



THE YOUNG FOUNDATION

**resilience**

&



**BounceBack!**

## RESILIENCE SKILLS BASED TRAINING WORKSHOPS FOR CHILDREN'S SECTOR PROFESSIONALS

A one day skills based workshop designed to provide all participants with the knowledge and confidence to use the Bounce Back! programme within their school, or other work. Delivered personally by Dr. Toni Noble author of Bounce Back!

**A free copy of the Bounce Back! book worth £50.00**

Life is a bumpy journey and everyone experiences setbacks and makes mistakes. Bounce Back! equips teachers and students with strategies and skills to support their emotional and social wellbeing; improving their resilience so they can learn to Bounce Back!

Fee: £245+VAT

An early booking fee of £195+VAT is valid until 31 January 2012

Discounts may be available if booking multiple places

Workshops will be held in;

Bristol 28th February  
London 29th February  
Birmingham 6th March  
Manchester 7th March

**For more information  
or to book your place call**

**0208 709 4817**

**or email**

**resilience@youngfoundation.org**

## What is the Bounce Back! Programme?

Bounce Back! is a preventative whole-school social and emotional learning curriculum programme that has been developed to support schools and teachers in their efforts to promote positive mental health and wellbeing in their students and, in particular, to enable them to act resiliently when faced with challenges and adversity. The programme predominantly focuses on classroom strategies and activities that teach students those positive social and emotional skills that might be best described as life skills. Bounce Back! also focuses on ways to develop the types of learning environments and teacher-student and student-student relationships that also foster resilience and wellbeing.

It is a long-term, multi-year, multi-faceted whole-school programme and not just an add-on. It is intended that students are introduced to Bounce Back! in their first year of schooling and every year thereafter.

A universal program taught to all students, not just selected students. However concepts and skills from the programme can also be further consolidated in individual or small-group sessions.

The components and teaching strategies in the programme are all evidence-informed.

The psychological content of Bounce Back! is predominantly drawn from two core models: Cognitive Psychology and Positive Psychology.

There is a strong focus on circle time, cooperative learning approaches and games.

It is taught by classroom teachers and based predominantly on children's literature (especially younger and older picture books) and follow-up language/literacy activities.

The social and emotional knowledge, skills and concepts in Bounce Back! are integrated with academic content wherever possible. Many aspects of the programme can also be integrated with History, Social Studies, Health, Maths, Science, Music, Art & Drama.

## Awards

Silver Medal for a Community Based Project in Scotland. Bounce Back! was awarded a Silver Medal in 2010 for the Perth and Kinross Council Awards for a community-based project.

Community Psychology Award by Australian Psychological Society. Awarded the Robin Winkler Award for an applied community psychology programme in 2003.

Most popular SEL programme chosen by KidsMatter Schools in Australia.

Best Teacher Resource in 2011 awarded by Australian Educational Publishers Association.