

MONTHLY MISSION

BOUNCING BACK

WEEK ONE:

- Make a 'resilience jar' with encouragements!
- Design an obstacle course and tackle it!
- Design a bounce-back plan for setbacks
- Plan a new goal with steps to reach it
- Unwind with a family walk
- Create a family cheer or chant
- Discuss how setbacks make people feel

Write your affirmations here

WEEK TWO

- Display encouragements - make a poster
- Invent a ball game called "Bounce Back"
- Share 2 setbacks you've overcome
- Write a note to your future self
- Do something fun to recharge
- Plan how to support others during setbacks
- Memorise 2 "Bounce Back" affirmations

WEEK THREE

- Spend 5 minutes of deep breathing together
- Set up and use a relaxation corner
- List self-care activities and try them!
- Reward yourself for handling a setback
- Draw a picture of your support network
- Work a creative project together
- Listen to 5 minutes of calming music

WEEK FOUR

- Practice problem solving - your choice how!
- Plan and enjoy a family fun day
- Practice visualising a calm place
- Treat yourself to something nice - your choice
- Talk to someone about a setback
- Give yourself a 1-minute hug - you did it!
- Celebrate! Choose your next Monthly Mission

