### What is the Bounce Back! Program?

Bounce Back! is an award-winning wellbeing and resilience class-based program for children and young people from Kindergarten to Middle School.

Bounce Back! offers practical strategies to help children and young people function well at school and in life.

A whole school social and emotional learning curriculum program.

Promotes positive mental health, wellbeing and resilience for students and teachers plus safe and supportive class and school learning environments.

### The Key Features of Bounce Back!

It is a long-term, multi-year, multi-faceted whole-school program and not just an ‘add-on’.   
  
It is a universal program taught to all students, not just selected students. However concepts and skills from the program can also be further consolidated in individual or small-group sessions.  
  
The components and teaching strategies in the program are all evidence-based

It is taught by classroom teachers and based predominantly on children’s literature (especially younger and older picture books) and follow-up language/literacy activities.   
  
There is a strong focus on circle time, cooperative learning approaches & educational games to build positive relationships, positive emotions and teach social-emotional skills.  
      
The social and emotional knowledge, skills and concepts in Bounce Back! are integrated with academic content wherever possible. Many aspects of the program can also be integrated with History, Social Studies, Health, Maths, Science, Music, Art & Drama

The psychological content of Bounce Back! is predominantly drawn from two core models: Cognitive Psychology and Positive Psychology   
  
Parenting notes are provided on the Bounce Back topics so parents can be supporting the key messages in the home.

**The Key Messages in the Program**

***Self-knowledge***

* Courage – developing the skills and perceptions that lead to being more courageous in many areas of one’s life
* Optimism (Look on the Bright Side) – having confidence in one’s own ability to solve problems and take positive action and developing skills in focusing on the positives, even in difficult situations
* Success (STAR, CHAMP, WINNERS) – identifying one’s own relative character and ability strengths and limitations, setting and achieving goals, being organised and persisting, becoming self-disciplined and being resourceful in solving problems

***Social awareness***

* Core values – acting on important pro-social beliefs about how one should behave towards others
* Emotions – skills for responding with empathy to the feelings of others and recognising the feelings and intentions of others
* Relationships – skills for successfully interacting with others, making and keeping friends and avoiding and managing conflict
* Bullying – activities that encourage awareness of the harm that is caused by bullying and developing skills and attitudes that enables bystanders to support individuals being bullied

***Self-management***

* Emotions – recognising and managing one’s own negative emotions such as anger, sadness and worry etc and recognising and enjoying and amplifying one’s own positive emotions such as happiness, pride and excitement, changing a bad mood into a good mood
* Helpful thinking – using rational and helpful thinking and positive self-talk to cope with negative events and feelings in one’s life
* Humour – learning how humour can be used to assist with coping in hard times as well as supporting others.