**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’.

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**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 immediately

BounceBack! is planned as part of the school health and wellbeing programme, and sits alongside Our Lady of the Missions values.

The BounceBack! acronyms help children remember the strategies.

**P1-3 learn *BOUNCE.***

***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. Think again.*

***N****obody is perfect. Not you and not others.*

***C****oncentrate on the things that are still good when things go wrong.*

***E****verybody has unhappy times sometimes, not just you.*

**P4-7 learn *BOUNCE BACK.***

***B****ad times don’t last. Things always get better. Stay optimistic.*

***O****ther people can help if you talk to them. Get a reality check.*

***U****nhelpful thinking makes you feel more upset. Think again*

***N****obody is perfect-not you and not others.*

***C****oncentrate on the positives (no matter how small) and use laughter.*

***E****verybody experiences sadness, hurt, failure, rejection and setback sometimes. They are a normal part of life. Try not to personalise them.*

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

***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. It’s only part of your life.*