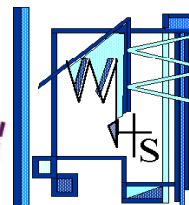


Bounceback promotes!

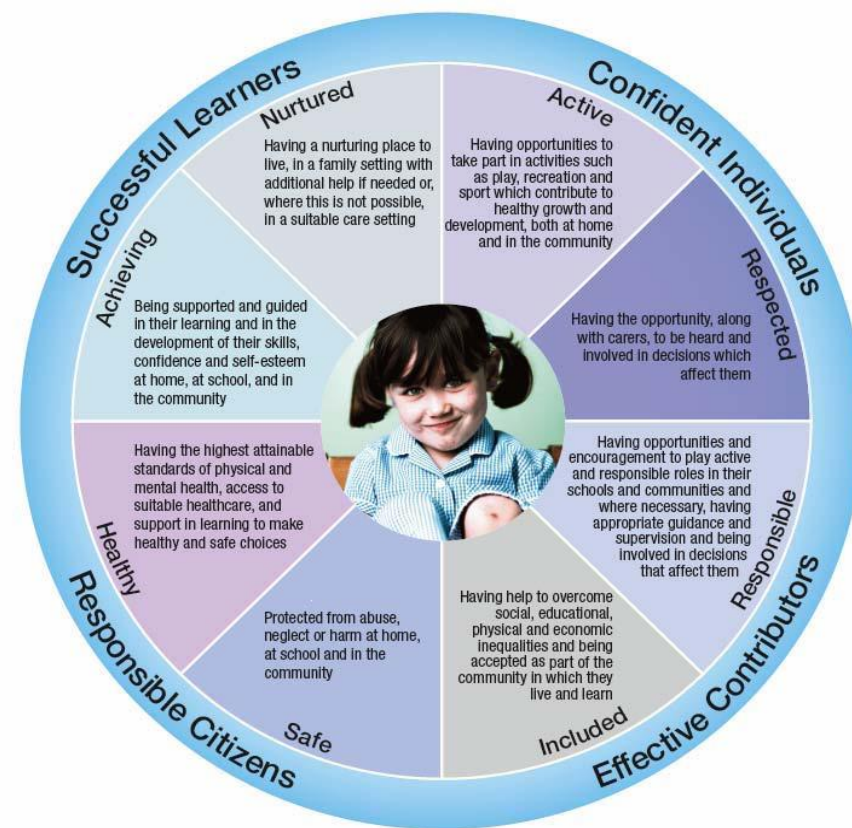
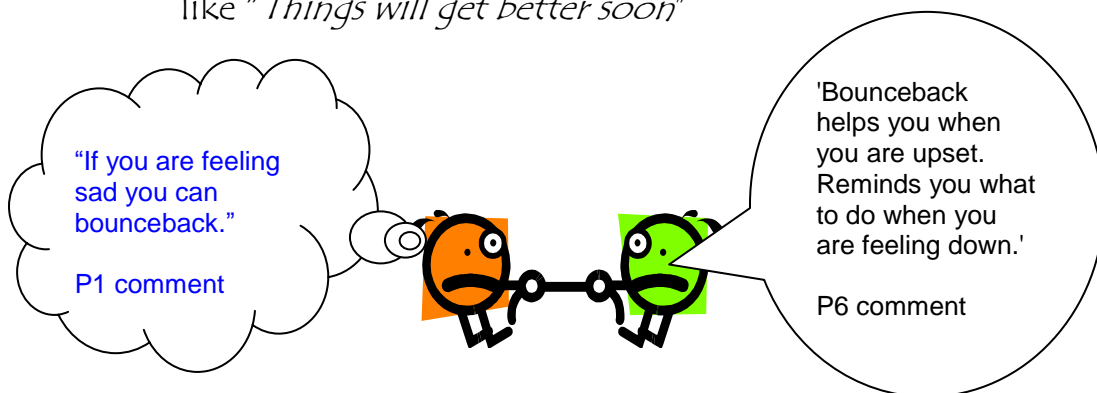
People bouncing back!
Courage!
Looking on the bright side
Emotions
Relationships
Using humour
Star! Recognising success



Woodfarm Cluster Health and Well Being

How you can help your child to develop resilience Positive talk!

- Encourage your child to talk
- Challenge their unhelpful talk e.g. "I can't do this" "I'm hopeless"
- Don't fight all of your child's battles for them
- Model effective problem solving
- Help your child to keep things in perspective
- Let your child see and hear you using positive phrases like "Things will get better soon"



Promoting Well Being and Resilience Bounce Back Programme Information Leaflet

Dear Parent/Carer,

Welcome to our cluster information leaflet on promoting resilience with young people. This leaflet aims to give you a brief overview of how children are supported in their personal development and health and well being.

Across Woodfarm Cluster we recognise the importance in developing our young people holistically to meet their needs. As such we use the well being indicators to help us identify and plan opportunities in which we can support all areas of our children's development.

Resilience



Everyone encounters everyday challenges such as making mistakes, falling out with a friend, moving to a new school, or losing in a competition. Resilience is the ability to cope and "Bounce Back" after experiencing these types of difficult situations or adversity.

Young people may also face more serious challenges such as adapting to changes in their family circumstances, illness, bereavement or bullying type behaviour.

Young people will always need the personal skills and attitudes to help them to "Bounce Back". Resilience in young people is built on strong positive relationships with parents, family members, friends, peers and teachers.

Woodfarm Cluster Approaches

We help children to develop skills, attitudes and behaviours to promote their resilience. This is part of our health and well being curriculum however it can be addressed across all learning. In our cluster we have embraced the Bounce Back approach.

This is a research based programme using a Cognitive Behavioural model which helps children identify unhelpful thoughts and feelings and supports them to respond in a positive way.

The foundation of this approach is the Bounce Back acronym:-

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

Other people can help if you talk to them.

Unhelpful thinking makes you feel more upset.

Nobody is perfect

Concentrate on the positives

Everybody experiences sadness, hurt, failure.



Blame fairly.

Accept what can't be changed

Catastrophising exaggerates your worries

Keep things in perspective

The Bounce Back approach provides opportunities to teach children and young people strategies to help them deal with difficult situations. Young people are able to practice these strategies through a variety of engaging, interactive and collaborative classroom activities which feature critical and creative higher level thinking.