

Bounce Forward

What is Bounce Forward?

Bounce Forward is Lancashire Mind's universal resilience programme that has been designed with children and aims to:

- Promote and raise awareness of mental health and wellbeing amongst children.
- Teach children to value their own mental health and to understand resilience.
- Help children to recognise their own skills and talents.
- Give children and young people practical coping strategies they can apply to increase their ability to 'bounce forward' when they face tough times.

The 10-week programme is available in different formats suitable for children in Key Stages 2 and 3.

Being a universal programme means it can be adapted and accessed by all children, regardless of their needs and abilities. It is particularly effective in helping pupils to prepare for transition periods. **NEW! A 5-week Bounce Forward programme is now available for EYFS and KS1 for small group or one-to-one work, as well as a new remote, virtual offer for Key Stage 2.**

“Being resilient is a good thing and everyone deserves to have it or be taught how to become resilient.”

Year 5 pupil, Blackpool



Bounce Forward is classroom based and delivered to the whole by Lancashire Mind, supported by teaching staff. The programme is fully curriculum linked and mapped out across the 10 sessions. PSHE education takes the spotlight within our programme, as well as SMSC development.

Whole class delivery ensures that every child can access the programme and learn about mental health as something that we all have and can take steps to look after it. Whilst Bounce Forward is a preventative programme for all children, it is available in a small group or one-to-one format that is ideal for children who may already have been identified as needing further support to build their resilience. Through the programme, we can also help to identify pupils who may be at risk of developing poor mental health.

We can offer a shorter, five-week programme that can be adapted to meet the needs of the school if you don't want to take up the full ten-week programme.

97% of
children

would recommend Bounce
Forward to other children

80% of
children

enjoyed the activities and
thought they were important

Why is increasing resilience so important?

Poor mental health is the key emerging risk for children and young people according to recent research (SHEU, 2015; Cabinet Office, 2015). Children are less likely to suffer from mental health issues later in life if they receive support from an early age. There is growing evidence that indicates promoting positive mental wellbeing, improves a range of positive school outcomes, including:

- attitudes to learning
- better attendance
- lower exclusion rates

“Bounce Forward has helped me because I used to be very angry but now, I can deal with my emotions better. I’m more open and I can talk to people better about how I’m feeling.” Year 5 pupil

Our Flagship 10-week programme (KS2/KS3)

Session 1	Ordinary Magic: Knowing and understanding ourselves/ resilience and wellbeing.
Session 2	The Basics: Prejudice and discrimination/ Being safe/ Healthy lifestyles.
Session 3	Strengths: Strengths and talents
Session 4	Life Goals: Achieving goals/ Setting targets/ Celebrating success.
Session 5	Ordinary Heroes: Healthy relationships/ friendships
Session 6	Think Good, Feel Good: Feelings and emotions/ Coping strategies/ Behaviour.
Session 7	Positivity Glasses: Positivity/ Being thankful/ Looking towards the future.
Session 8	Problem Solving: Problem solving/ Teamwork* being amended for Covid-friendly delivery.
Session 9	Resilience recap: Evaluating learning.
Session 10	Showcase

Extra sessions:

Session 2b	Respect: Prejudice and Discrimination in more detail/ respect for each other and ourselves
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“It has increased my knowledge and how to teach resilience. I’m much more confident in talking to others about the subject – as are the children!”

Year 5 Teacher

EYFS 5-week programme

This version of the Bounce Forward has been fully curriculum linked to the EYFS framework. We have an EYFS cross curricular document for schools to use.

- Session 1:** **About Me:** Knowing and understanding ourselves.
Session 2: **People Who Help Us:** People who help us to feel better and healthy relationships.
Session 3: **Healthy Eating:** health eating habits/ identifying healthy foods.
Session 4: **Being brave:** coping with our emotions and feelings.
Session 5: **Shoot for the stars:** setting and reaching goals/ our learning.

KS1 5-week programme

- Session 1:** **About Me:** Knowing and understanding ourselves.
Session 2: **Emotions:** Identifying emotions and how we cope with them.
Session 3: **Being brave:** Being able to cope positively.
Session 4: **People Who Help Us:** Identifying people who help us feel better.
Session 5: **Think Good, be the best:** Being positive.

Extra sessions: Understanding the anger emotion and how to cope with it positively.

New KS2 Digital Offer

The coronavirus pandemic has brought many challenges to our new way of living and learning; however, one positive is that we have created a brand-new digital offer for Bounce Forward. With digital delivery of Bounce Forward, the schools will receive a Bounce Forward Resource Box prior to delivery to ensure isolating time, that will have a class-set of the resources needed for the sessions: Bounce Forward booklets and any other paperwork or resources needed to complete digital delivery. It will include a partnership with a member of our Children and Young People's Team; one of our Project Coordinators will be able to mentor you through the programme. This member of staff will be your main point of communication, set-up meetings and will send over delivery videos, PPTs and plans to assist with your delivery. Once delivery is over, that member of staff will collect the box with any leftover resources and outcome measures and will write a report based on the results and any steps you can take forward as a school to keep embedding Bounce Forward.



For more information: amybond@lancashiremind.org.uk

Bounce Forward is linked to your school curriculum

The Government has committed to making health and relationship education compulsory from September 2020, with schools now beginning to review, update and implement this into their school curriculum.

Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.

Our programme objectives have been carefully linked to:

- Social and emotional aspects of learning (SEAL) programme objectives;
- Pupil’s spiritual, moral, social and cultural (SMSC) development objectives;
- National Curriculum 2014 objectives.

PSHE education can also make a significant contribution to whole-school judgements under the Ofsted Common Inspection Framework:

- Safeguarding, personal development, behaviour and welfare and leadership and management.
- Schools should promote pupil’s SMSC development. Ofsted inspectors must consider this when forming a judgement of a school.



Our Costs

We offer the programme at cost price, which works out at just over £65 per child for 10 hours of activities.

Delivery model	Cost
10-week whole class delivery	£1995
SEN schools 10-week bespoke programme	£2100
5-week whole class delivery – KS2/KS3	£1450
5-week small group sessions (up to 6 children) – KS1/KS2/KS3	£995
NEW 5-week digital delivery offer – whole class	£950
Teacher led programme with support	£895
1:1 Wellbeing Coach Bounce Forward offer for 6 sessions <i>Preventative work based on Bounce Forward universal programme or intervention work based on individual needs following on from the Bounce Forward programme.</i>	£250

How your school will benefit...

1. The programme is fully curriculum linked and mapped out throughout the ten sessions. PSHE education takes the spotlight within our programme as well as SMSC development.
2. Teachers and school staff can observe, support and then embed the learning that the pupils receive, as well as, identifying those most at risk.
3. All the planning, preparation and resources are provided by our team, which means less time and workload for your school staff.
4. Data will be collected by the team to assess the resilience and wellbeing of the children at the beginning of the programme and at the end, to measure impact and identify where further support may be needed. A report will be provided at the end of delivery.
5. As a team, we are informal and we like to deliver our sessions in a relaxed, fun, open and transparent manner. We form excellent relationships with pupils through mutual respect and honesty – all of our coaches are well-experienced, trained professionals with a background in education, in both primary and secondary.

If you are interested or would like any more information about the programme, please contact amybond@lancashiremind.org.uk

“I would recommend Bounce Forward to my friends because it is a great way to calm yourself down and be positive.”

“Being present during the delivery of the course has been invaluable to me as a Learning Mentor. It gave me an even better insight into the children’s thoughts and the issues they face in their lives. It helped me enormously in terms of planning interventions for the future.”

Learning Mentor Feedback