



*Using stories, fun and games to teach life skills!*

## The Get Happier School Program

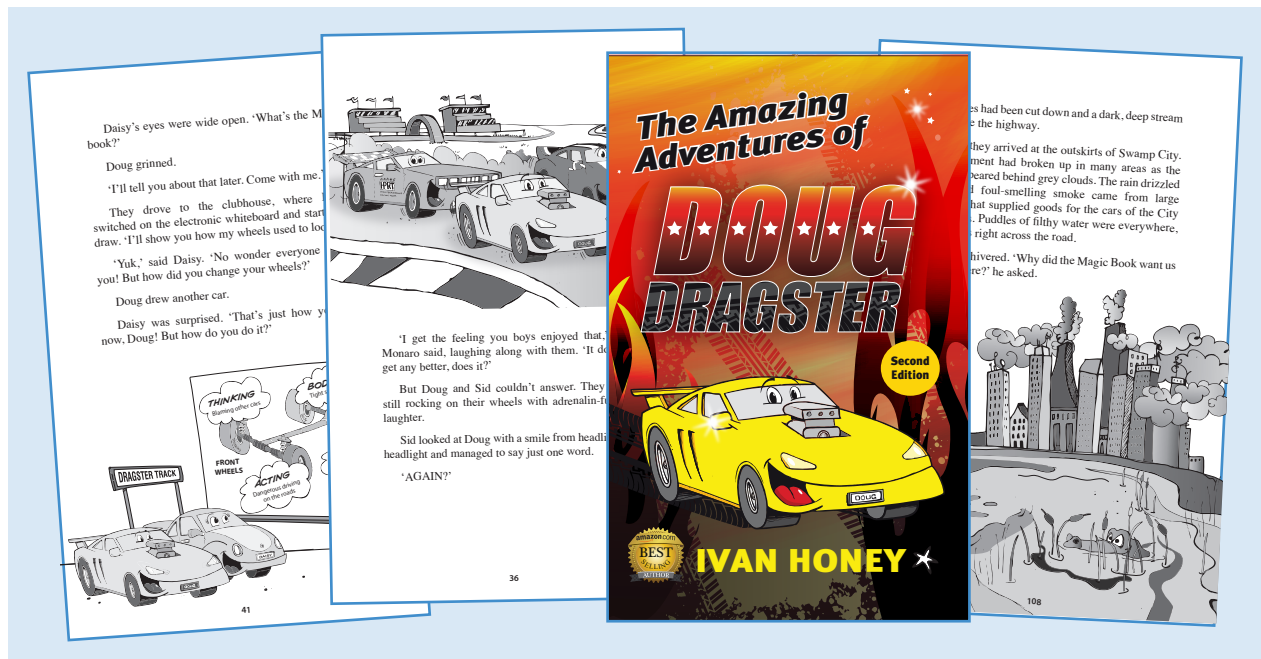
Welcome to the transformative world of The Get Happier School Program – an innovative approach to social and emotional learning that provides the tools for developing sustainable mental wellbeing and an inspiring school culture.

At the heart of our program is the belief that education should equip children with knowledge and nurture their well-being, resilience, and happiness, laying the foundation for a fulfilling life.

Happy children who have learnt the skills to self-regulate achieve better learning outcomes , and are less likely to require constant teacher supervision and intervention.

## What Sets Us Apart:

The Get Happier School Program stands out as a beacon of positivity and empowerment within the educational landscape. It's not just a curriculum; it's a philosophy that permeates every corner of the learning environment. **Here's why we're unique:**

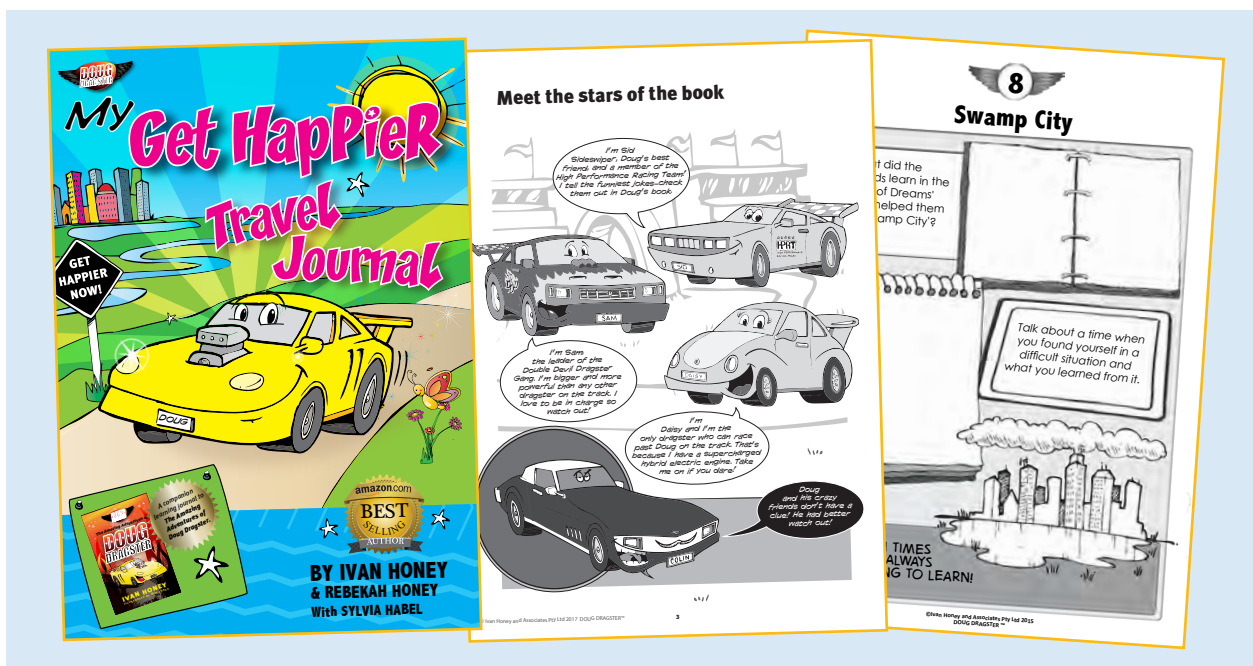


## The Program is Easy to Implement and Reduces Teacher Stress:

- This comprehensive whole school curriculum with simple teacher guides, workbooks and digital resources, makes learning fun for teachers and students alike. It is a whole school SEL and well-being program, as well as a pastoral care guide for every week of the school year. It expertly integrates a classroom management program, and is packed with hundreds of practical resources for teachers, children, and parents.

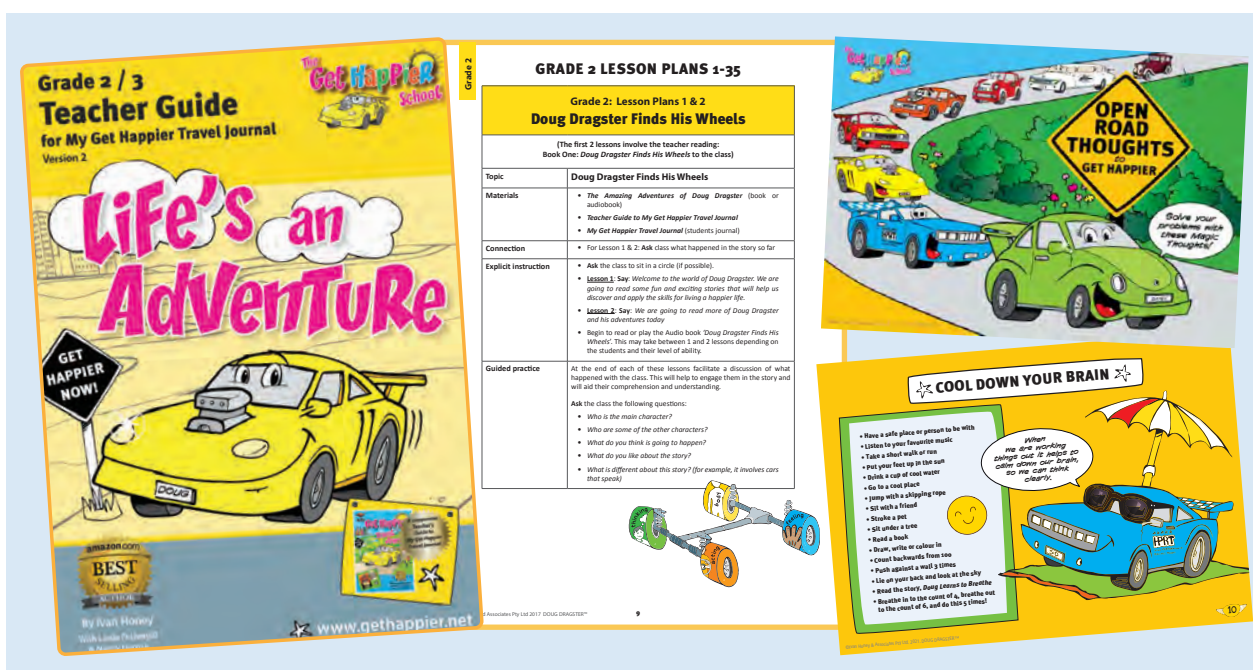
## Comprehensive and Integrated Framework:

- Our program seamlessly integrates into the **entire school system**, offering a comprehensive and sustainable framework for building mental health and happiness.
- We go beyond short-term interventions by focusing on self-esteem, emotional intelligence, independence, and resilience – enduring life skills that extend far beyond the classroom.



## Engaging and Fun Curriculum:

- From the individual programs, **Ready Set Go**, **Life's an Adventure**, to **The Magic in Life** our curriculum is designed to be engaging, exciting, and fun for all children, ensuring age-appropriate skill development as they progress through school.



## Balancing Individuality and Social Responsibility:

- We strike a dynamic balance between nurturing each child's unique individuality and fostering social responsibility and cooperation within the classroom and school community.



# Holistic Understanding of Happiness:

- Our program teaches children that true happiness is achieved not only by pursuing their own interests but also by cultivating positive relationships with others.
- Helping children understand and appreciate themselves and others enables wise decision-making: In the words of Harper Lee, *"Before I can live with other folks, I've got to live with myself."*

**Lesson Plan 2: People Are A Lot Like Cars**

<b>Social and Emotional Learning Themes</b>	<ul style="list-style-type: none"> <li>Identifying Feelings</li> <li>Understanding Feelings</li> </ul>
<b>The Magic Book</b>	Chapter Two (Pages 4-7)
<b>Overall Learning Objectives</b>	At the conclusion of the session students will: <ul style="list-style-type: none"> <li>understand the connection between people and cars, and the main car components of the program</li> </ul>
<b>Specific Learning Objectives</b>	At the conclusion of the session students will: <ul style="list-style-type: none"> <li>identify the engine, windscreen, steering wheel, four wheels, and the driver's seat</li> <li>be more aware of their feelings, and increase their capacity to manage them</li> </ul>
<b>Lesson Preparation</b>	
<b>Materials Required</b>	Magic Book, pens, Road Map Cards, pencils and markers
<b>Resources to print</b>	Road Map Plan: x number of students Name tags: Doug and Colin x 1 each

**Lesson Plan 27: Doug's Magic Toolbox**

<b>Social and Emotional Learning Themes</b>	<ul style="list-style-type: none"> <li>Emotional Intelligence</li> <li>Problem Solving</li> </ul>
<b>The Magic Book Part 2</b>	Chapter Twenty Three (Pages 102-105)
<b>Overall Learning Objectives</b>	At the conclusion of the session students will: <ul style="list-style-type: none"> <li>be able to use the checklist to identify the sources of their problems, and take action to manage them</li> </ul>
<b>Specific Learning Objectives</b>	At the conclusion of the session students will: <ul style="list-style-type: none"> <li>have learnt a simple mental model for problem solving at any time they are feeling unhappy</li> </ul>
<b>Lesson Preparation</b>	
<b>Materials Required</b>	Magic Book Part 2, coloured pencils and markers
<b>Resources to print</b>	Road Map Plan: x number of students Name tags: Doug x 1 each Key: No.8 x number of students

**UNCLE D, DOUG AND SID HANG OUT IN THE WORKSHOP.**

Who wants to be angry all the time? Or live in a world full of angry cars? Nice fun! Doug, how do you get from angry to calm?

First, I realised I was angry and it wasn't working. The Magic Book showed me that I could change my feelings by getting on my front wheels.

I like being angry. It scares cars and makes them go away. I want to lighten up. Colin, you need a joke to cheer you up.

What do you get when you mix a can of fly and a dog? A flying car-pet! Ha Ha Ha!

I really don't think chasing to be angry will make you happier, Colin. But it's your choice.

Colin just doesn't get this stuff! But the Ministry of Cars always gets it right.

You're all bawls, I'm off to bully someone.

**PUBLIC NOTICE - FACT SHEET 1**

**PEOPLE ARE A LOT LIKE CARS**

1. Their eyes are like our windscreen.
2. Their face and nose look like the front of a car.
3. Their mouths look like our bumper bars.
4. They use arms and legs to get around instead of four wheels.
5. Their brain is like our engine. It drives everything.
6. They also use their brain to work out where they need to go, like our steering wheel.
7. People often show their feelings in their bodies or on their faces. Just like we do!

I used to let my feelings get the better of me but then Doug showed me how the feelings work. It's better to manage your feelings when you're angry but I was stupid. I needed things to make me happy. I thought I was to be in charge all the time and make cars like me. It didn't work.

It's weird how people are so much like us.

Help! I really like your game on the next page. It's fun!



## Cutting-edge Psychology:

- Grounded in cutting-edge, trauma-informed and evidence-based psychology, our teaching and learning curriculum equips children with practical tools for life and creative problem-solving.



## Classroom Management Strategies:

- Children learn self-management skills, and teachers are provided with integrated strategies, thus making the process of classroom management friendly, structured and effective.



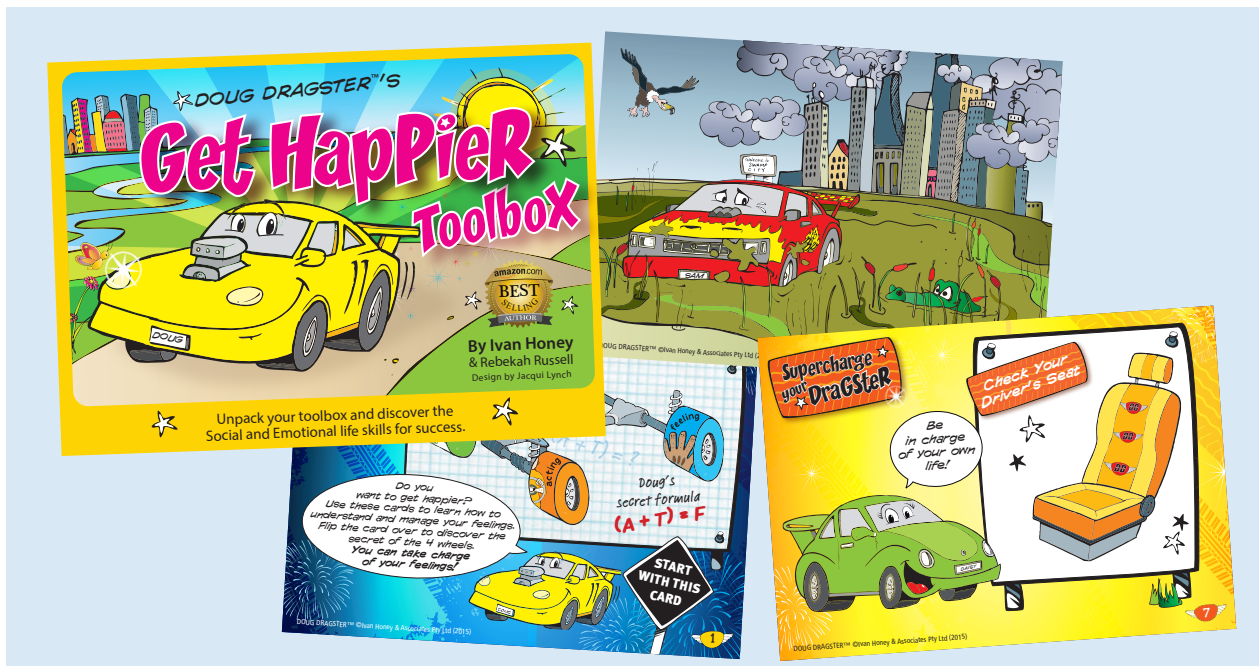
## How We Achieve These Outcomes:

- Our integrated theme, "**The Journey**," takes children on an exciting and discovery-based sequence of learning programs.
- Teachers receive extensive support through simple lesson plans, hands-on strategies, professional development resources, and engaging workbooks for students at all levels.
- Parents are integral to the process, with resources and activities that reinforce the program's teachings at home.



## Proven Success:

- Developed by experienced educators and psychologists, our program has been rigorously tested in schools and communities.
- Successfully operating in schools in Australia and the USA, it has been embraced by teachers, parents, and children alike.
- Visit [gethappier.net/get-happier-school/school-snapshot](https://gethappier.net/get-happier-school/school-snapshot) to see the program in action!



## Explore the Get Happier Difference:

- Visit [gethappier.net](https://gethappier.net) to access fun and free resources that offer a glimpse into this uniquely Australian approach to education.

## Ready to Take the Next Step?

Schedule a free no-obligation Zoom call with Ivan Honey, the Get Happier School program director, today.

Contact Ivan at [ivan@ivanhoney.com](mailto:ivan@ivanhoney.com) or call 0413 239 391.

*Join us on this transformative journey of shaping happier lives, one lesson at a time.*