

**Year 7 & 8**



***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;**

- Students 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, students and parents are supported, and work together.
- Happier students 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 students learn to get what they need in more effective ways.
- A developmental and integrated program is used across all year 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 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, Peregrin Springs SS and Sunshine Beach SS, Qld**

# The Get Happier School Quick Guide

<p><b>Ready, Set, Go!</b> Recommended for Grade Prep &amp; One</p>	<p><b>Life's an Adventure</b> Recommended for Grade Two &amp; Three</p>	<p><b>The Magic in Life</b> Recommended for Grade Four &amp; Five</p>
<p>Students use <i>The Get Happier 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. Teachers acquire a deeper understanding of behaviour and are able to create a great learning environment.</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</p>	<p>Students complete activities in <i>Doug Dragster's Magic Book</i> to build their understanding of behaviour and further develop social &amp; emotional skills.</p> <p>Grade 4 complete Chapters 1-15 and Grade 5 complete Chapters 16-26.</p>
<p><b>Resources</b></p>	<p><b>Resources</b></p>	<p><b>Resources</b></p>
<ul style="list-style-type: none"> <li>• <i>Ready, Set, Go! Story Books (Digital)</i></li> <li>• <i>The Get Happier Toolbox Card set</i></li> <li>• Comprehensive <i>Ready, Set, Go! Teacher Guide</i></li> <li>• <i>The Get Happier Toolbox 20 Feelings Cards Powerpoint Slides</i></li> <li>• <i>Posters and Colouring Pages</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>The Amazing Adventures of Doug Dragster</i> story book</li> <li>• <i>My Get Happier Travel Journal</i> (students journal)</li> <li>• <i>The Get Happier Toolbox card set</i></li> <li>• Comprehensive <i>Life's an Adventure Teacher Guide for 71 lessons</i></li> <li>• <i>Posters</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Doug Dragster's Magic Book</i> (students journal)</li> <li>• Comprehensive <i>The Magic in Life Teacher Guide (43 lessons including additional games and activities)</i></li> <li>• <i>The Get Happier Toolbox card set</i></li> <li>• <i>Posters</i></li> </ul>
<p><b>Get Happier in Action</b> Recommended for Grade Six</p>	<p><b>Dragster's Magic</b> Recommended for Year 7</p>	<p><b>Making Your Own Magic</b> Recommended for Year 8</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>Students read the story book <i>The Amazing Adventures of Doug Dragster</i>. They then complete activities in <i>Doug Dragster's Magic Book</i> to build their understanding of behaviour, and further develop social &amp; emotional skills. This includes the use of <i>The Get Happier Toolbox</i> and an introduction to mindfulness skills.</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 project management and leadership.</p>
<p><b>Resources</b></p>	<p><b>Resources</b></p>	<p><b>Resources</b></p>
<ul style="list-style-type: none"> <li>• <i>Get Happier In Action Student Project Book</i> (students journal)</li> <li>• Comprehensive <i>Get Happier in Action Teacher Guide</i></li> <li>• <i>Posters</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>The Amazing Adventures of Doug Dragster</i> story book</li> <li>• <i>The Magic Book</i> (student journal)</li> <li>• Comprehensive <i>Dragster's Magic Teacher Guide</i> (29 lessons including additional games and activities)</li> <li>• <i>The Get Happier Toolbox card set</i></li> <li>• <i>Posters</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Making Your Own Magic - Get Happier Team Project</i> (student journal)</li> <li>• Comprehensive <i>Making Your Own Magic Teacher Guide</i></li> <li>• <i>Posters</i></li> </ul>
<p><b>For all parents in the school</b></p>	<p>Personal copy of <i>Happy Parenting: Raising Positive and Empowered Kids</i></p>	
<p><b>For teachers &amp; schools</b></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**



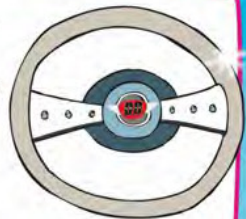
5. **THE FOUR WHEELS**  
*How do I understand and manage my feelings?*  
**The Four Wheels**



2. **THE WINDSCREEN**  
*How do I see new opportunities and transform my reality?*  
**The Windscreen**



6. **THE STEERING WHEEL**  
*Where do I really want to go?*  
**The Steering Wheel**



3. **THE DRIVER'S SEAT**  
*How can I be in charge of my life?*  
**The Driver's Seat**



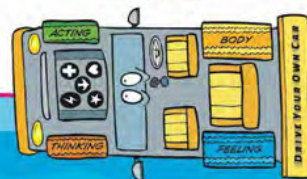
7. **THE MAGIC QUESTIONS**  
*How do I solve problems and get the best out of life?*  
**The Magic Questions**



4. **THE ENGINE**  
*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](http://www.gethappier.net)

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# The Get Happier School Program

## Why it Will Work for Your School

<b>1.</b>	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.
<b>2.</b>	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.
<b>3.</b>	A framework for mental health, happiness and wellbeing can and should be taught to all students as part of the curriculum.
<b>4.</b>	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.
<b>5.</b>	A wholistic and relevant framework for wellbeing enables anyone to quickly recognize which aspect of behaviour they can change, and how to do it.
<b>6.</b>	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.
<b>7.</b>	We learn best through fun, stories, self-reflection, questioning, engagement and practice.
<b>8.</b>	Prevention is better than cure. Being proactive by teaching this framework before puberty sets students up with the resources to build well-being, self esteem, responsibility and mental health. Students learn to value themselves and to discover their own unique gifts.
<b>9.</b>	Developmental and sequential learning using the established principles of effective learning, ensures highly effective learning outcomes.
<b>10.</b>	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.
<b>11.</b>	Everyone in the school community is involved in empowering students, including teachers and parents.
<b>12.</b>	To significantly reduce the incidence of family violence, suicide, drug abuse and road trauma, we need to teach students in our schools the science and skills for managing feelings, improving wellbeing and getting happier.



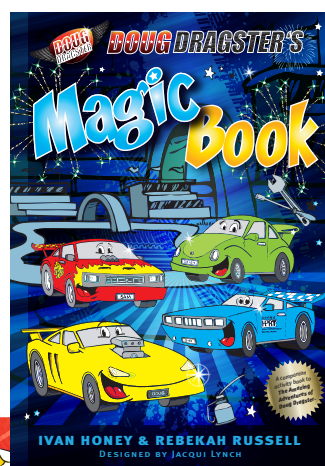
# Dragster's Magic Year 7

Students read the story book *The Amazing Adventures of Doug Dragster*. They then complete activities in *Doug Dragster's Magic Book* to build their understanding of behaviour, and further develop social & emotional skills. This includes the use of *The Get Happier Toolbox* and an introduction to mindfulness skills.

The program uses the dragsters to guide the students through social and emotional learning during Year 7.

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

- *The Amazing Adventures of Doug Dragster* story book
- *The Magic Book* (student journal)
- *Posters*
- *The Get Happier Toolbox*
- *Your Keys to Get Happier*
- *Get Happier Road Map*
- *Certificates*



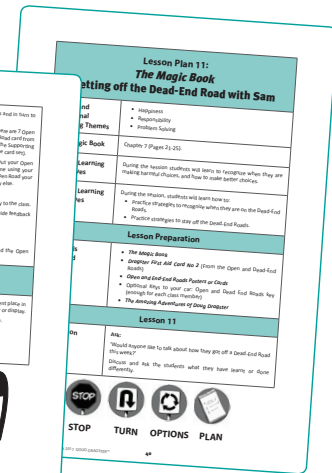
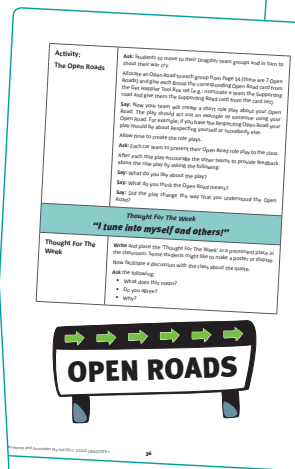
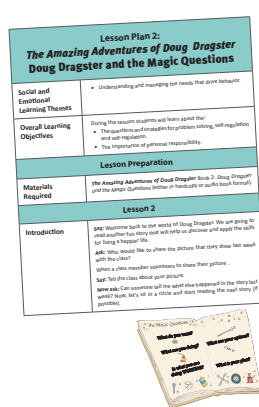
# Dragster's Magic Resources

## Teacher Guide: Dragster's Magic

Comprehensive Teacher Guide

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

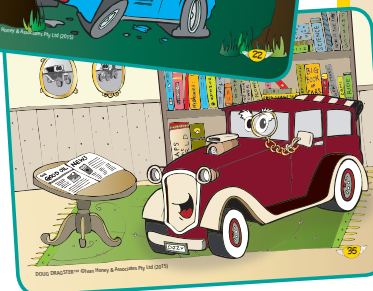
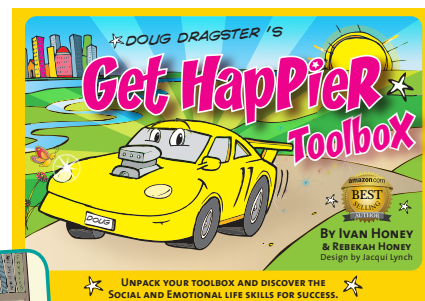
- Introduction to the Get Happier School Project
- Lesson plans for Year 7 Dragster's Magic
- Hints for challenging situations
- Games, Activities and Problem Solving With the Dragsters
- Mindfulness Games



## 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.

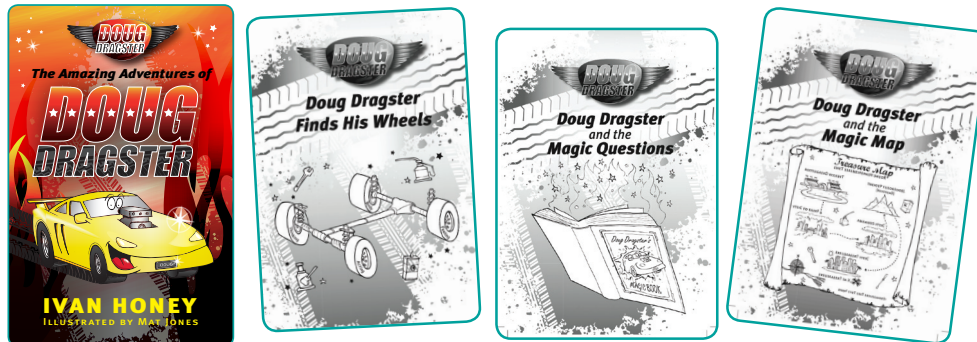
Students use the cards to play games, tell stories and problem solve.



# Dragster's Magic Resources

## 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'.



## 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.





## Dragster's Magic Resources

***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.



# ***Making Your Own Magic: Get Happier Team Project Year 8***

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 and leadership.

This program follows the learning that the students 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 students have completed the Year 7 Dragster's Magic program as part of *The Get Happier School Project*.

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

***Making Your Own Magic: Get Happier Team 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***



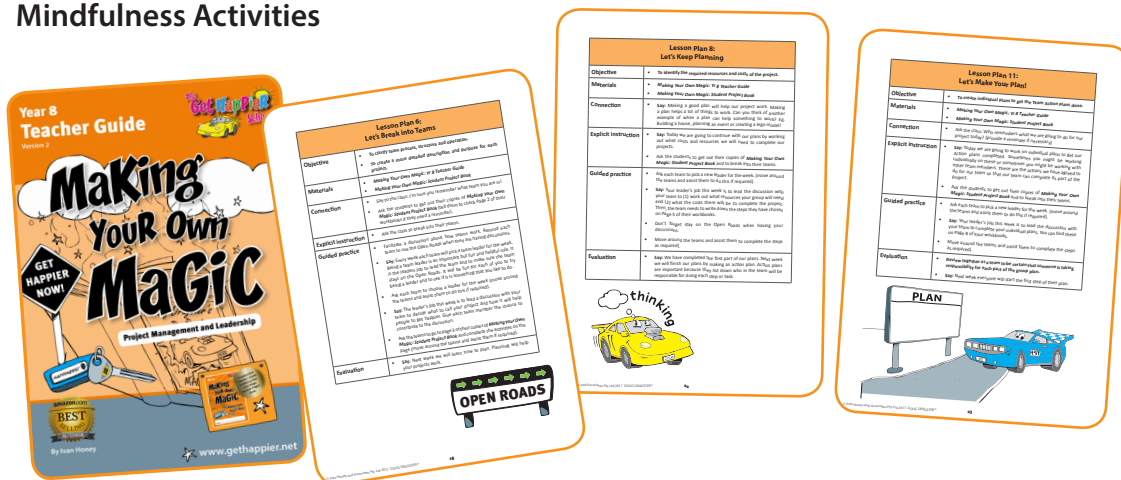
# Making Your Own Magic: Get Happier Team Project Resources

## Teacher Guide to the Making Your Own Magic: Get Happier Team Project

Comprehensive Teacher Guide

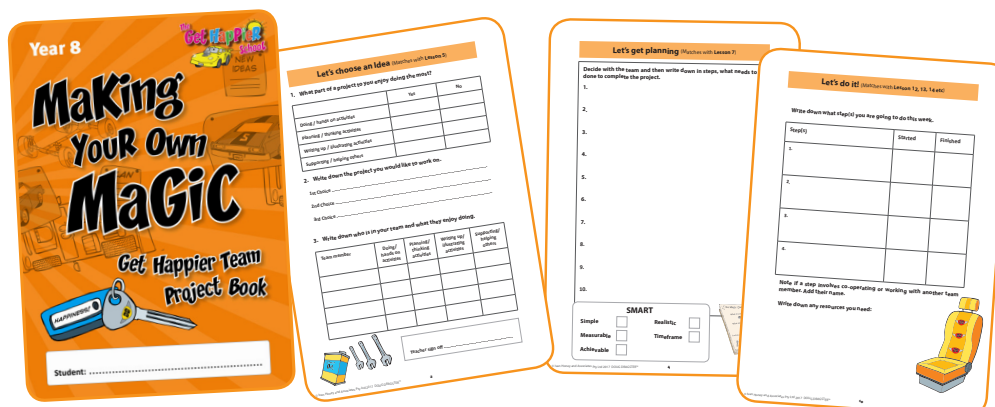
Easy, step by step guide to implementing the program in your classroom or group. The Teacher Guide contains:

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



## Making Your Own Magic: Get Happier Team 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.





# Making Your Own Magic: Get Happier Team Project Resources

## Resources to Print

### The Get Happier Project Framework

### Open and Dead End Road Posters

### Magic Questions Poster



# Happy Parenting

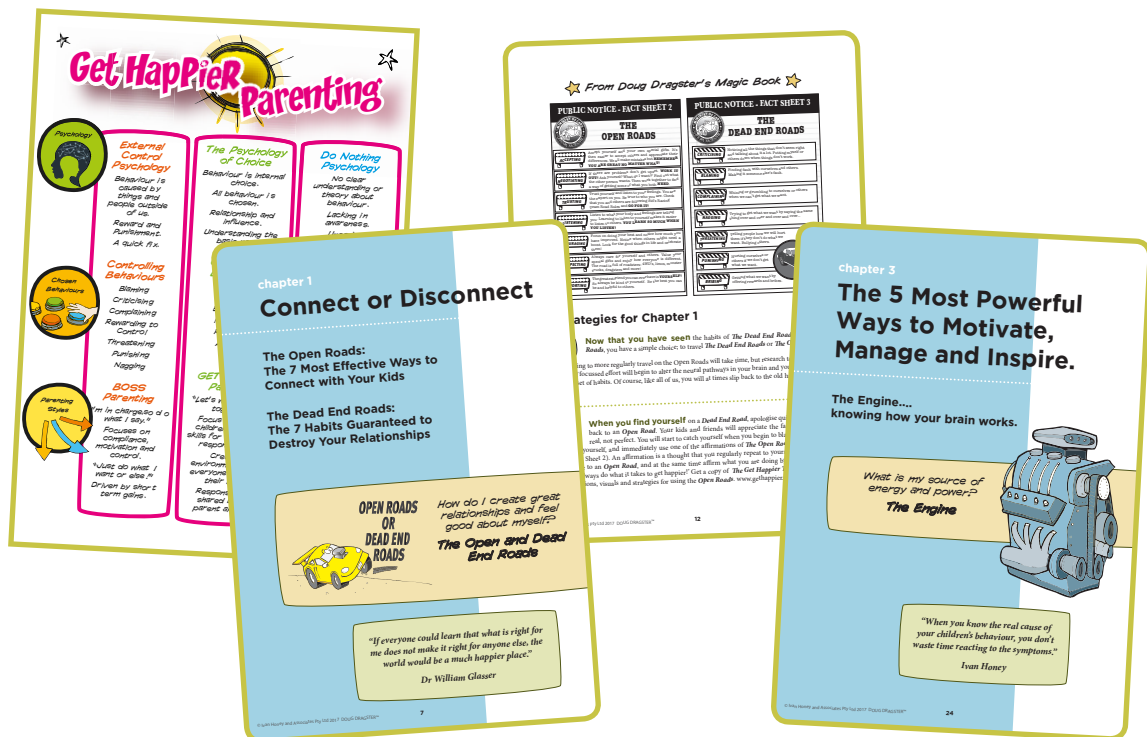
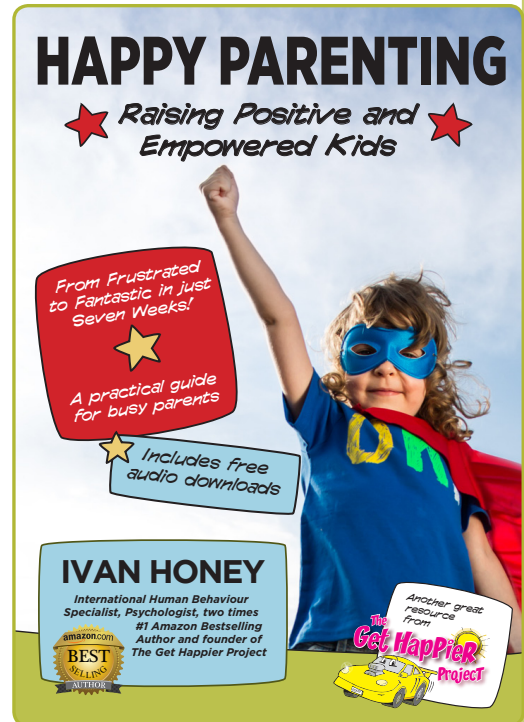
## Raising Positive and Empowered Kids

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 students.

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



# Introduction to the Program for Schools

Schools have the option of either a face to face,  
1-2 day professional development with a Get Happier facilitator  
or  
schools can purchase the 8 session videos Professional Development  
for staff to workshop the program in 8 - 90 minute sessions.

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 Magic Book*
3. *The Get Happier Toolbox and instruction book, and*
4. *'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.

## Contact Details

For more detail contact Ivan at:  
The Get Happier School Program  
PO Box 126, Strathfieldsaye Vic. 3551  
Email: [admin@ivanhoney.com](mailto:admin@ivanhoney.com)  
Mobile: 0413 239 391 or +61 3 5439 5551  
Website: [www.gethappier.net](http://www.gethappier.net)



# The Get Happier School

## Founder and Author

Ivan Honey, Psychologist, Educator, Senior Faculty WGI, 2 time Amazon Best Selling Author.

## Research, Endorsements and Contributors

Ms Rebekah Honey, Co-author, Creative coach, Editor, Instructor, WGI.

Dr William Glasser, Los Angeles, California, Founder of Choice Theory and Reality Therapy, and the William Glasser Institute (WGI)

Carleen Glasser, Educator, Instructor WGI, Los Angeles, California.

Dr John Demartini, Human Behaviour Specialist.

Evelyn Field OAM, Psychologist, Author and Founder of Bully Blocking, Australia.

Mr James Merlino MP, Minister for Education, Victoria.

Ms Jacinta Allen MP, Minister for Transport, Victoria.

Ms Nancy Herrick, Educator and Instructor WGI, North Carolina, USA.

Dr Jean Seville Suffield, Instructor WGI, Montreal, Canada.

Ms Sylvia Habel, Instructor WGI, Educator, Adelaide, South Australia.

Ms Joan Hoogstad, Instructor WGI.

Ms Nancy Snow, Instructor WGI, Principal, Newcastle.

Dr Bradley Smith, Instructor WGI, Loyola Marymount University, Los Angeles.

Ms Katja Dzindzinovic, Educator, Lubiana, Slovenia.

Ms Stacey Honey, Educator, Geelong, Victoria.

Ms Linda Fothergill, Psychologist, Bendigo.

Dr Clare Ong, Psychologist, Singapore.

Ms Jacintha Lai, Counsellor Singapore.

Ms Gomathi Kurapiah, Restorative Practices, Singapore.

Dr Jeong Suk Kim, Kyung Hee University, South Korea.

Dr Anasuya Jegathesan, HELP University, Kuala Lumpur, Malaysia.

Mr Vern Hardie, Educator and Founder, The Connected Circus, Bendigo.

Ms Mercedes Taaffe-Cooper, Psychologist, Founder, Counterpunch, Adelaide, South Australia.

Ms Low Siew Hong, SEED Institute, Singapore.

## Key Schools

Moama Anglican Grammar School NSW Australia, (Ms Libby Barnes, Mr Callum Gibbs)

Waitohu Primary School, Ōtaki, New Zealand, (Mr Maine Curtis, Principal)

Nundah State School, Brisbane, (Ms Debra Cox, Principal)

Everton Park State School, Brisbane, (Ms Aminta Miller, Principal)

Glendore Public School, Maryland, NSW (Mr Khalil Khay, Principal)

QSI International School, Shekou, China (Mr Scott D'Alterio, Director)

Loyola Village School, Los Angeles, (Dr Krishna Smith, Principal)

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 students I have trained and worked with over many years. They showed me how these ideas could transform their lives.***