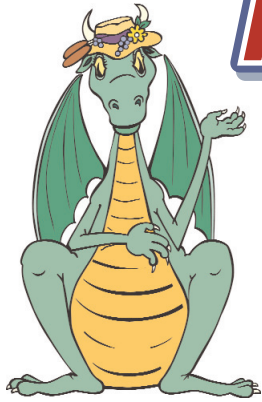


# About

# Iris the Dragon



## Who is Iris the Dragon?

Iris the Dragon is a registered charity that is a known producer of children's books to educate young audiences on mental health and wellness. With over a decade of experience, Iris the Dragon's mission has been to provide educational material for adults and young readers that can facilitate a conversation among parents, teachers and children about issues relating to mental health and wellness in a non-threatening manner. Iris the Dragon's books address a variety of emotional, behavioural and neuro-developmental conditions and recognize the importance of family, school, and community in promoting the potential of every child.

## The Iris the Dragon book series

The Iris the Dragon books have consistently applied a unique formula by incorporating a realistic main character— a child with a specific mental-health concern—into a fairy-tale setting with a helpful dragon named Iris. The fairy-tale medium is effective as it disassociates the topic from the real world and allows the reader to understand mental health concerns—and their related effects on the individual and family—from within a safe space.

Since the inception of the *Iris the Dragon book series* in 2000, educators, social workers, doctors and the general public in Canada and the United States have found in it an empowering tool for those who wish to learn more about mental wellness. And now that there are more than 50,000 copies in circulation throughout North America, parents, doctors and others have commented that the Iris books provide an excellent opportunity to open a dialogue on topics that had been very difficult to discuss with children.

The Iris the Dragon materials are an effective and trusted resource for children and caregivers because all of our materials have been vetted and endorsed by professionals in the fields of psychiatry, education, and neurology.

## The Iris the Dragon education series

With a proven successful track record from the book series and increased demand within the education field for tools that assist children understand mental wellness, Iris the Dragon is now producing units of study to compliment their book series. Drawing upon the pertinent themes related to mental wellness in each of the books, the units of study help educators to bridge the gap between children and their understanding of themselves and their mental health.

## Endorsements

*Gayle Grass, AKA Iris, is an exceptionally talented author of captivating children's books. Through this medium, she educates her audience (children, parents and caregivers) about mental health and mental illness and stigma reduction.....In her Iris the Dragon Series, Gayle has utilized outstanding vision for a demonstrated need well before the topic of child and youth mental health and illness was as well identified as a need and well before it was well accepted.*

Simon Davidson, M.B., B.Ch., F.R.C.P.(C)  
Professor of Psychiatry and Paediatrics  
Chairman, Division of Child and Adolescent Psychiatry, University of Ottawa  
Chair, Child and Youth Advisory Committee, Mental Health Commission of Canada



# He Shoots! He Scores!



## Units of Study

from the

## Iris the Dragon Education Series

Promoting awareness & understanding of Mental Wellness topics for grades 4 to 6

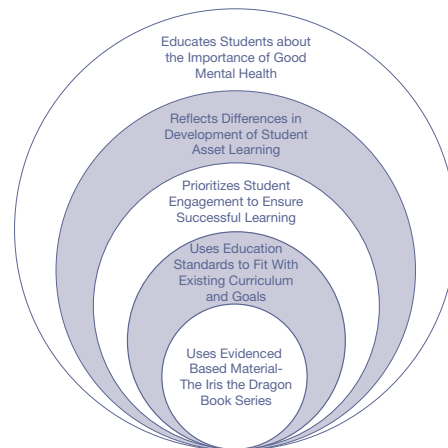
Themed units focusing on healthy minds, bullying, and self-advocacy

## Program overview

*He Shoots! He Scores!* Units of Study make up a unique comprehensive program that promotes awareness and understanding of topics related to mental wellness through existing curricular expectations. It reflects Canadian standards in education and it uses evidence-based material (the Iris the Dragon book series) as the main classroom tool in the units of study.

**The program** supports character education by building essential student assets, such as resiliency and a caring disposition, through a comprehensive literacy approach.

- includes differentiated tasks across various subjects and ready-made SMART Board™ activities to motivate and engage students based on Bloom's Taxonomy.
- easy to implement within existing curriculum plans, with flexible program length.
- provides learning opportunities about mental wellness in the classroom, for the school, and in the community at large.



**Iris the Dragon Education Series Model**

## He Shoots! He Scores! Units of Study Overview

Using the themes from Iris the Dragon's most recent book, *He Shoots! He Scores!*, each unit of study addresses and explores a specific theme related to mental wellness, including:

- **Healthy minds:** Evaluate your life decisions with Judge Iris – Learn to make healthy life choices to create healthy minds! (Lessons focus on how healthy choices affect mental wellness.)
- **Bullying:** Learn from Rapper Iris how to rap up the bullying in your life! (Lessons focus on issues related to bullying, such as who bullies and why.)
- **Self-advocacy:** Be like Artist Iris: express yourself and your needs! (Lessons focus on the importance of self-advocacy.)

**Each unit of study includes:**

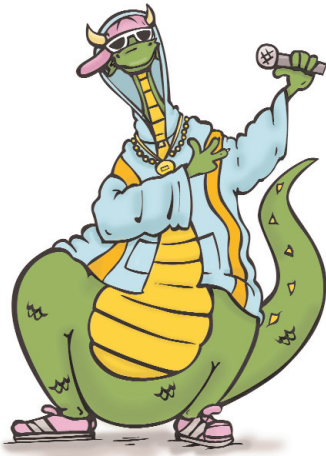
- links to all Canadian provincial curricula.
- highlighting of applicable expectations in the curriculum for grades 4 to 6.
- shared reading activities to activate understanding of concepts in the book—an important component in the unfolding of a comprehensive literacy approach.
- the Iris Grid: a 16-square learner activity grid with individual and small-group tasks for each themed unit of study. Core lessons on the theme of each unit are to be completed by the class in a diagonal across the grid.
- pre-and post-assessment pieces to measure and demonstrate change in knowledge and attitudes on mental wellness.
- blackline masters for activities.
- SMART Board™ ready-made files in SMART Notebook™ format for shared reading activities to engage students and demonstrate student tasks.
- additional links to supportive online mental-wellness resources for students and teachers.
- six classroom copies of the book *He Shoots! He Scores!* are included in the package—to facilitate guided and shared reading exercises.



**He Shoots! He Scores!**



# He Shoots! He Scores!



## **Units of Study**

*from the*

## **Iris the Dragon Education Series**

*Promoting awareness & understanding of Mental Wellness topics for grades*

*4 to 6*

*Themed units focusing on healthy minds, bullying, and self-advocacy*

## **Program details**

### **Reflects Canadian standards**

*He Shoots! He Scores!* Units of Study from the *Iris the Dragon Education Series* encourages the student to think around the subject of mental wellness by integrating curricular expectations from across Canada in health education and language arts with differentiated tasks that include the arts and technology education.

### **Uses evidence-based material**

The *Iris the Dragon Education Series* uses the successful evidence based *Iris the Dragon Book Series* to drive its units of study. Each book in the series has been vetted and endorsed by professionals in the field specific to the book themes and currently an empirical study is underway on Iris' newest book, *He Shoots! He Scores!*, commissioned by the Opening Minds Committee a part of the Mental Health Commission of Canada. This book is also the focus of the units of study and was sponsored and endorsed by the Provincial Centre of Excellence for Child and Youth Mental Health as an excellent tool to address the topics of Healthy Minds, Bullying and Self Advocacy. Currently, *He Shoots! He Scores!* has received endorsement by the Alberta and Nova Scotia Ministries of Education as a curriculum resource.

### **Develops essential student assets through a comprehensive literacy approach**

The program uses a holistic method of instruction that most effectively unfolds in a warm and nurturing learning environment where individual differences are valued and non-judgmental risk taking is encouraged. It has created rich links between literacy and health education, providing learning tasks and framing questions that integrate visual arts, drama and music. The active engagement of students in speaking, reading, writing and media connections allows them to "...improve their problem-solving skills and develop greater emotional competency (and other aspects of social and emotional intelligence)....Just as students need to practise the skills for effective and safe behaviour during a fire drill, they need to learn how to manage themselves effectively and interact with others."\*

### **Engages the student**

Each *Iris the Dragon* unit of study is motivational as it relates to students' lives, experiences and personal well-being, ensuring interest and engagement in the content—a method promoted by mental wellness studies. To assist teachers in making the learning come alive in the classroom, SMART Board™ files are also available.

\* Marvin Berkowitz, "Understanding Effective Character Education," Expert Perspectives/Capacity Building Series, Literacy and Numeracy Secretariat, Ministry of Education, Government of Ontario, 2009.

### ***Flexible, easy to implement***

The *He Shoots! He Scores!* units of study from the *Iris the Dragon Education Series* assist educators in ‘mining’ the mental-health content that already exists in their academic curricula and in fully integrating effective lessons into their professional planning. Because the tasks for each unit are presented in a grid, teachers are allowed maximum choice in the extent of delivering each unit of study. A full range of language-arts-based activities also allow teachers freedom of choice in the extent of implementation. Whole-class, small-group or independent learning opportunities can be offered as a self-sufficient thematic language-arts unit, or the teacher can select learning components for integration into a health program.

### ***Educating beyond the classroom***

The units are inclusive and encourage the learner to see and seek relationships between information and facts from various sources—inside the microcosm of the classroom or within the community at large. Students mobilize their knowledge by establishing connections between their learning, research, personal experiences, and their search to develop sustainable solutions to social challenges. This growth in social capital, the sum of interpersonal relationships, can lead to more responsive social policies and a better understanding of mental health issues.

### ***What do teacher’s have to say about the new education series?***

*“The most important thing was seeing the students somewhat uncomfortable & reluctant to talk about healthy minds/mental health and then quickly move to being willing participants – lots of sharing & good discussions as a result of the lessons.”*

*“Oral discussions indicate a better grasp on mental health already after Lesson #1 and the feeling of It’s OK to talk about mental health.”*

Judy Brierley (Teacher, Upper Canada District School Board)



***He Shoots! He Scores!***

# He Shoots! He Scores!

## Units of Study Order Form

To order your copy/copies of Units of Study from the *Iris the Dragon Education Series*, please fill out this order form and email to [info@iristhedragon.com](mailto:info@iristhedragon.com) or mail it to:

Iris the Dragon  
285 Grassmere Lane  
Perth, Ontario.  
K7H 3C7  
Canada

\*Purchase orders are accepted and will be invoiced after order is received.

Alternatively, please visit our Iris Store to purchase online - <http://www.iristhedragon.com>

### Please send me:

	Quantity
<i>He Shoots! He Scores!</i> Units of Study includes 6 Student Copy Books of <i>He Shoots! He Scores!</i> @ \$250.00	_____
Save 15% for orders of 10 or more – Apply Discount	_____
Total Amount	_____
Plus \$15.00 postage and handling for each package	_____
	Subtotal _____
	HST * _____
	Total amount _____

\*HST varies per province and some organizations have exemptions. Please apply the appropriate HST amount.

### Method of Payment:

Enclosed is a: Cheque  Money Order  payable to Iris the Dragon.  
Charge my: VISA  Mastercard  Card # \_\_\_\_\_  
Expiry Date: \_\_\_\_\_ CVN #: \_\_\_\_\_  
(CVN# - last 3 digits of number on back of card. Protects card against fraudulent use.)  
Name on the Card: \_\_\_\_\_  
Phone number (for questions about your order) ( ) \_\_\_\_\_  
Email (mandatory to send credit card receipts): \_\_\_\_\_

### Sold to: (address must match where credit card bills are sent)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province/State: \_\_\_\_\_  
Postal/Zip Code: \_\_\_\_\_

### Ship to: (if different from above)

*If a school board, and wishing to send to multiple locations, please include a list of the addresses and number of packages being directed to each address.*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province/State: \_\_\_\_\_  
Postal/Zip Code: \_\_\_\_\_

He Shoots! He Scores!