

# B O U N C E

Bad times don't last.  
Things always get better.  
Stay optimistic.

Other people can help  
if you talk to them.  
Get a reality check.

Unhelpful thinking makes  
you feel more upset.  
Think again.

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 are a normal part of life.  
Try not to personalise them.

The Ten Thinking Tricks

Trick	What it is	How to use it
1. The Power of Positive Thinking	Thinking about good things makes you feel better.	Think about something good every day.
2. The Power of Positive Imagery	Imagining good things makes you feel better.	Imagine something good every day.
3. The Power of Positive Self-Talk	Talking to yourself in a positive way makes you feel better.	Use positive words to describe yourself.
4. The Power of Positive Action	Doing good things makes you feel better.	Do something good every day.
5. The Power of Positive Relationships	Being with good people makes you feel better.	Spend time with people who make you feel good.
6. The Power of Positive Gratitude	Being thankful for what you have makes you feel better.	Write down three things you are grateful for every day.
7. The Power of Positive Forgiveness	Forgiving others makes you feel better.	Forgive someone who has wronged you.
8. The Power of Positive Letting Go	Letting go of bad things makes you feel better.	Let go of things that are bothering you.
9. The Power of Positive Hope	Believing in a better future makes you feel better.	Think about what you hope for in the future.
10. The Power of Positive Faith	Believing in something greater than yourself makes you feel better.	Believe in something that gives you hope.

Being kind and caring

Oh was you when I hurt My knee.

- Super picture
- capital letter and full stop

TEAM

Together Everyone Achieves More

I learn this.

Woodfarm Cluster Health and Well Being

Promoting Well Being and Resilience

Article 29: Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights as well as respect for their parents, their own and other cultures and the environment.



Article 30: If you come from a minority group you have the right to enjoy your own culture, practice your own religion and use your own language.

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. HWB 1-05a

Article 15: You have the right to be with friends and join or set up clubs, unless this breaks the rights of others.

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. HWB 2-05a

Blame fairly.  
How much of what happened was due to you, to others and to bad luck or circumstances?

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 part of your life.

Article 31: You have the right to play and relax by doing things like sport, music and drama.

I can show my understanding of values such as caring, sharing, fairness, equality and love. RME 1-00b

I can share my developing views about values such as fairness and equality and love, caring, sharing and human rights. RME 2-02b / RME 2-05b

