



Do Your Best Overview



Main tools taught:

- **Be Smart** - this is not about being the "smartest" in your class, this tool teaches tips on how to tackle tasks in a smart way
- **Be Strong** - this is not about being the toughest person, it's about keeping the brain and body functioning for top performance
- **Be Ready** - tips to keep the brain prepared and ready to handle stress and challenges

Lower grades (K-2) will learn:

- Stories of 3 young people who were Smart, Strong, and Ready
- 3 ways to tackle challenges

Upper grades (3-6) will learn:

- The above, plus...
- How to juggle all the things they have going on in their lives.
- Ways to do your best at school and specifically on tests