

BOUNCEBACK ACRONYM

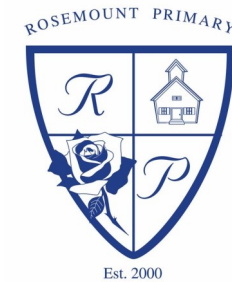
When things go wrong for you, or you get 'knocked down' by what happens in your life, remember you can decide to BOUNCE BACK! and be yourself again.

B ad feelings always go away again
O ther people can help you feel better if you talk to them
U nhelpful thinking makes you feel more upset
N obody is perfect –mistakes help you learn
C oncentrate on the good things and laugh
E verybody feels sad and worried sometimes, not just you.

B lame fairly
A ccept what can't be changed (but try to change what you can first)
C atastrophising exaggerates your worries. Don't believe the worst possible picture
K eep things in perspective



Rosemount Primary School



Bounce Back

A whole school approach to building resilience

Information for Parents and Carers



This leaflet explains why being resilient is important for our pupils, how we can teach children the strategies they will need and how you can help them when things go wrong.

What Is Resilience?

Resilience is the capacity to cope with changes and challenges.

The ability to bounce back after encountering a difficult situation and recover quickly from it.

Resilient people have the capacity to adapt to and deal with adversity.

Why Is Resilience Important?

Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a competition.

Resilient children are better equipped to:

- Resist stress and adversity
- Cope with change and uncertainty
- Recover faster and more completely from traumatic events or episodes



How Does Bounce Back Work?

There are 9 units to be developed:

1. Core Values
2. People Bouncing Back
3. Courage
4. Looking on the Bright Side
5. Emotions
6. Relationships
7. Humour
8. No bullying
9. CHAMP! (Success)

The **Core Values** promoted are:

HONESTY FAIRNESS KINDNESS RESPECT
COOPERATION RESPONSIBILITY

How Can We Help?

Hold high but realistic expectations

Focus away from the self - see things from others point of view

Remember people are not born smart - we need to work at learning things!

Failure often leads to success

Normalise set-backs and difficulties, don't personalise

Bad feelings are normal and don't last

Try not to over-worry or over-protect

