

BOUNCE-BACK BEAR



Hi, I'm
Bounce-back
Bear!

You might have already met me in SDERA's Challenges and Choices resources. I help teachers to understand how to build their students' resilience and develop skills that can help foster their wellbeing.

So, how can I be used in the classroom? Here are some ideas to get you started.

1

Introduce your class to Bounce-back Bear by reading this story.

Hi, I'm Bounce-back Bear!

I'm a very normal bear who has good days and bad days, feels happy and sometimes sad, gets things right some days and makes mistakes on other days, makes friends on some days and plays by myself on other days, and gets scared about things like sleeping in the dark but can also feel brave about other things like standing up to bullies.

I have some clever tricks that I keep in my backpack to help me 'bounce back' and feel good again. Some of my clever tricks are difficult and need a lot of practice, so I try to use them whenever I can. You can learn how to use my clever tricks too. Good luck! I know you can do it!

Ask the class to guess what clever tricks (skills) might be in Bounce-back Bear's backpack.

Ask the class to share any clever tricks that they keep close at hand in their 'invisible backpack' just like Bounce-back Bear.



2

Introduce the skills of resilience explained in Focus Area 1 – Resilience and Wellbeing in the Challenges and Choices resources. There are many activities in the resource that you can use to build your students' resilience helping them to learn how to handle problems and different situations.

3

Set up a roster in the class to give each child an opportunity to take Bounce-back Bear home and share with their family the skills they have been learning and practising at school. Prepare a Bounce-back Bear journal and encourage each child to write or draw a story about Bounce-back Bear's home visit to share with their class.

4

Have students write the skills they are good at and put these in Bounce-back Bear's backpack.

Have each child share their story or skills they have mastered with the rest of the class.

5

Explain to students that Bounce-back Bear is a positive self-talker or an optimist. Discuss what this means. Have students write positive self-talk statements they can use and place these in Bounce-back Bear's backpack.

Share some stories with the class where students can choose a positive self-talk statement from Bounce-back Bear's backpack to help them deal positively with a situation.



6

Buy a pair of children's sunglasses and place these in Bounce-back Bear's backpack. In front of the class, take out the sunglasses and explain that Bounce-back Bear uses the skill of 'being thankful' everyday. The sunglasses help Bounce-back Bear to see the wonderful things that are happening all around. Explain that being 'thankful' is about thinking of the nice things that people do to make others feel happier, thanking other people for something they have said or done, or thinking of the good things that happen that make people feel happier. Give each student a turn of wearing the sunglasses and saying something thankful.



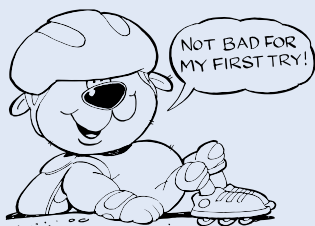
7

Have Bounce-back Bear tell the class a story about being really angry. After telling the story have Bounce-back Bear share these clever tricks for being the boss of angry feelings: take a deep breath, count to ten, think happy thoughts, and talk to a grown up about how you feel. Have the class practise the tricks together.



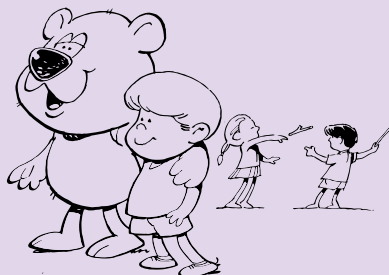
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Share with the class a time Bounce-back Bear had to practise a new skill eg tying shoelaces or learning to ride a bike. Highlight how learning a new skill can be hard at first, the 'slip ups' that may occur and the emotions that can be felt when a skill is mastered (eg happy and proud). Remind students that Bounce-back Bear didn't learn these skills straight away and that only through practise and perseverance were the skills mastered.



9

Explain to the class that in order to protect from bullying, Bounce-back Bear is looking to develop some strategies. Ask students what strategies Bounce-back Bear could use. Write these on sticky notes and place them on Bounce-back Bear so they are very visual. At the end of the activity, put the sticky notes inside Bounce-back Bear's backpack to use when they are needed.



10

Have the students make a backpack (from large paper folded like an envelope) and place all of the resilience worksheets and even their own skills in it. At the end of the lessons on building resilience, send the backpack home and include in it the appropriate year level Family Information Sheets from the Challenges and Choices resources.

