

Bounce Forward Healthy Minds

Suggested Timetable Plan

Year 7

- Bounce Forward Resilience Skills 6 lessons
- Intentional Stillness – curated with Kate Kane - 4 lessons
- Social Media Investigated (Media Navigator) 6 lessons
- Drug education – Download FREE alcohol resources here [Year 7 /S1 | Alcohol Education Trust](#) and [Talk About Alcohol | Website](#)

Year 8

- Resilience Revisited and Assertive Communication – 6 lessons
- From School to Life – 9 lessons
- Social Media Investigated (Media Influences) – 8 lessons
- Drug education – Download FREE alcohol resources here [Year 8/ S2 | Alcohol Education Trust](#) Request copies of Unplugged from Bounce Forward

Year 9

- Physical Resilience – Curated with Harry Kane – 5 lessons
- Drug education – Download FREE alcohol resources here [Year 9/ S9 | Alcohol Education Trust](#)
- Mental Illness Investigated – 7 lessons
- Resilient Relationships – 7 lessons

Year 10

- Resilient Decisions – 4 lessons
- Drug Education – Download FREE alcohol resources here [Year 10/ S4 | Alcohol Education Trust](#) Request copies of Unplugged from Bounce Forward

Year 11

- Resilient Learners – 5 lessons
- Drug Education - Download FREE alcohol resources here [Year 11+/ S5+ | Alcohol Education Trust](#)
- Energy and Strengths - 2 lessons

Click here to find out about the Papalona audio's that are included within Healthy Minds.

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