



Bounce Back

Resilience is the ability to Bounce Back after encountering difficulties, negative events, hard times or adversity and to be able to return to the original level of emotional wellbeing. It is the capacity to maintain a healthy, happy and fulfilling life. Young people who have the skills to be resilient have a higher likelihood of maintaining emotional well-being. Optimism and helpful thinking and aiming for success are all important skills in being resilient. Like other social skill, resilience needs to be modelled and explicitly taught.

The Bounce Back program is implemented in term 1 at Harbord. It teaches children that they can bounce back after being knocked out of shape, just like nature does and balls do. When children experience difficulties in life that make them feel unhappy, they can also bounce back to how they were before. Sometimes when you bounce back, you become even stronger than before!

- Bad times don't last. Things always get better. Stay optimistic.
- Other people can help if you talk to them
- Unhelpful thinking makes you feel more upset
- Nobody is perfect – not you and not others
- Concentrate on the positives (no matter how small) and use laughter
- Everybody experiences sadness, hurt, failure, rejection, and setbacks sometimes, not just you. They're normal, don't personalise them
- Blame fairly – how much was due to you, to others, and to bad luck?
Accept what can't be changed (but try to change what you can change first)
- Catastrophising exaggerates your worries. Don't believe the worst possible picture
- Keep things in perspective. It's only one part of your life

Teaching units include lessons in values, elasticity, bouncing back, courage, humour, emotions, and relationships