If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then ‘bounce back’. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family breakdowns, a step-family, the illness or death of a family member, or being bullied.

The BOUNCE BACK! Wellbeing and Resilience program teaches children the skills and attitudes to help them become more resilient. It uses literature as a starting point for discussions and follow-up activities. These ten coping statements are a core part of the program.

BOUNCE BACK! stands for:

- **B**ad times don't last. Things always get better. Stay optimistic.
- **O**ther people can help if you talk to them. Get a reality check.
- **U**nhelpful thinking makes you feel more upset. Think again.
- **N**obody is perfect—not you and not others.
- **C**oncentrate on the positives (no matter how small) and use laughter.
- **E**verybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

- **A**ccept what can't be changed (but try to change what you can change first).
- **C**atastrophising exaggerates your worries. Don't believe the worst possible picture.
- **K**eep things in perspective. It's only part of your life.

The program can help your child to get better at:
- Using helpful thinking when faced with a problem or a difficult situation
- Thinking more optimistically, i.e. expecting bad times to get better
- Understanding that everyone has setbacks and difficulties, not just them
- Talking to people they trust so they get a reality check on their thinking
- Being brave and facing their fears
- Managing strong emotions and turning a bad mood into a good mood
- Getting along with others and cooperating
- Setting goals, being resourceful and not easily giving up
- Being kind, fair, honest, friendly, responsible, and accepting of differences
- Respecting other people and not bullying others.

You can help your child get the best out of their involvement with Bounce Back! if you reinforce the key messages they are learning.