

Bounceback Lesson-

Everyone feel anxious sometimes

Listen to the story *Don't Think About Purple Elephants* on **Youtube**.

<https://www.youtube.com/watch?v=953Nl8j96YM>

What is a 'wobbly'?

A wobbly is a kind of anxious or worried thinking that everyone uses sometimes, but which is exaggerated. A wobbly starts with 'What if?' Stress that it is important for people to argue with and challenge a wobbly, so they can make better and braver choices. Try 'tough self-talk' eg 'Thunder is loud and scary but it's not going to hurt me.'

- **What are some of the wobbles the character had?**
- **What are some ways the character beat the wobbles?**
- **What might be some other examples of wobbles?**
- **What are some ways to stop your wobbly from beating you?**(Talk to someone about it, remember a time when you were scared of the same thing but nothing bad happened.)
- **What are some 'tough self-talk' words you can use?** ('Bad times don't last.' 'Things always get better.' 'Unhelpful thinking makes me feel more upset.' 'I can do this; just do it.'

Activity

Draw a 'wobbly' that is trying to make someone feel scared about something. Then add a stick figure with speech bubble that describes the person's 'tough self-talk' to argue with the wobbly.

