

# How I Bounce Back

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Students share strategies they use to “bounce back” from challenging and stressful situations. Student leaders then share ideas on circular cut-outs on a class bulletin board.

## Why Do It?

Learning from a classmate might help you gain new perspective on difficulties you experience, and give you great ideas on how to cope and “bounce back” from those difficult moments. Learn from each other, and know that you are not alone in your experiences.

## How Do We Do It?

In a large group, discuss and answer the questions, "What is stress?" and "How does stress affect us?"

Have students think about how they have managed stress in the past. What worked? What didn't?

As a group, brainstorm a list of possible stress-relieving activities. Encourage students to think about ways that they have “bounced back” when feeling discouraged, sad, or stressed.

Students write or draw an idea that has worked for them in the circular cut-out, which represents the shape of a bouncing ball.

"Bounce Back Balls" can be posted throughout the school as a way of sharing ideas and strategies for coping with stress and "Bouncing Back!"

## What Else Do We Need?

- Ball-shaped cut-outs (i.e., circles) or paper with images of beach balls, bouncy balls, and similar items on it
- Writing utensils

## How Do We Get Creative?

Encourage staff to share their "bounce back" strategies as well.

Have students read their "bounce back" strategies on the morning announcements.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

[https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web\\_0.pdf](https://phecanada.ca/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web.pdf/sites/default/files/content/docs/teach-resiliency/bounce%20back%20booklet%202014%20web_0.pdf)