

Toll-Free 1800 155 603 | enquiries@youcandoiteducation.com.au

NEWS FROM MICHAEL BERNARD May 2025

Hello

We are proud to see You Can Do It! Education is transforming classrooms worldwide! Social-emotional learning (SEL) is creating positive change for students across diverse cultures and communities.



YCDI! Education in the Arctic Circle

Just this week, we welcomed a K-5 school in Canada's Arctic region. The school is located in Canada's only indigenous-governed territory, serving primarily Inuit students. Charlene Bretz, a primary teacher, initiated the introduction of YCDI! to the Inuit community after researching YCDI! and finding that the wording, structure, and positivity of the lessons matched their needs. Since then, the school has enrolled all teachers in our eLearning program, [***Social-Emotional Learning for All. Best Practice of YCDI!***](#) and commenced implementing both our **Program Achieve Early Childhood** and **Primary** programs.

The Global Classroom

From our continent to the rest of the world, our Program Achieve SEL curricula are making a difference in children's lives everywhere. Let's celebrate some inspiring success stories:



- **Japan:** Our resilience lessons have been translated and researched by Toshie Yamamoto and colleagues, with primary students showing remarkable improvements in resilience.
- **Romania:** Dr. Anca Doborean, Professor and Head of Clinical Psychology and Psychotherapy at Babeş-Bolyai University, has received enthusiastic feedback from early childhood educators who are using her translation of Program Achieve. (The Romanian translation of our parenting book "You Can Do It!" ("Da Poti!") is also making waves!)
- **Estonia:** For over eight years, Ruth Jugala has been conducting YCDI! professional development following the translation of our early childhood curriculum and eLearning program.
- **Greece:** Psychologist, Dimitris Katsikis, has adapted our mentoring program to support students with learning, emotional, and behavioural challenges.
- **Indigenous Communities:** Our approach has proven effective across various Indigenous settings, thanks to YCDI! trainer Brendan Cupitt's dedicated work over the years.
- **New Zealand:** In 2018, 48 KinderCare Learning Centres across the country started delivering our Program Achieve Early Childhood program. The organisation's dedication has not only been to the students but to their staff. Last year, the entire KinderCare staff across the country participated in our Resilient Educator

their staff. Last year, the entire Kindercare staff across the country participated in our Resilient Educator eLearning program - we continue to receive very positive feedback on teachers' implementation.

Endorsement of YCDI! programs by ACER and Beyond Blue



We are proud to have been recognised by Beyond Blue - Be You as a research-based and effectively implemented mental health program. We are also delighted that our programs are featured in the Australian Council for Educational Research's newly released ACER Wellbeing Program Guide - a unique resource that aims to comprehensively catalogue high-quality wellbeing initiatives.



You Can Do It! Education programs have been independently reviewed and are listed in the Be You Programs Directory. It meets the minimum evidence requirements set by Be You and has been awarded a rating for evidence and implementation.

Thank you for joining us in making a difference for all kids – all around the globe!

ONWARDS!

Michael E. Bernard, PhD

Founder, YCDI! Education

Emeritus Professor, California State University

Former Professor, University of Melbourne

Doctorate, Education Psychology

<https://www.ycdieducation.com/programs>

SOCIAL-EMOTIONAL LEARNING IN EARLY CHILDHOOD EDUCATION

The **International Grammar School**, located in Sydney's CBD, recently provided an exciting update to its community regarding [YCDI's Program Achieve Early Childhood](#), which is currently taught in their Early Learning Centre (ELC). Below is a glimpse from the update showcasing how effortlessly you can share and engage your school community. It's great to witness schools offering insights to parents and carers.

Children are exploring these concepts in weekly small group sessions led by their teacher. Through puppets, songs, stories and role plays, they are encouraged to reflect, discuss and deepen their understanding of each focus area. Importantly, the principles of YCDI are not limited to structured sessions—they are meaningfully embedded into everyday routines,

conversations and activities throughout the year.

The program plays a central role in fostering secure, respectful and reciprocal relationships. With a strong emphasis on social and emotional development, YCDI helps children feel valued and supported as they learn to recognise, understand and respond to their own feelings and the feelings of others.

This week, children were introduced to *Connie Confidence*, a character who helps promote the idea of giving things a go—even when it feels challenging. As part of this learning, children have been practising identifying their name card and writing their name on a vertical surface, with *Connie* cheering them on along the way.



PROGRAM ACHIEVE EARLY CHILDHOOD SEL CURRICULUM

Now includes a Professional Development Course!

This extremely popular program teaches the positive attitudes and social-emotional skills that develop young children's resilience, confidence, persistence, organisation and getting along.

BEST PRACTICE

Research indicates that YCDI! had a statistically significant positive effect on levels of social-emotional competence and wellbeing for the preparatory and grade 1 students, a reduction in problem behaviours (externalising, internalising, and hyperactivity problems) for the grade 1 students, and an increase in reading achievement(decoding text) for the lower achieving grade 1 students.



"We are really finding the new online renewed program a lot more engaging to implement. We have been doing the YCDI! program for many years...I love how the program is targeted developmentally appropriately for our early childhood years, rare and good to be catered for!"

Bronwyn Banfield

Early Childhood Teacher, South Ballajura Primary School

Watch a preview of a YCDI! animation included in the program



FURTHER PROGRAM DETAILS

PROFESSIONAL DEVELOPMENT

eLearning courses available for your staff

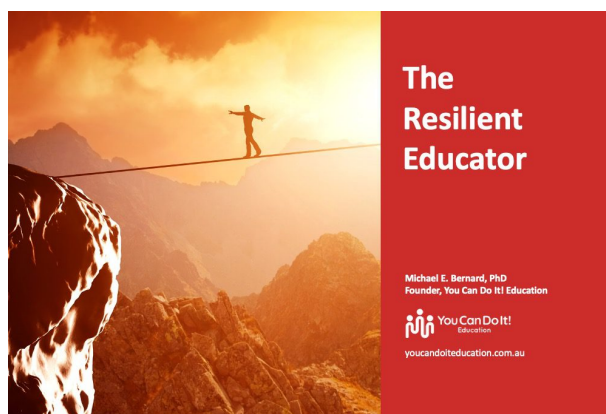
E1. Social-Emotional Learning for All. Best Practice of YCDI!

The elearning course, narrated by Michael Bernard, consists of a broader, in-depth presentation across nine modules on strengthening students' social-emotional development. Participants receive a 100+ page interactive, downloadable guide, SEL: Best Practice of You Can Do It! Education is an ongoing reference.



E2. The Resilient Educator

Dr Michael E. Bernard presents this online 4-module course, accompanied by a 35-page digital guide, which is ideal for both new and experienced educators and school leaders seeking tools to strengthen resilience. The course takes approximately 30 minutes to complete per module.





READ MORE AND ENROL YOUR STAFF

Have DR MICHAEL BERNARD present your next school's professional learning session.

For more information, please contact:

1800 155 603 or enquiries@youcandoiteducation.com.au

That's a wrap

Feel free to communicate with me (michaelebernard@gmail.com) about what's happening at your school with YCDI! including photos and success stories - and difficulties too!

Michael

Thank you for being part of the YCDI! community. If you know someone who will also enjoy this newsletter, please share an invitation to [subscribe here](#).

Have questions? Get in touch

enquiries@youcandoiteducation.com.au

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