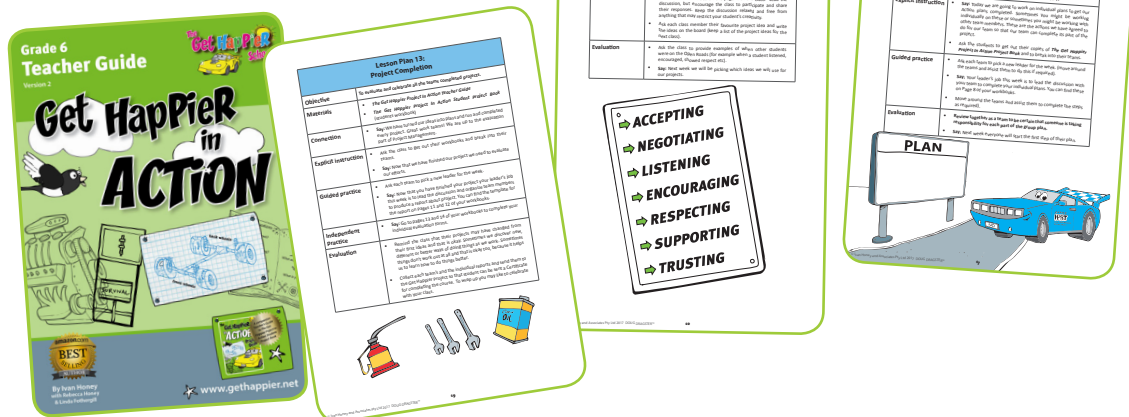
Get Happier in Action Resources

Teacher Guide to the Get Happier in Action Student Project Book

Comprehensive Teacher Guide

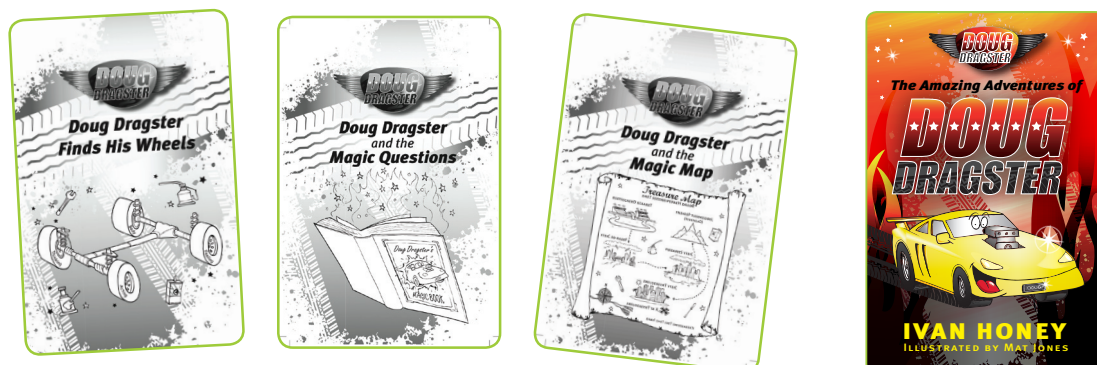
Easy, step by step guide to implementing the program in your classroom or group. The Teacher Guide contains:

- Introduction to the Get Happier School Project
- Lesson plans
- Mindfulness Activities



The Amazing Adventures of Doug Dragster Story & Audio Book

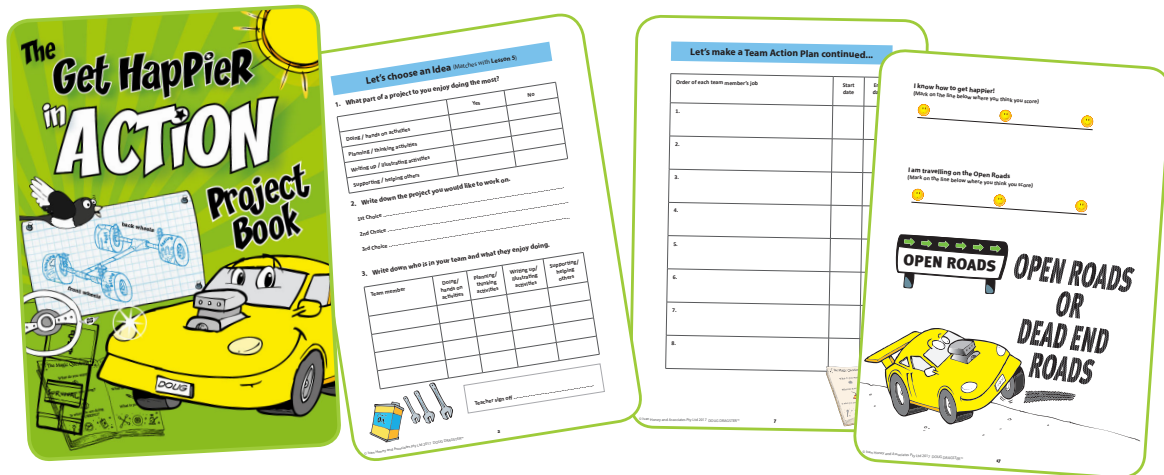
This book is the foundational resource of the entire **Get Happier Project**. This illustrated chapter book follows the adventures of Doug and his friends as they navigate some of life's most difficult choices and discover the secrets to '**Get Happier**'. Within the novel, you will find three stories in one book!



Get Happier in Action Resources

The Get Happier In Action Student Project Book (students workbook)

This is the project book that your students will use to create, plan and evaluate their group and individual plans. This project book takes the students step by step through the process of project management .



Resources to Print

The Get Happier Project Framework

Open and Dead End Road Posters

Magic Questions Poster



Happy Parenting

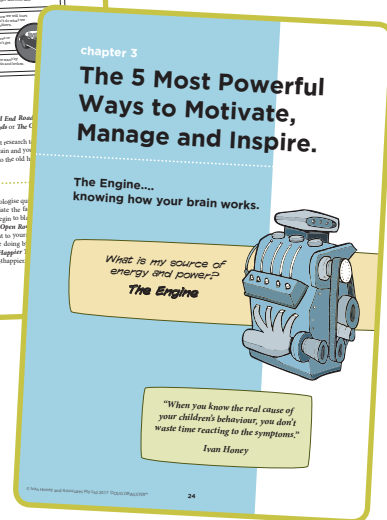
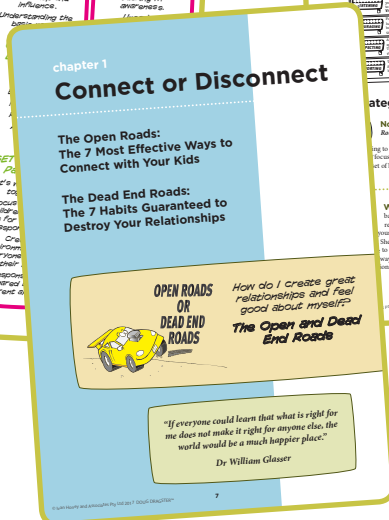
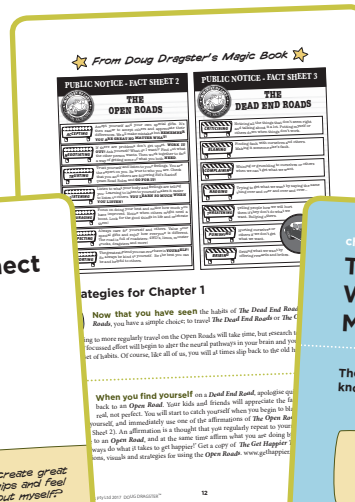
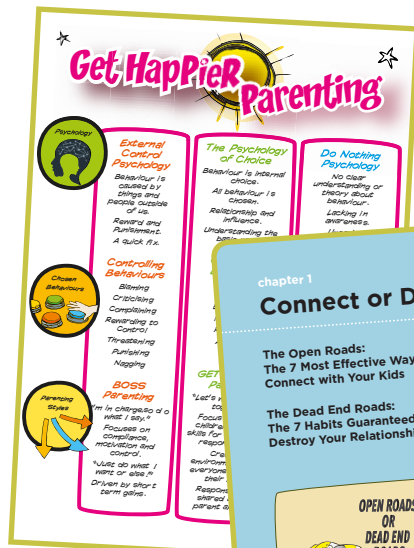
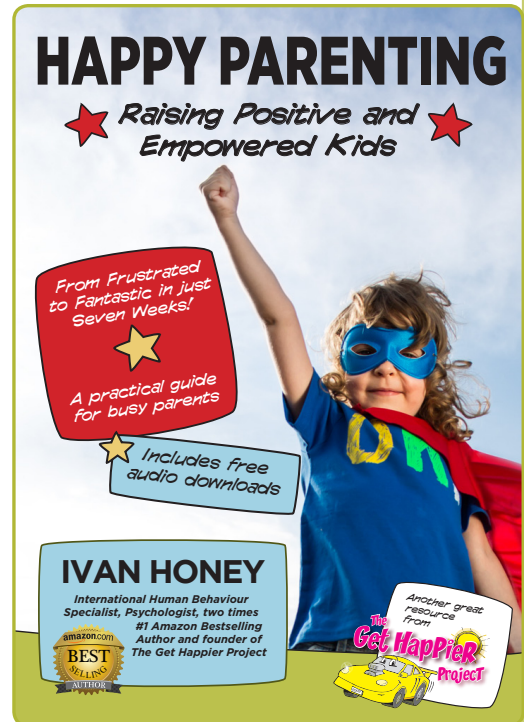
Raising Positive and Empowered Kids

by Ivan Honey

All parents have access to the digital download of Ivan Honey's number 1 Amazon bestseller, *Happy Parenting: Raising Positive and Empowered Kids*.

This practical, easy to read book includes links to YouTube, visualisations, strategies and downloads of the chart used by the school, teachers and children.

Happy Parenting teaches the framework used by *The Get Happier School* program.



Introduction to the Program for Schools

conducted by a Get Happier facilitator over 1-2 days (or as negotiated)

To familiarise staff with the scope, content and sequence of the program, it is necessary for everyone to understand the framework and have read the following resources:

- 1. The Amazing Adventures of Doug Dragster storybook***
- 2. The Get Happier Travel Journal***
- 3. The Magic Book***
- 4. The Get Happier Toolbox and instruction book, and***
- 5. 'Happy Parenting- Raising Positive and Empowered Kids' eBook by Ivan Honey***

These easy to read resources, along with the comprehensive Teacher Guides provide the foundation for the entire program.

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The Get Happier School

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Bendigo Netschool and Bendigo Flexible Learning Options School, (Mr Anton Van Maanen)

And thanks to the many schools and counsellors around the world who are using the resources of *The Get Happier Project*™

And special thanks to the thousands of wonderful adults and children I have trained and worked with over many years. They showed me how these ideas could transform their lives.