

Bouncing Back

learning to be resilient

for primary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Flexible to your timetable - catering for single, half-day or full-day sessions
- * Single sessions are between 60 and 90 minutes (depending upon year level)
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Bouncing Back** incursion is designed to introduce students to the idea of how to build resilience into their life including their attitude and actions. Research has shown that students who develop this skill are better able to bounce back during challenging periods and situations in life. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** this workshop equips students with practical tools for developing resilience, including identifying support structures.

The **Bounce Back** incursion can be tailored to meet the needs of students from lower to upper primary. In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

Key concepts covered in the session:

The following are messages we want students to learn through the incursion:

- ▶ The definition of resilience and why it is important
- ▶ Resilience is a skill we can learn
- ▶ Life is challenging – we need to first assess the problem; how serious it is and respond accordingly
- ▶ There are practical and healthy ways in which we can cope with challenges
- ▶ Community is a big protective factor including friends and adults we trust
- ▶ Everybody needs supports and we can be a great support to others
- ▶ We need to focus upon what we can control and not on what we can't control
- ▶ It is important to have strong values which can help make wise choices
- ▶ Our ability to problem-solve, think optimistically, identify real problems and set realistic goals are skills I can focus upon
- ▶ There are 4 important factors that help us to be more resilient

Essential Learning Standards

Values for Life Incursions present an interactive and engaging student learning program that intertwines elements of all three strands of the curriculum, the key focus is on the following dimensions:

- **Building social relationships and working in teams** (Interpersonal Development)
- **Listening, viewing and responding** (Communication)

The table below shows those dimensions addressed and the degree of emphasis provided:

| Strand | Domain | Dimension | Included | Major Focus | Teacher Manual |
|--------------------------------------|--|---|----------|-------------|----------------|
| Physical, Personal & Social Learning | Health & PE | * Movement & physical activity * Health knowledge & promotion | X | X | X |
| | Interpersonal Development | * Building social relationships * Working in teams | X | X | X |
| | Personal Learning | * The individual learner * Managing Personal learning | | X X | X X |
| | Civics & Citizenship | * Civics knowledge and understanding * Community engagement | X | X | X X |
| Discipline-based Learning | The Arts, English, Humanities, LOTE, Maths & Science | * Knowledge, understanding & skills gained through the domains | | X | X |
| Interdisciplinary Learning | Communication | * Listening, viewing & responding * Presenting | X | X | X X |
| | Thinking Processes | * Reasoning, processing & inquiry * Creativity, reflection & metacognition | | X X | X X |