



values for

# Bouncing Back

## the art of resilience

### Learning Focus

The **Bouncing Back** incursion & curriculum is designed to introduce students to the idea of how to build resilience into their character. Research has shown that students who develop this life skill are able to bounce back during tough periods and situations in life. Through a series of interactive games, personal anecdotes and stories, music, and video clips, this seminar equips students with some tools for developing resilience, including identifying support structures.

In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified by the school 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:

- I know what resilience is and why it is important
- I know that life can sometimes be tough and we need to learn how to cope
- Resilience is a skill I can learn
- Good community is a big protective factor – I need to remember life is not just about what “I” want – it’s about “us”
- We all need support in our life and we need to be a support to others
- Our values determine the decisions we make
- Our ability to problem-solve, think optimistically, categorise real problems and have set realistic goals is part of what I can focus on to improve my resilience
- There are 4 main supports that help us be more resilient – we need to strengthen these supports in our lives

### Essential Learning Standards

Values for Life School Seminars present a stimulating and engaging student learning program that intertwines elements of all three strands of VIC Curriculum, the key focus is on the following dimensions:

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
<a href="#">Physical, Personal and Social Learning</a>	<a href="#">Health and Physical Education</a>	Movement and physical activity Health knowledge and promotion	✓			✓
	<a href="#">Interpersonal Development</a>	Building social relationships Working in teams	✓ ✓	✓	✓ ✓	✓
	<a href="#">Personal Learning</a>	The individual learner Managing personal learning	✓ ✓			✓
	<a href="#">Civics and Citizenship</a>	Civics knowledge and understanding Community engagement	✓ ✓	✓		
<a href="#">Discipline-based Learning</a>	<a href="#">The Arts, English, Humanities, LOTE, Mathematics, Science</a>	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELS domains depending on the duration and focus specifically developed for each session.			
<a href="#">Interdisciplinary Learning</a>	<a href="#">Communication</a>	Listening, viewing and responding Presenting	✓ ✓	✓	✓	
	<a href="#">Thinking Processes</a>	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓ ✓		✓ ✓

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

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that



Values for Life is associated with Concern Australia

### Values for Life

Ph: (03) 9470 2972

E: [y4lss@concernaustralia.org.au](mailto:y4lss@concernaustralia.org.au)

W: [www.valuesforlife.net](http://www.valuesforlife.net)

primary