

Bounce Back for Classrooms
Lesson Plan Descriptions
Target Age: 2nd – 5th Grade

Lesson 1: Introduction and Common Reactions

Objectives:

1. Students will be able to describe the body's danger response.
2. Students will be able to recognize signs of stress and trauma.

Activities:

- Read a *Horrible Thing Happened*
- Common reactions to stress, trauma, and loss handout
- Explanation of danger response
- Fight, flight, freeze game

Lesson 2: Feelings, Thoughts, and Actions Triangle

Objectives:

1. Students will be able to identify feelings, thoughts, and actions.
2. Students will understand the feelings, thoughts, and actions triangle.

Activities:

- Scenarios
- What I Can Do to Feel Better handout

Lesson 3: Identifying Feelings

Objectives:

1. Students will be able to identify feelings in self.
2. Students will be able to identify feelings in others.

Activities:

- Read and discuss *The Way I Feel*, by Janan Cain
- Feelings charades
- Feelings grab bag
- Feelings poster

Lesson 4: Measuring and Identifying Feelings and Energy Levels

Objectives:

1. Students will be able to measure intensity levels of feelings and energy.
2. Students will be able to identify feelings in their bodies.

Activities:

- Feelings thermometer
- Body outline

Lesson 5: Regulating Feelings

Objectives:

1. Students will be able to utilize diaphragmatic breathing to regulate their feelings and energy.
2. Students will be able to utilize progressive relaxation to regulate their feelings and energy.

Activities:

- Diaphragmatic breathing
- Progressive muscle relaxation

Lesson 6: Identifying Thoughts, Feelings, and Actions

Objectives:

1. Students will be able to identify their own thoughts.
2. Students will be able to understand the link between feelings, thoughts, and actions.

Activities:

- Use cartoons to introduce thought bubbles
- Use cartoons to link thoughts, feelings, and actions

Lesson 7: Generating Helpful Thoughts

Objectives:

1. Students will be able to identify helpful and unhelpful thoughts.
2. Students will be able to generate their own helpful thoughts.

Activities:

- Double Bubble
- Courage Cards

Lesson 8: Review and Practice Coping Skills

Objectives:

1. Students will be able to use a body scanning technique to relax.

Activities

- Body Scan
- Treasure Hunt to review previously taught skills

Lesson 9: Building Support and Connection

Objective:

1. Students will be able to identify their own resources of support.
2. Students will be able to determine when and where to access their resources of support.
3. Students will be able to identify resources in the community that can help.

Activities

- Invisible String book and activity
- Who's on your Team Resource Banners

Lesson 10: Social Problem Solving

Objectives:

1. Students will be able to identify coping strategies to use when their feelings thermometers are rising.
2. Students will be able to implement action steps for social problem solving.

Activities

- Identify coping skills for when feelings thermometers are rising
- Practice action steps for social problem solving

Lesson 11: Putting it All Together

Objectives:

1. Students will review and practice one relaxation technique.
2. Students will be able to identify skills learned that correspond with each of the 3 points of the triangle (feelings, thoughts, behaviors).

Activities

- Match skills with points on the triangle
- Trivia game
- Plan for group projects

Lesson 12: Final Review and Celebration

Objectives

1. Students will increase their ability to utilize skills learned through direct practice and observing others share their practices.
2. Students will be encouraged to continue to use skills learned through recognition of their efforts and accomplishments.

Activities

- Group project creation and sharing
- Certificate of completion Celebration