

BounceBack

WHAT WILL WE BE LEARNING?

- When I engage with others, I know when and how to listen, when to talk, how much to say, when to ask questions and how to respond with respect. LIT I-02a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB I-02a
- Benchmarks – Talking and Listening
- Takes turns and contributes at the appropriate time when engaging with others in a variety of contexts.
- Listens and responds appropriately to others in a respectful way, for example, by nodding or agreeing, asking and answering questions.
- Applies a few techniques when engaging with others, for example, eye contact, expression and/or body language.

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

Blether Station 1

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

Blether Station 2

**Unhelpful thinking
makes you feel more
upset. Think again.**

Blether Station 3

**Nobody is perfect
– not you and not
others.**

Blether Station 4

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

Blether Station 5

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blether Station 6

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

Blether Station 7

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

Blether Station 8

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

Blether Station 9

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

Blether Station 10