

'You Can Do It' at Ballan Primary School

The 'You Can Do It' Education Program at Ballan Primary School teaches students from Prep to Year 6 a number of different skills that will help them become successful and happy individuals. The core value of the program is the development of all children to reach their full potential (academically, intellectually, interpersonally and emotionally) through the teaching of the 5 Foundations – **Confidence, Emotional Resilience, Persistence, Organisation, and Getting Along.**

Confidence

involves students having trust in themselves, taking thoughtful risks with learning and believing that they will probably be successful in the end.

Emotional Resilience

involves students having the skills to bounce back when things go wrong.

Persistence

involves students trying hard and not giving up when doing schoolwork they find challenging or boring.

Organisation

involves students taking responsibility for themselves and for getting the materials they need and assignments completed on time.

Getting Along involves students working co-operatively with one another, following school rules, showing tolerance and resolving conflicts without fighting.

Central to the development of these 5 Foundations is explicit instruction in the Habits of the Mind:

- **Accepting Myself**
- **Being Independent**
 - **I Can Do It**
 - **Giving Effort**
- **Working Tough**
 - **Setting Goals**
- **Planning My Time**
- **Being Tolerant of others**
 - **Thinking First**
- **Playing by the Rules**

