

Bouncing Back

learning to be resilient

for primary school



Student Wellbeing Incursions

We provide an educational program that includes workshops for students and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Offering a range of options – from a single session to several sessions for the same or different groups
- * Single sessions are between 60 and 90 minutes (depending upon year level)
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on several topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.

Learning Focus

The **Bouncing Back** incursion equips students with coping strategies to deal with the various challenges they experience, both big and small. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop aims to provide practical tools that can encourage a growth mindset, skills to problem-solve, have gratitude, seek help where necessary and be proactive in helping others.

The **Bounce Back** incursion can be tailored to meet the needs of students from lower to upper primary. In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

Key concepts covered in the session:

- What resilience is, why it is important, and that resilience is a skill we can learn
- The need for a growth-mindset
- Exploring catastrophising and other thinking errors
- The science of how our brain (including the amygdala) responds to stress (age appropriate)
- The need to delay gratification
- The importance of perseverance in achieving our goals
- How community is a big protective factor (including friendships and older people for advice)
- The need to focus upon what we can control and not on what we can't control
- How gratitude can change our attitude
- Encouraging students to take initiative, have empathy for others, think optimistically and set realistic goals
- Presenting strategies that enable conflict-resolution and communication skills
- Promoting the importance of values that inform our actions

Essential Learning Standards

We present an interactive and engaging student learning program that intertwines elements of all three strands of the curriculum, the key focus is on the following dimensions:

- **Building social relationships and working in teams** (Interpersonal Development)
- **Listening, viewing and responding** (Communication)

The table below shows those dimensions addressed & the degree of emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams	X	X	X
	Personal Learning	* The individual learner * Managing Personal learning		X X	X X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement	X	X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding * Presenting	X	X	X X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X