

Bounce Forward Healthy Minds Compact

Learning Outcomes



Lesson 1	Knowing my unique qualities <ul style="list-style-type: none"> • Explore me at my best • Identify my unique strengths
Lesson 2	What is resilience, what it means and why it is important <ul style="list-style-type: none"> • Understand what resilience is • Explore the ways I am resilient
Lesson 3	Understanding how kindness connects with mental fitness <ul style="list-style-type: none"> • Understand acts of kindness is linked to mental fitness • Develop a kindness action plan
Lesson 4	Building vocabulary for range of emotions that I can feel <ul style="list-style-type: none"> • Build understanding of emotions • Consider a range of emotions; the physical signs and potential triggers
Lesson 5	Identifying when emotions are helpful and unhelpful <ul style="list-style-type: none"> • Build understanding of emotions • Identifying when emotions are helpful and unhelpful
Lesson 6	Having bodily techniques to calm down unhelpful emotions <ul style="list-style-type: none"> • Understand that the strength of emotion matters • Explore bodily techniques to calm down strong emotions
Lesson 7	Having distraction techniques to calm down unhelpful emotions <ul style="list-style-type: none"> • Understand that we can control emotion • Explore distraction techniques to be calm and focused
Lesson 8	Having social techniques to calm down unhelpful emotions <ul style="list-style-type: none"> • Understand that human connection and mental resilience are connected • Explore social techniques to calm down strong emotions
Lesson 9	The link between thoughts, feelings and behaviour <ul style="list-style-type: none"> • Discover the link between thoughts, feelings and behaviour • Understand that people can think differently about the same situation
Lesson 10	Understanding how I think <ul style="list-style-type: none"> • Discover the link between my thoughts, feelings and behaviour • Understand that different thoughts leads to different consequences
Lesson 11	Recognising unhelpful thoughts <ul style="list-style-type: none"> • Discover that the brain can make mistakes • Understand that negative, fixed thinking is unhelpful and can make us want to give up and stop

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Lesson 12	Sharing my unique qualities with others <ul style="list-style-type: none"> • Reflecting on my unique strengths • Sharing and celebrating my unique qualities with others
Lesson 13	Nurturing my optimistic muscle <ul style="list-style-type: none"> • Understanding optimism and pessimism • Recognise that optimistic thinking can help us move forward
Lesson 14	Avoiding traps that make us give up or stop <ul style="list-style-type: none"> • Understand that Gremlin Beliefs can be unhelpful • Practise avoiding Gremlin Beliefs that can make us want to give up and stop
Lesson 15	Knowing what makes me feel happy <ul style="list-style-type: none"> • Reflect on the things that make me feel happy • Understand that experiencing joy and happiness is good for the mind and body
Lesson 16	Understanding the link between sleep and mental fitness <ul style="list-style-type: none"> • Understand what is happening in the brain when we are asleep • Understand the link between sleep and mental fitness
Lesson 17	Setting healthy habits for sleep routines <ul style="list-style-type: none"> • Identify helpful sleep routines • Exploring how to take control of my sleep
Lesson 18	The benefits of analogue and digital spaces for emotional wellbeing <ul style="list-style-type: none"> • Identify the advantages and disadvantages of social media • Explore boundary setting for social platforms
Lesson 19	Create guidelines for positive use of social media <ul style="list-style-type: none"> • Understand the difference between analogue and digital spaces • Consider the benefits and drawbacks of analogue and digital spaces for emotional wellbeing
Lesson 20	Explore social media <ul style="list-style-type: none"> • Explore the positives of using social media and how it impacts how we communicate • Create personal guidelines for using social media in a positive way
Lesson 21	Catching sight of thoughts that snowball <ul style="list-style-type: none"> • Understanding that the catastrophising Gremlin tells us about the worst possible story • Noticing when thoughts are snowballing and getting out of control
Lesson 22	Creating a mental balance <ul style="list-style-type: none"> • Understanding the WoBbLe skill to tame the catastrophising Gremlin • Practise techniques to calm down and create mental balance

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Lesson 23	Learning to dial my strengths up and down <ul style="list-style-type: none"> Review my unique strengths Understanding that sometimes my strengths need dialling down to help me be at my best
Lesson 24	Using my strengths in the difficult moments <ul style="list-style-type: none"> Explore using my unique strengths to help me in difficult times Building self-awareness about what it means to be mentally resilient
Lesson 25	Feeling connected to others <ul style="list-style-type: none"> Understand that small talk is an important form of human connection Explore how feeling connected to others is a two way exchange
Lesson 26	Expressing gratitude to the people around me <ul style="list-style-type: none"> Understand that expressing gratitude is linked to mental fitness Write a gratitude letter
Lesson 27	Understanding the different types of social connection <ul style="list-style-type: none"> Explore different types of social connection Recognise my different social connections
Lesson 28	The art of listening <ul style="list-style-type: none"> Understand that listening is important for communication Practise active listening
Lesson 29	Using process praise <ul style="list-style-type: none"> Understand what process praise is Practise using process praise
Lesson 30	Expressing empathy and compassion <ul style="list-style-type: none"> Understand what empathy and compassion mean Practise expressing empathy and extending compassion to others
Lesson 31	Understanding different communication styles <ul style="list-style-type: none"> Understand that communication is a behaviour that is driven by beliefs Understand three different communication styles
Lesson 32	Exploring hope for my future <ul style="list-style-type: none"> Understand the three elements of hope Explore hope for my future
Lesson 33	Setting personal goals for who I want to be in future <ul style="list-style-type: none"> Understand what it means to set personal goals Practise setting personal goals

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Lesson 34	Setting goals that will benefit my school community <ul style="list-style-type: none">• Understand what it means to set goals that benefit others• Practise setting goals to benefit others
Lesson 35	Creating a school campaign <ul style="list-style-type: none">• Understand what a campaign is• Create a campaign about positive mental fitness and emotional well-being
Lesson 36	Sharing campaigns <ul style="list-style-type: none">• Work together to finalise campaigns• Present campaigns and provide feedback to others

