

Family information: People bouncing back

If you are resilient you will be able to cope reasonably well with difficult situations and things that go wrong and then 'bounce back'. Throughout life, children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school

and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People bouncing back is the **Curriculum Unit** that teaches children the 10 **Bounce Back!** statements.

◆ Bounce Back! stands for:

- 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, failure, hurt, rejection and setbacks sometimes, not just you. 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 and to bad luck or circumstances?
- A**ccept what can't be changed (but try to change what you can change 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.

For younger children, the simpler coping statements in BOUNCE are taught, but 'bouncing back' from a setback, a mistake and bad times is still referred to.

- 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.