What is Bgreat 4 Kids?
Bgreat is a values based self awareness and self esteem building personal development program designed specifically for children in grades 4 to 6.

The catch cry “Bgreat @ being you” is simply that - having the knowledge & confidence to have the most balanced and enjoyable life you can have. This is a gift for anyone, especially children.

Bgreat 4 Kids is not an 'add on' program as it uses an Integrated Curriculum Approach that fits seamlessly into the daily teachings of any classroom.

The programs many activities meet the latest requirements for key learning areas such as numeracy, literacy, sustainability and has been shown to promote self esteem and self awareness in children of varying ages.

The full Bgreat program is provided to each school via an online manual that is easily transferred to the interactive whiteboard system for highly effective in class learning.

What does Bgreat 4 Kids do?
The Bgreat 4 Kids teaching program:
- Develops & Promotes Self Awareness.
- Builds Self Esteem.
- Meets the Requirements of VEL’s (Victorian Essential Learnings).
- Uses an Integrated Curriculum Approach that fits seamlessly into the daily teachings of any classroom.

Bgreat 4 Kids provides an introduction to and an understanding of 7 key ingredients of a balanced life and how they all relate to the individual and to each other.

- **Relationships - b understanding.**
- **Career - b happy.**
- **Health & Wellbeing - b active.**
- **Environment - b aware.**
- **Money - b able.**
- **Kindness - b giving.**
- **The Mind – belief.**

The students will participate in a multitude of reading, writing, speaking and listening and mathematical activities. Health and Physical Education, Art, Technology and Science are all integrated throughout the program.
The Bgreat Wheel of Life
The program commences with each student using the online ‘Wheel of Life’ activity to rate each of the life areas out of a score of 10. The Wheel of Life identifies what each student values most and how balanced their life is at the commencement of the program. A second Wheel is completed at the conclusion of the program as a comparison.

Johnny’s Wheel of Life

Johnny’s Wheel of Life reveals his focus toward Career & Money which indicates he will be more likely to be successful in these areas. It also shows a lesser interest in Health which puts him at risk of becoming the stereotypical ‘overweight businessman’. Environment (which includes the company you keep as well as the welfare of the planet) is valued the lowest of all areas. Without an understanding of how valuable this area of life is, Johnny is likely to be led astray into undesirable company.

Sally’s Wheel of Life

Sally’s Wheel of Life is different again as she rates her family and relationships highly but does not recognise or value the importance of the mind. In time she may develop habits of co-dependency with family and friends and is likely to wander from one troubled boyfriend to the next. She lacks the understanding of the power of her mind and stumbles through life as her low self esteem consumes her as her Health and Well Being declines.

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The 7 Key Areas of Life
Once the Wheel of Life is completed the class will complete approximately 3 one hour sessions per week working through various activities and projects on each of the 7 areas of life.

Linking each area to your highest value
As each of the 7 sections is completed, the student will then be asked to link their favourite area to the topic completed. This process will enable the student to see the value in placing effort into each of the 7 key areas and ultimately the awareness / understanding required to create a successfully balanced life.

In Johnny’s case he will be linking the importance of Health to his current focus on Career as follows:

“Eating healthy foods will give me much more energy to do my work”

Sally will be linking the importance of ‘the Mind’ to her high value of Relationships as follows:

“I believe I will always have the love of my friends and family”

The Bgreat Journal
The students use a sturdy spiral bound journal to record findings, new learning, thoughts and ideas throughout the entire program. These findings can also be recorded on their private online area within the Bgreat website.

The Activities
There are over 200 highly valuable activities throughout this program that fit effectively into the current curriculum in Victorian schools. Here are just a few of these….

- Measurement for a Reason
- We are all Connected
- We are All Special
- Walk a Mile in My Shoes
- What’s in the Box
- The Chance of a Lifetime
- A Treasure Chest of Health
- It’s All in the Taste
- A Day in the Life of Me
- Planning to Adapt
- Animal Instinct
- Percentages
- Making Money
- Money Pie
- Giving is Receiving
- Random Acts of Kindness
- Mathematics for a Reason
- Time to Test the Invisible
- The Proof is in the Potato

The Result
Kids who have completed this program will discover how to create a life that includes:

- Functional Relationships.
- A Career of Choice.
- Physical Health.
- Environmental Awareness.
- Financial Wealth.
- Kindness.....to Themselves & Others.
- The Self Belief to Make Anything Possible.
What the Kids are saying...

“The Bgreat program has taught me lots of stuff for the future. The Bgreat program means so much to me. I just want to keep exploring and learning about my wheel of life. It shows me how much everything means to me” - Chloe

“I really enjoyed the program and am looking forward to what is coming up next. This program has made me decide what I want to be when I'm older” - Ben

“The Bgreat program has made me really think about my life and helped me to stay a bit calmer. My favourite part was, well ... I didn't really have a favourite I loved absolutely every little bit of it! It was really fun in its own way” - Jassy

“Bgreat has changed the way I feel about my life. I used to think, so what about my career – so what about the environment and now because I have learnt about them I now think it is really cool. I like it because it is easy and fun to learn about” - Caitlin

What the Teachers are saying...

“This program will change a generation” - Caroline T

“Bgreat 4 Kids combines effective teaching and learning strategies leading to positive outcomes for students - a complete program providing knowledge, understanding and skills that will make a difference to kids” - Robyn C

“We now have a clear and effective way to link the classroom to the real world”

“We have really enjoyed teaching this program and the kids have loved it too” - Jenny R
Welcome to the world's first Real Life Relevant, Values Based, Self Awareness & Self Esteem Building Program designed specifically for Kids.

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The Bgreat-4-Kids TEACHING program...

- Develops & Promotes Self Awareness using the 'Bgreat Wheel of Life'.
- Builds Self Esteem in the kids as they discover how to ensure each area of their lives is a strength.
- Meets the requirements of VICTORIAN ESSENTIAL LEARNINGS (VELS) Incorporating All 8 Key Learning Areas.
- Uses an Integrated Curriculum Approach that Intertwines into the Daily Teaching Program within the Classroom.
- Embeds Concepts, Knowledge & Understanding through countless Powerful Learning Activities.
- Creates Enjoyment & Positive Learning Outcomes for all involved.

The Bgreat-4-Kids program uses Teaching & Learning Strategies that...

- Integrate Visual, Auditory & Kinesthetic Learning Styles.
- Individual, Partner & Group Work.
- Negotiation & Discussion.
- Open & Closed Questioning.
- Use of Graphic Organisers to Focus Thinking.
- Thinking Tools e.g. PMI, De Bono.
- Inquiry Based Learning.
- Criteria Based Activities.
- Feedback & Evaluation Formats.