



# YOU CAN DO IT! EDUCATION RESOURCE BOOK WHAT IT IS. WHY WE NEED IT. HOW TO DO IT.

A collection of shareable resources for educators that supports, energises and builds competence in social-emotional learning



>>> USER GUIDE

# USER GUIDE

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Hello!

I am excited to share this comprehensive set of resources; You Can Do It! Education Insights (YCDI! Insights). This resource is designed to support staff who are designated YCDI! Coordinators, educators and mental health practitioners who are implementing YCDI! Education programs at their school or organisation. The digital resources can be easily shared with colleagues to encourage successful school-wide implementation. YCDI! Insights will benefit those teaching YCDI! Education programs as part of their initial and ongoing professional development in social and emotional learning (Personal and Social Capability) and You Can Do It! Education.

The following page provides a Directory of the 80+ YCDI! Insights organised into categories.

All YCDI! Insights are provided in easy-to-share formats, so you can download and save them to a school drive or email them to colleagues.

Please note that all content within the Directory is for use only by your school or organisation. It is not to be shared externally. Contents must not be altered, manipulated, or published in part without permission from The Bernard Group. To request to use material, please email [enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)

**Onwards!**  
**Michael**

A team of highly talented and experienced teachers, school principals, psychologists, special educators, parents and consultants have over the past 20+ years contributed to the development of YCDI! Education.

Patricia Bernard, Samantha Tassie, Heather Leary, Margaret Milne, Tammy-Anne Caldwell, Robert Steventon, Leah Koen, Grace Herrera, Brendan Cupitt, Tara Murphy, Meg Roach, Brian Bamford, Michelle Flowers-Smith, Andrea Strudwick, Roger Roberts, Michelle Beecroft



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6. Meet the 5 Social-Emotional Blockers
7. Program Achieve - YCDI's Social-Emotional Learning Curricula
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9. Teaching YCDI! to Indigenous Students
10. Involving Parents in Social-Emotional Learning
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14. About the Founder of YCDI! Education: Michael E. Bernard

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