

# *My Guide Inside*®

## Comprehensive Curriculum

well-being

communication

responsibility

resilience

relationships

social emotional learning

academic success

happiness

self-efficacy



*My Guide Inside (MGI)* is designed to bring out the best in all students. A senior completing *My Guide Inside* classes wisely said...

*“Mental wellness needs to be part of every school district’s policies because if students are in a place where they do not feel they are capable to learn and don’t have that emotional capacity to learn, school is not going to be successful.”*

This curriculum is therefore carefully aligned with educational learning objectives and competency requirements. This is done within the context of sound education and resilience research.

***MGI* innovatively meets the new British Columbia Ministry of Education’s guidelines.**

These universal objectives are globally applicable. *My Guide Inside*...

1. Enhances student Personal Well-being with age appropriate understanding of underlying principles.
2. Simultaneously develops competencies in Communication, Thinking, Personal and Social Responsibility, and more.

The *MGI* curriculum includes primary, intermediate and secondary Learner Books, each with a Teacher’s Manual. EPUBS are available to school systems. The curriculum includes supplemental online resources for students and educators. Teacher’s Manuals clearly encourage educators and present chapter learning goals, lesson plans, and suggestions for flexibly using activities, glossaries and more. Key research summaries are user-friendly and helpful print, audio, visual and online resources are identified. Assessment tools are included.

*My Guide Inside* is cost effective and may be used as a stand-alone curriculum or infused in various existing graded academic classes. *MGI* may also be effectively used with individual students or support groups. Stories, discussions and various written and creative learning activities, increase students’ competency in Language Arts, Health Education, Career Education and other subject areas regardless of where you are in the world.

Extensive classroom pilots shaped curriculum development. The principles discussed in *My Guide Inside* operate in all people, including students of every age. *“The principles are already there; ready to be tapped into,”* as one student put it.



## Secondary Students MGI Focus Group

*"I have become very focused in a direction that has helped me mentally and as well physically... my health and mental wellness have improved a lot."*

*"Understanding Mind + Consciousness + Thought is something that will stay with me forever and I will pass it on to others. I am so glad that I have learned this valuable lesson at such an early stage in my life because now I will be able to apply this to my life throughout my journey after high school."*

*"I see through the eyes of other people and become, I guess the word is, compassionate."*

*"I love when you teach this because every part of it happens in everyday life. Anyway, I really appreciated the class today, and I left the class feeling like weight has been released off my shoulders!"*

## Intermediate Students

*"A thought is like a seed, it grows into a feeling that opens up inside you. Now you decide to let it go, or keep it... you always have a choice."*

*"Almost every single idea or fact I learned in this class has [helped] me already!"*

*"I couldn't figure out this problem. So I put it down and then it came to me. If you have a calm mind, you can work it out."*

*"Your common sense guides you. It helps you get on with things and makes it easier."*



## Primary Students

*"I learned my guide inside solved all my problems. And my problem was I worried too much."*

*"I didn't know about tornado thinking, and I tornado think a lot... now I know how to get over it."*

*"The best thing I learned was stay calm and curious instead of fast and furious."*

*"I've noticed I haven't gotten as mad when my little brother tries to make me angry."*

*"Wisdom whispers to me."*



## Teachers Piloting MGI

*"This is stuff we need desperately. As far as standards, this has to do with the mental health of all of our students and they need this in order to learn! It's not a standard, but a necessity."*

*Teaching MGI "has helped me deal with issues the students have had in class. It has been easy to refer to the common language and help them through feeling judged or insecure."*

*"I added children's books that helped illustrate a specific learning objective. We would also talk about the principles throughout the day in literature or while working through second grade problems... I liked the activities and art projects."*

*"What seemed to be most powerful for the students was to introduce the lesson, share the provided story and then use the majority of our time for students to personalize that ideal/concept and share."*

*"I was able to work one-on-one with students in that they wrote a written reflection/response at the end of each lesson. These responses allowed me to see how their past thinking and negative experiences could now be shaped in a different way. I was also able to write responses to them to follow up our written conversation."*

*"I learned so much from students that I think I can also use as a parent. Overall, the students were candid and realistic about their experiences interacting with peers and some of the bad treatment they gave or received from others. I was impressed with their maturity and ability to take this knowledge and make it applicable to their experience."*

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## School Administrators

*"I have a curriculum connection brain – remarks students made connected with the [BC Ministry of Education's] Outcomes of Physical and Health Curriculum... three without even going past three minutes in the presentation of the kids!"*

- *develop understanding of the many aspects of well-being, including physical, mental and social*
- *develop knowledge, skills and strategies for building respectful relationships, positive self-identity, self-determination and mental well-being*
- *demonstrate the knowledge, skills and strategies needed to make informed decisions that support personal and community health and safety*

*When you look at the core competencies, it is a slam dunk to make the connection."*

**Barbara Aust**, BC Teacher and Principal

*"Work the School District of Mondovi has done, in collaboration with the National Resilience Resource Center and the My Guide Inside curriculum pilot, has allowed both our students and staff to communicate more effectively through the lens of seeing all 'at-promise' rather than 'at-risk'. This, and an understanding of the resilience principles, has provided a great baseline for our District to continue moving forward in our discussions surrounding mental health."*

**Gregory Corning**, EdS, Superintendent  
School District of Mondovi, Wisconsin, USA

*"As a headteacher [principal] for over thirty years, I have often witnessed first-hand the restless struggles many children and youth experience as they begin to feel comfortable in their own skin. This simple, but profound curriculum helps teachers to point youth in a different direction, to our guide inside, our essence, our wisdom."*

**Peter Anderson**, Headteacher Advisor, Essex, UK

*"Our grant-funded district Resilience Project included National Resilience Resource Center resilience principles training for staff and piloting MGI in selected classrooms. The increased awareness of how our thoughts impact daily life positively impacted the overall school climate. The principles and MGI curriculum resources caused everyone to re-evaluate their daily patterns. Staff and student stress was reduced. Common language helps everyone identify their own state of mind. Monthly project leadership meetings were a great anchor in the busyness of our everyday lives. Team members now intentionally share learning and experiences with colleagues. MGI opened students up to the idea of sharing oral and written personal stories. In our second year we are infusing resilience principles and MGI teaching points through the entire K – 12 school system in targeted and specific ways."*

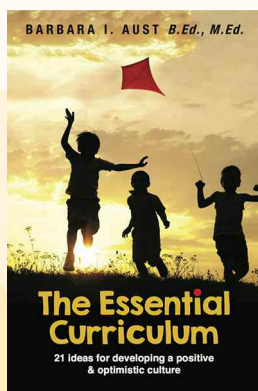
**Paul Franzwa**, Elementary Principal,  
Resilience Project Coordinator  
School District of Mondovi, Wisconsin, USA

## Implementation Support & Professional Development

Author Christa Campsall, BEd, DiplSpEd, MA, is a British Columbia teacher with a 40+ year legacy teaching the principles shared in *MGI*. She regularly provides online and in-person consultation, and *My Guide Inside* introductory presentations on a customized basis. Online professional development resources are located at...

[www.myguideinside.com](http://www.myguideinside.com)

Christa Campsall developed this curriculum with a team of independent education experts. Because of this unique collaboration, substantial resources are easily accessible to prepare and support educators for integrating *MGI* in schools. Collaborative resources include...



Barbara Aust's 'The Essential Curriculum: 21 ideas for developing a positive and optimistic culture' is written specifically for school administrators and staff members. Available on Amazon.

What is this Essential Curriculum? Elusive, formless and invisible, Barb explains the Essential Curriculum is the 'feeling barometer' we can sense inside the schoolhouse. It helps people

uncover their potential, passion, compassion and wisdom, and reveals the foundation for lifelong learning. This book creates a foundation for using *MGI*.

Barbara Aust, BEd, MEd, has been actively involved in the education field for five decades. She has successfully worked in Canadian early childhood education, as an elementary teacher and principal in the public school system, in alternative schools, First Nations Band schools and at Vancouver Island University. Barbara Aust assisted with the development of *MGI*.



The National Resilience Resource Center (NRRC) comprehensive website offers extensive free print and video resources for educators. NRRC provides sound research-based resources for integrating the fundamental principles

behind *MGI* in schools. NRRC conducts customized training services and consultation which may be done in collaboration with Christa Campsall. The NRRC Director, Kathy Marshall Emerson, MA, assisted with development of the *MGI* curriculum.

For more info... [www.nationalresilienceresource.com](http://www.nationalresilienceresource.com)

## Reviews

*"My Guide Inside points students to the ever-present internal guidance of wisdom. For the rest of their lives whenever they are faced with challenges and uncertainties these lessons will be PRICELESS!"*

Dr. William Pettit, Psychiatrist

*"Kids who use MGI will learn what it means to access their own wisdom, or guide inside, which will lead them to having ever more love and compassion in their lives, and experience more deeply the joy of living! I loved these books and think they can be helpful for kids of any age!"*

Dr. Dicken Bettinger, Educator, Psychologist

*"I have been a teacher in inner city schools in Baltimore, Miami and the Bronx. This understanding has the power to change education and the school experience on a global scale!"*

Christina G. Puccio, Mentor Teacher/Coach

*"It's a pleasure to endorse this MGI resource about resiliency that reaches youth through story and guided conversation. It's exciting to see the MGI project grow in a way that will touch so many youth around the globe. What a wonderful legacy!"*

Doug Livingston, Director of Instruction, Learning Services  
School District 64 Gulf Islands, BC, Canada



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For more information or to purchase *MGI*...  
[www.myguideinside.com](http://www.myguideinside.com)

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