# My Bounce Back Plan

Hard things happen to everyone. I can feel it, get help and take one small step.

**Name:** _____ **Date:** _____

## 1 Something tough happened Write it or draw it

What happened:

**How big it feels (0 to 10):** 0 1 2 3 4 5 6 7 8 9 10

## 2 My feelings All feelings are okay. Tick or add your own

- ☐ Sad
- ☐ Mad
- ☐ Worried
- ☐ Embarrassed
- ☐ Disappointed
- ☐ Frustrated

## 3 What I can control Put my energy where it can help

I CAN control (my words, my choices):

I CANNOT control (let it go):

## 4 My helpers People I can go to. I do not have to do it alone

**At home:** _____

**At school:** _____

**Another grown up I trust:** _____

## 5 My bounce back thought True, kind and short. Say it inside

**My thought:** _____

Ideas: This is hard, and I can do hard things. Mistakes help me learn. I can try again tomorrow.

## 6 My next small step One thing I can do today or tomorrow

**I will:** _____

**When:** _____

Draw me doing my step:

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# My Resilience Builder

Every hard thing I get through makes me a little stronger.

**Name:** _____ **Date:** _____

## 1 Hard things I already got through

Proof that I can bounce back

1. _____
2. _____
3. _____

## 2 My strengths

Tick the ones that are true for me

- ☐ I keep trying
- ☐ I am kind
- ☐ I am brave
- ☐ I am funny
- ☐ I ask for help
- ☐ I am creative
- ☐ I am a good friend
- ☐ I can calm down

## 3 My try again tracker

One week. Something hard I tried, and what I did to keep going

| Day | Something hard I tried | What helped me keep going | I did it! |
|---|---|---|---|
| Mon | | | ☐ |
| Tue | | | ☐ |
| Wed | | | ☐ |
| Thu | | | ☐ |
| Fri | | | ☐ |
| Sat | | | ☐ |
| Sun | | | ☐ |

## 4 Calm my body first

Tick the ones I will try

- ☐ Slow belly breaths
- ☐ Squeeze and let go
- ☐ Get a drink of water
- ☐ Move my body
- ☐ Hug or hold something soft
- ☐ Count 5 things I see

## 5 For the grown up helper

Support without taking over

Listen first and name the feeling. Then ask: what part can you control, and what is one small step?

Praise effort, strategies and asking for help, not just results. Let them try before you fix it.

If sadness, worry or anger lasts weeks or stops school, sleep or play, talk to a doctor or counselor.

**In the US, call or text 988 in a mental health crisis. In an emergency, call 911.**

A brave thing I saw you do this week (grown up writes):

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