

# Course Notes

## INTRODUCTION TO BOUNCE BACK

Two formats:

Hard Copy (included access to EBook)

EBook (access to all lesson plans, as well as documents such as measurements, information for parents, programming documents, and worksheets and games related to the lessons. All EBook resources are signalled next to the lessons in the program)

Handbook: the first few chapters of the program includes background information about student wellbeing and resilience.

Teaching strategies and resources: this is an invaluable part of the program, which details things like how to set up circle time, literacy prompts (to start discussions about SEL outside Bounce Back lessons), and cooperative learning strategies that you can use across any subject area, to encourage students to practice their social skills.

Curriculum units: the program is divided into ten curriculum units, which are numbered but can be taught in any order that suits your context.

Structure of a Bounce Back lesson:

1. Literacy resource: this is a literacy program, and as such all lessons are accompanied by a literacy resources such as a book, song, poem, movie or video clip. The lesson starts with your chosen resource - often a lesson will have more than one to choose from. Of course you can use your own favourite books and resources as well if you like!
2. Circle time: next there are discussion questions to be used in circle time. Ideally this discussion will take place with the students sitting in a circle, so that they can see one another and listen properly. There is more information about this in the teaching strategies and resources section.
3. Activities: there are a number of activities for you to choose from after you have completed your discussion. You can do them straightaway or come back to them later in the week.

