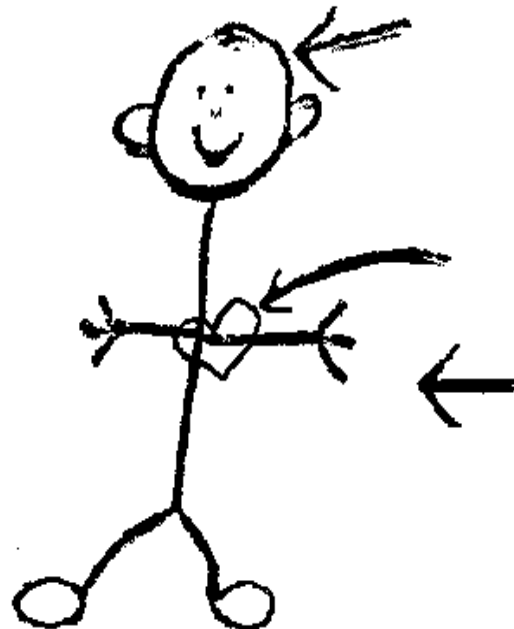


You Can Do It (YCDI)

- YCDI focuses on the 2 things most parents want for their kids:
- Success
- Well-Being



You Can Do It! What is it?

You Can Do It! Education (YCDI!) delivers distinctive, research-based programs and educational resources in areas associated with the social, emotional (SEL), and academic learning of young people.

<http://www.asg.com.au/you-can-do-it-education/you-can-do-it-home>

Success and Well-Being

- **Success** involves learning to do something you can't currently do and doing the best you can. You do not have to be "the best" to be successful. It's about doing your personal best.
- **Well-being** means you feel happy and safe.
- You have positive feelings about yourself, get along with lots of different people, feel safe, and enjoy doing things for others and your community.

Why focus on Social and Emotional Development?

Social and emotional capabilities of all children strongly influence their achievement, well-being, and relationship outcomes.



Social and Emotional Development and Bullying (Bernard, 2005)

In a recent study conducted by Bernard with teachers of students who bully, 94% of “**bullies**” were evaluated by their teacher as being below average in one or more areas of social and emotional competence.

- 70% of “bullies” were judged by their teachers to be “below average” in **Work Persistence**
- 70% were judged low in **Getting Along**
- 64% were low in **Emotional Resilience**
- 52% were judged low in **Academic Confidence**

YCDI support students experiencing

- **Educational Under-Achievement**

- students who have a discrepancy between academic capability and achievement, lack motivation and put in minimum effort on schoolwork

- **Poor Behaviour and Relationships**

- students who behave aggressively towards others, break rules, are tardy or absent, act dishonestly and/or engage in unhealthy behaviour

- **Low Emotional Well-Being**

- students who are not happy, have significant periods of time feeling down, lose temper, have feelings easily hurt and/or worry too much about what others think of them or their school performance

Why do it?

Bringing our vision and values into being

OUR VISION

Middle Harbour Public School works in partnership with parents and the broader school community to provide quality education that encourages students to reach their personal best in a respectful, safe and caring environment.

OUR SHARED VALUES

Respect ~ Responsibility ~ Personal Best

Why this program?

- It aligns with our vision and values
- It is research based and highly evaluated
- It is a whole school approach that includes students, teachers and parents
- It has an explicit and systematic curriculum addressing the social and emotional development of children.
- It addresses the learning needs of the 'whole' child.
- It builds on restorative practice and supports our strategies to address bullying.

You Can Do It! Education

Student learn positive habits of the mind and ways of thinking

Confidence: Accepting Myself, Taking Risks, Being Independent, I Can Do It

Persistence: I Can Do It!, Giving Effort, Working Tough

Organisation: Setting Goals, Planning My Time

Getting Along: Tolerance of Others, Thinking First, Playing By the Rules, Social Responsibility

Resilience: Resilient ways to think; practical things to do

The positive habits of thinking are represented using coloured keys.



Persistence

Organisation

Confidence

Getting Along

Resilience

With younger students the same concepts can be introduced using coloured puppets named according to the particular thinking habit.



For example: Oscar Organisation



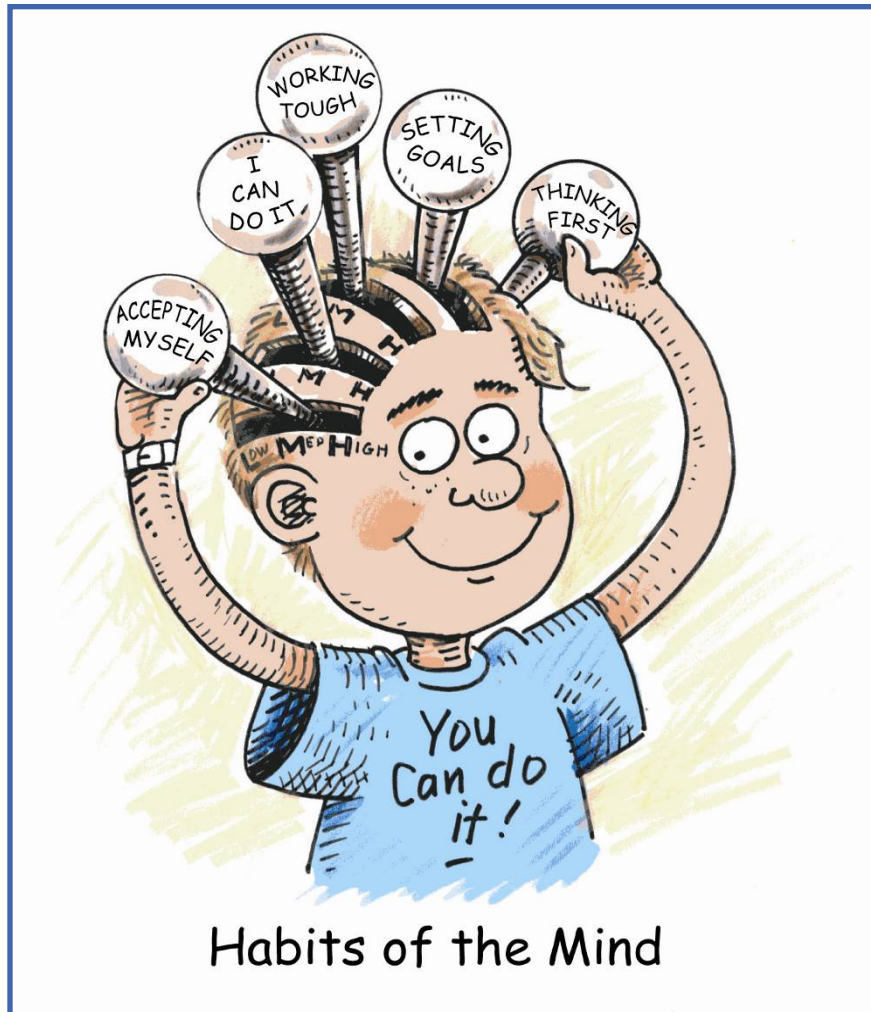
- Sets goals
- Do your best
- Listen to teachers
- Hand in assignments and homework on time.
- Is punctual for school.
- Plan my time well.
- Has equipment ready
- Puts things away.



Setting Goals

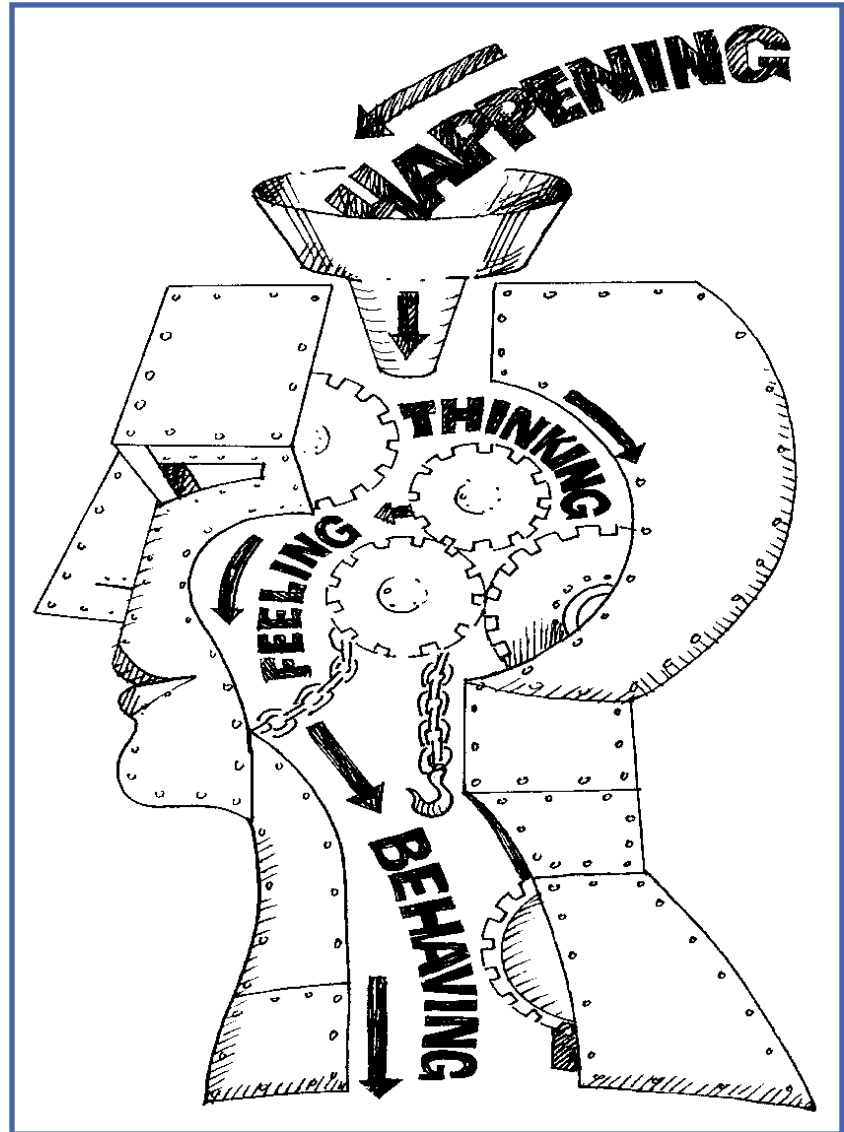
...leads to organisation and trying hard to be successful

Habits of the Mind

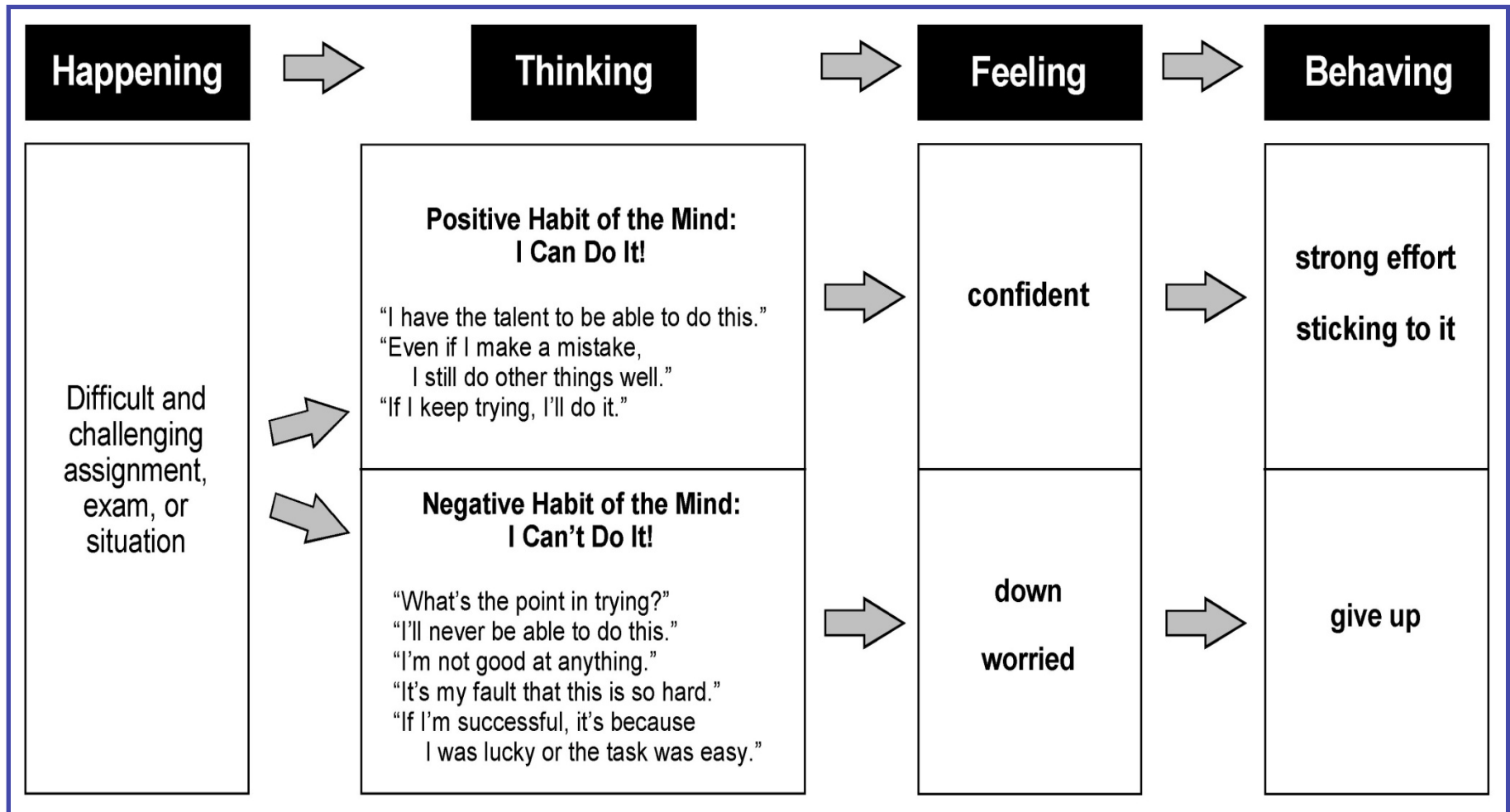


- Habits of the Mind are the automatic tendencies of people that determine how we think, feel, and behave.
- Habits of the Mind can be positive or negative

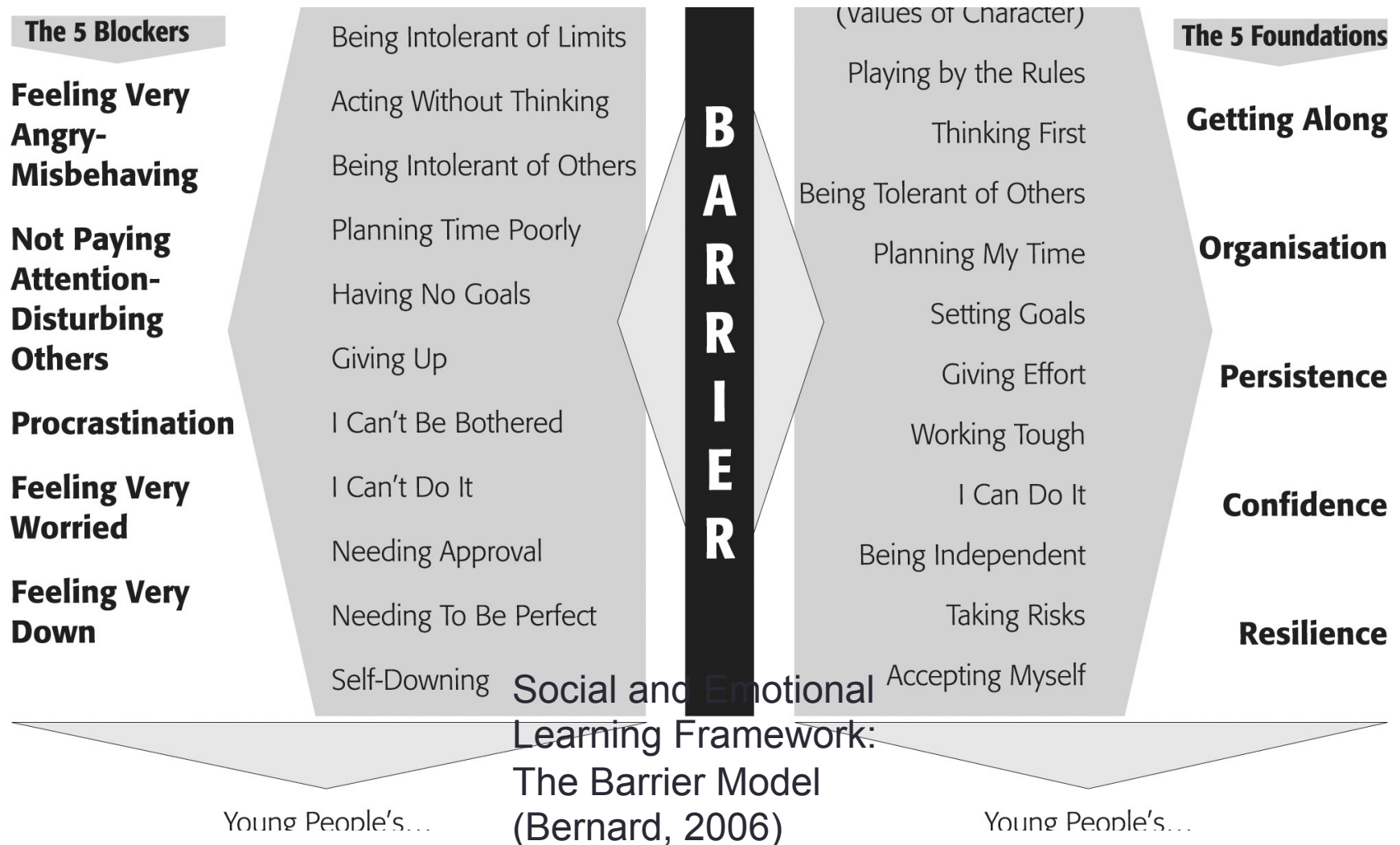
Children learn that what they **DO** and how they **BEHAVE** is driven by what they are thinking and feeling.



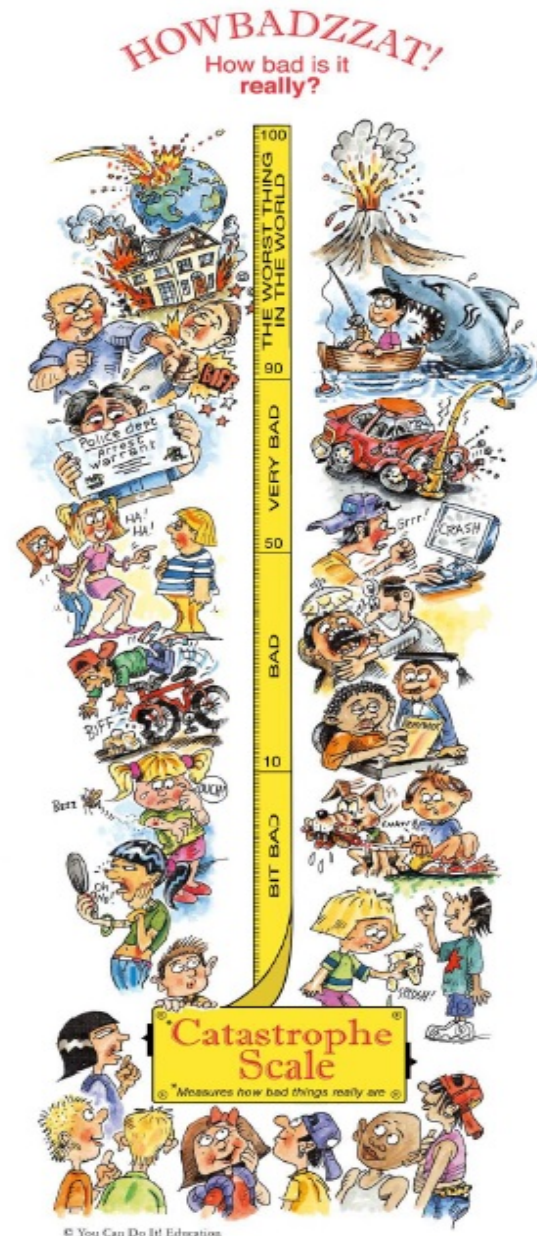
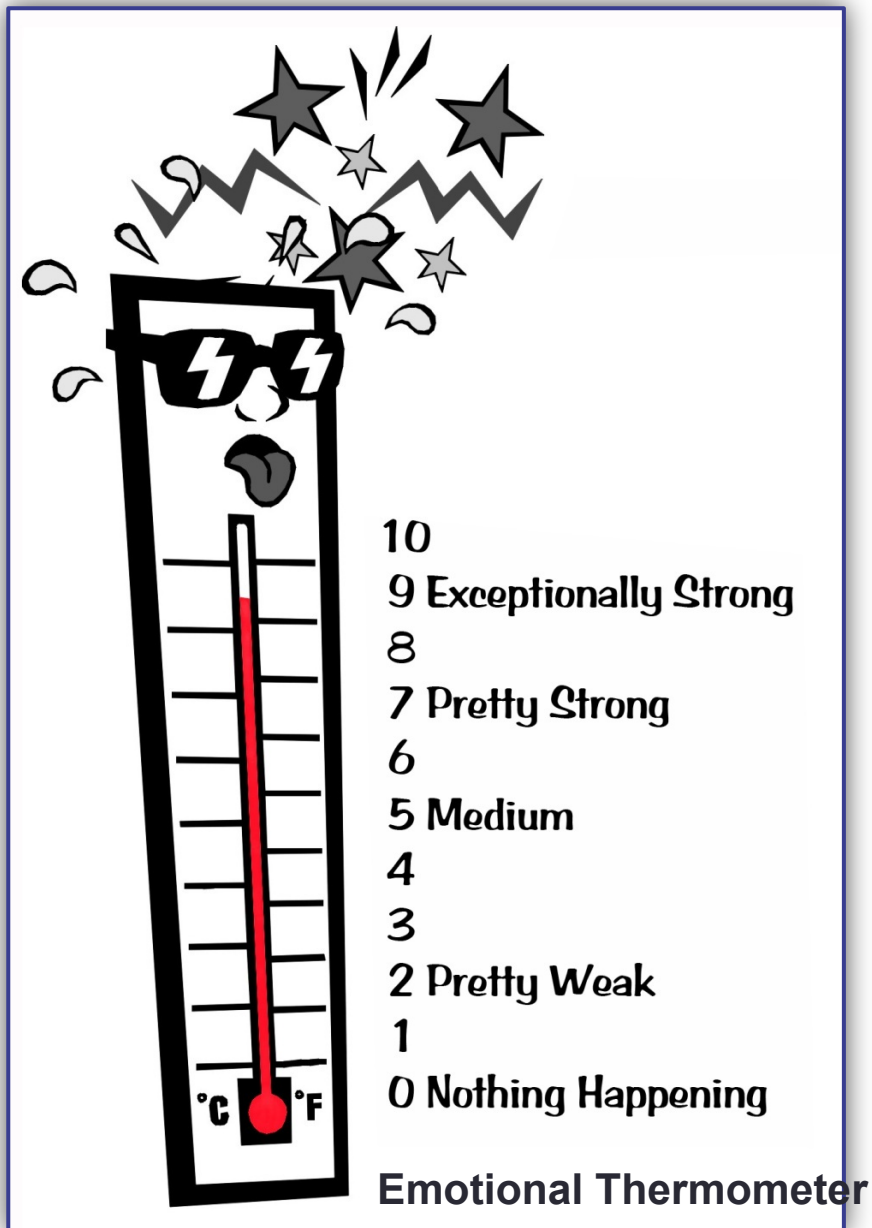
Students Learn to Challenge and Change Their Negative Thinking



Children also learn to recognise the negative habits of mind...



These are two simple tools that our school uses that you can use too!



You Can Do It?

Why Do It?

Why not?