



livingripples
Empower • Support • Connect

Programs and services:

Bounce Back!

What

Bounce Back! is a series of resource books in a widely recognised program that supports teachers and schools to promote positive mental health, wellbeing and resilience for both teachers and learners and to build safe and supportive school learning environments for primary school students Foundation to Year 6.

Why

In the area of mental health, resilience is the capacity to cope well in times of adversity or hardship. It is the ability to bounce back from difficult times while retaining a positive sense of self.

How

Developed by two educators and educational psychologists who co-authored the three editions of Bounce Back! their expertise is in mental health, social skills, resilience, student, teacher and whole school wellbeing. The Bounce Back! Resources have three levels: F-2, 3-4, and 5-6.

Who

Whole school involvement for primary schools.

When and where

Delivered as a Resource Pack. Available nationally. <https://bounceback-program.com/>

Organisation: Bounce Back!

Year Level: All levels of primary school

Focus Area: Engaging, Reporting, Reflective

Media: Resources and programs.

Tags: Mental Health, School, Caring, Risk, Bullying