

How you can support your child develop resilience.

- Encourage your child to keep trying every day, especially with new learning or when work is tricky.
- Praise their effort not their ability.
- Talk through any difficulties they may be having and encourage them to think about how they can try to resolve things themselves.
- Help them keep things in perspective.
- Use the BounceBack! language and acronyms as a prompt.
- Use positive language – ‘things will get better’.

Additional Information

Articles by Toni Noble and Helen McGrath, authors of Bounce Back!

<http://www.bounceback.com.au/sites/default/files/Parent%20note%20resilience.pdf>

http://www.bounceback.com.au/sites/default/files/Teaching%20Resilience%20helping%20kids%20bounce%20back_0.pdf



Our Lady of the Missions Primary

BounceBack!

Resilience

All children encounter everyday challenges such as falling out with others or dealing with peer pressure, learning a new or difficult concept in maths or literacy or simply getting something wrong. Some face more serious challenges such as illness, bereavement or changes in family circumstances. Resilience is the ability to cope or ‘bounce back’ from such difficulties.

Bounce Back! Is a whole-school social and emotional learning programme. It has been developed to support teachers in their efforts to promote positive mental health and wellbeing in their students, helping children develop skills, attitudes and behaviours which enable them to act **resiliently** when faced with challenges and adversity.

BounceBack! provides pupils with opportunities to develop strategies which can help them deal with difficult or challenging situations. It helps children to:-

- focus on the positive and not the negative
- accept that mistakes are part of life and can help us learn
- keep trying when things are tough and not give up
- keep things in perspective and problem solve

BounceBack! reinforces Our Lady of the Missions Values.

HONESTY. We value being honest with one another.

RESPECT. We will respect one another and value everyone as an individual.

KINDNESS. We value showing kindness to everyone in the school community.

TEAMWORK. We value working together in all the different teams and groups in the school.

INDEPENDENCE. We value supporting one another to be independent in learning and in life.

POSITIVITY. We will encourage everyone to adopt an positive attitude to learning, progress and change.

FRIENDSHIP. We will care for and support one another.

BounceBack! Acronyms

P1-3 BOUNCE.

Bad feelings always go away again.

Other people can help you feel better if you talk to them.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect. Not you and not others.

Concentrate on the things that are still good when things go wrong.

Everybody has unhappy times sometimes, not just you.

P4-7 BOUNCE BACK.

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

Blame fairly- how much of what happened was due to you, to others or to bad luck or circumstances?

Accept what can't be changed, (but try to change what you can first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.

