

BounceBack at a glance...

Intervention summary:

Pupils explore up to 10 different life areas linked to building resilience and wellbeing using an age-appropriate workbook

Available in: Newham Primary Schools

Year groups: 5 and 6

Delivered by: HeadStart Youth Practitioner

No. of sessions: 10

Length: 1 hour

No. of pupils: up to 15 students per group

Course structure: mix of group & individual work with at least two 1:1 meetings with the HeadStart Youth Practitioner for each pupil

Materials: BounceBack Workbook

Additional info: BounceBack is also available in an online version designed for self-guided use. Visit www.BounceBackNewham.co.uk to start bouncing!

BounceBack is a fun way for primary age children to learn tools and tricks to help them look after their health, body and mind. The thought provoking and creative BounceBack Workbook guides pupils through ten key areas of wellbeing, helping them find and try small changes they can make by themselves or with the help of a HeadStart Youth Practitioner.

BounceBack makes building resilience an engaging experience that leaves young people feeling proud as they begin to set goals and achieve them. And, by giving young people the skills to build confidence and make new friends, BounceBack is a great way to prepare primary students for secondary school.

Key benefits for pupils

- ➔ Problem solving and goal setting skills
- ➔ Improved peer relationships
- ➔ Increased self awareness

What are young people saying about BounceBack?

"HeadStart really makes me think about my resilience in different things that I do.

I'm trying to use all the skills I'm learning in different things such as homework but especially with my attitude towards my learning."

Key benefits for schools

- ➔ Improved school attendance
- ➔ Improved school attainment
- ➔ Reduction in risky behaviours

CONTACT