



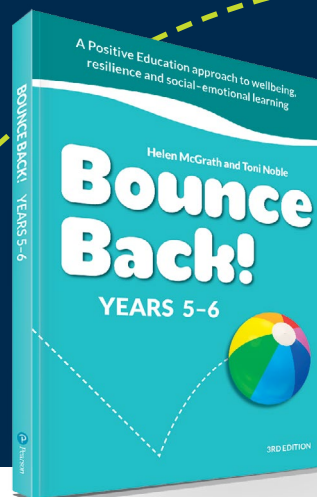
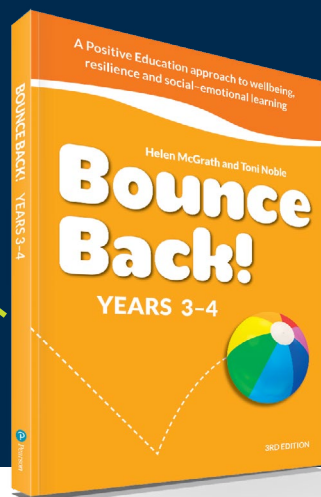
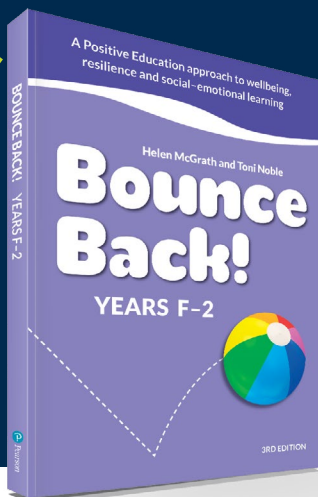
Pearson

NEW

Bounce Back!

3rd edition

A Positive Education approach to wellbeing, resilience and social-emotional learning



FOR FOUNDATION TO YEAR 6

Bounce Back! provides teachers with practical strategies to improve student wellbeing and help students cope with the complexity of everyday life. They will learn the skills to 'bounce back' when they experience sadness, difficulties, frustrations, and challenging times.

Bounce Back! is an evidence-informed program built on Positive Psychology, Cognitive Behaviour Therapy, and Social and Emotional Learning. Ten curriculum units use children's literature, thinking tools, and cooperative learning strategies plus a variety of cross-curricular classroom activities to help students:

- develop positive and prosocial values, including those related to ethical and intercultural understanding
- develop self-awareness, social awareness, and social skills
- develop strengths, skills, and attitudes for being successful

NEW TO THIS EDITION:

- Updated Handbook, exploring the most recent evidence-based research supporting the program
- Ten substantially revised Curriculum Units, all with updated topics and resources:
 - Core values
 - Social values – all new
 - People bouncing back
 - Courage
 - Looking on the bright side
 - Emotions
 - Relationships
 - Humour
 - Being safe
 - Success
- Stronger Positive Education, CASEL, and Australian Curriculum linkages
- Increased support for teacher wellbeing and embedding practices
- Reader+ the next generation eBook

“Life is a rollercoaster...
Bounce Back! helps us to explicitly
 teach students the skills they need
 when they experience disappointment
 and success (the highs and the lows).
 It allows them to enjoy the ride and
 everything that comes with it.”

Source – Bounce Back! user survey

Bounce Back! Wellbeing and Resilience workshops

Pearson Academy offers workshops around Australia to provide teachers with the necessary tools to implement the program effectively in their school.

To attend a workshop on how to get the most out of this Positive Education program, register here pearsonacademy.com.au/wellbeingresilience

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