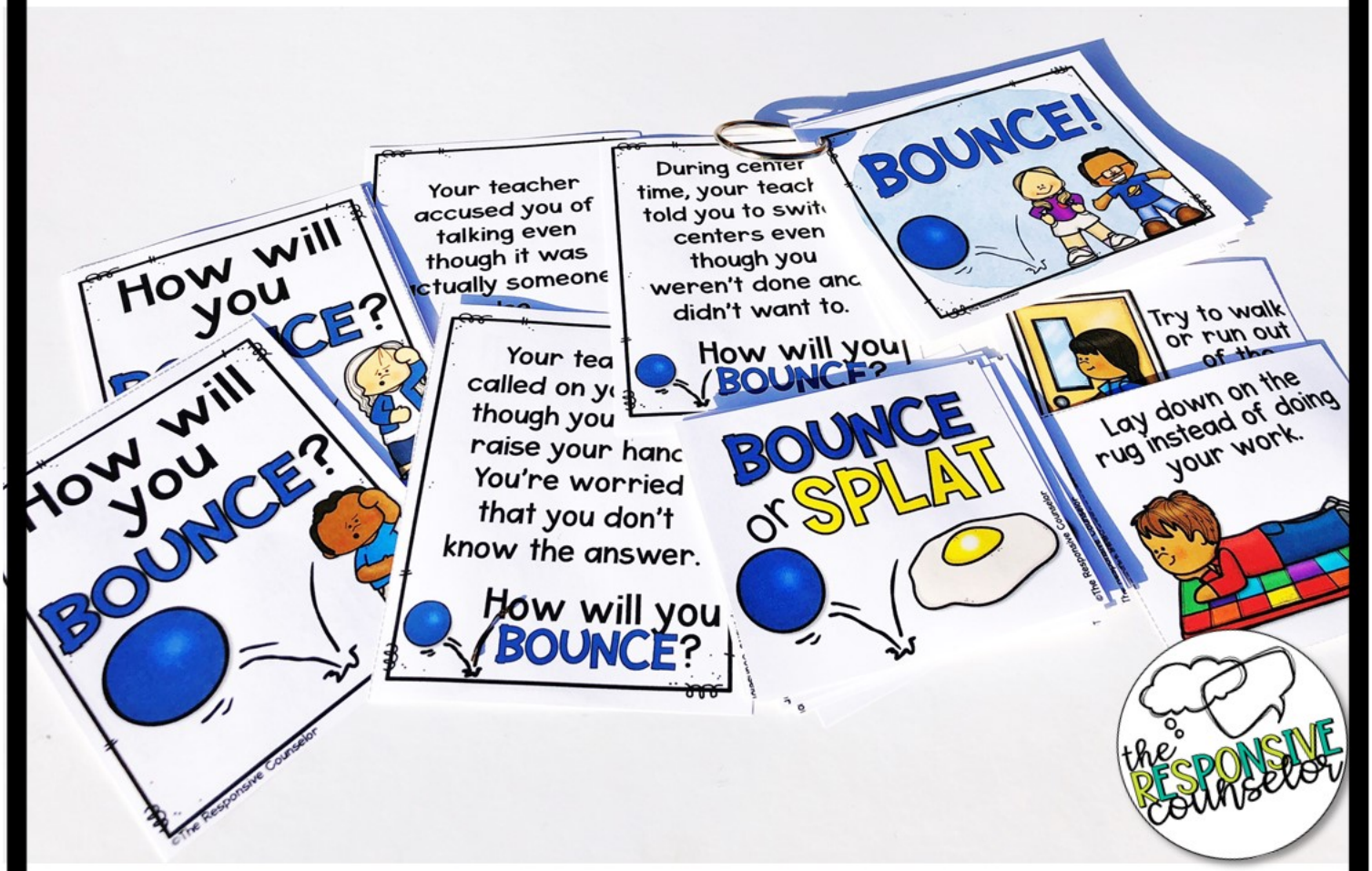
BOUNCE or SPLAT



Coping + Resiliency Counseling Activities

- Counseling students virtually? This resource now includes a Google Slides version!

- Go through the story in PRESENT mode, but students will complete the interactive slides in EDIT mode.

- Download as a PowerPoint for if you use Microsoft TEAMS

BOUNCE OR SPLAT

OBJECTIVE(S): Students will identify what it means to cope and move on from a problem, and will practice identifying how to cope.

ASCA MINDSETS/BEHAVIORS: Demonstrate effective coping skills when faced with a problem; Positive attitude toward work and learning

CASEL DOMAINS: Self-Awareness; Self-Management

MATERIALS: Story (PowerPoint or hard copy), sorting cards, scenario cards, egg or splat ball (optional), bouncy ball (optional)

OUTLINE:

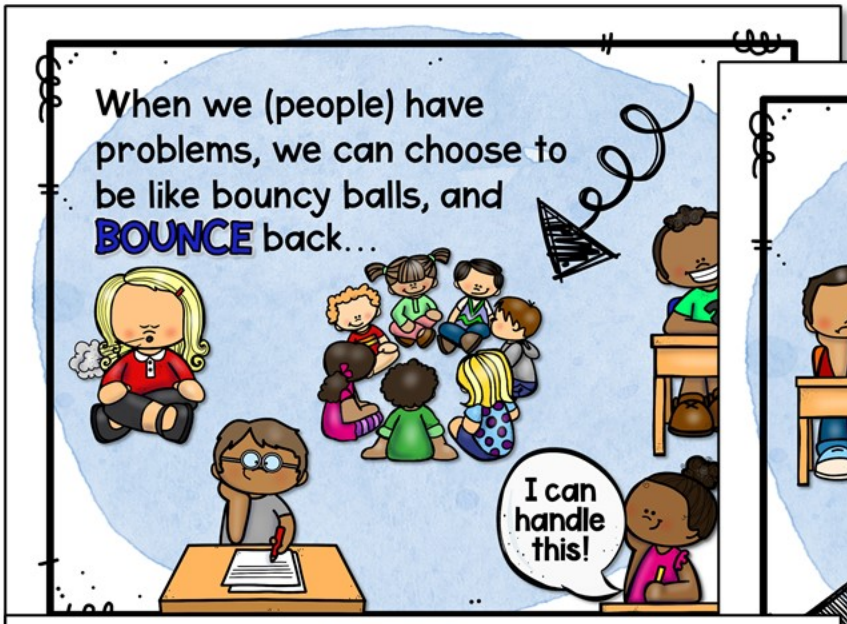
- **Opener**:
  - Demonstration: Hold up a bouncy ball and ask "What will happen if I drop this?" then drop it a few times. Hold up an egg, "splat ball", or Crayola globble and ask "What will happen if I drop this?" then drop it (splat balls and globbles work best if thrown down).
- **Story**:
  - Read and discuss Bounce.
- **Apply**:
  - Sorting cards
  - Scenario cards (Pick a Card! or cake walk)
  - Practice coping (dysregulate, breathe, self-affirmation)

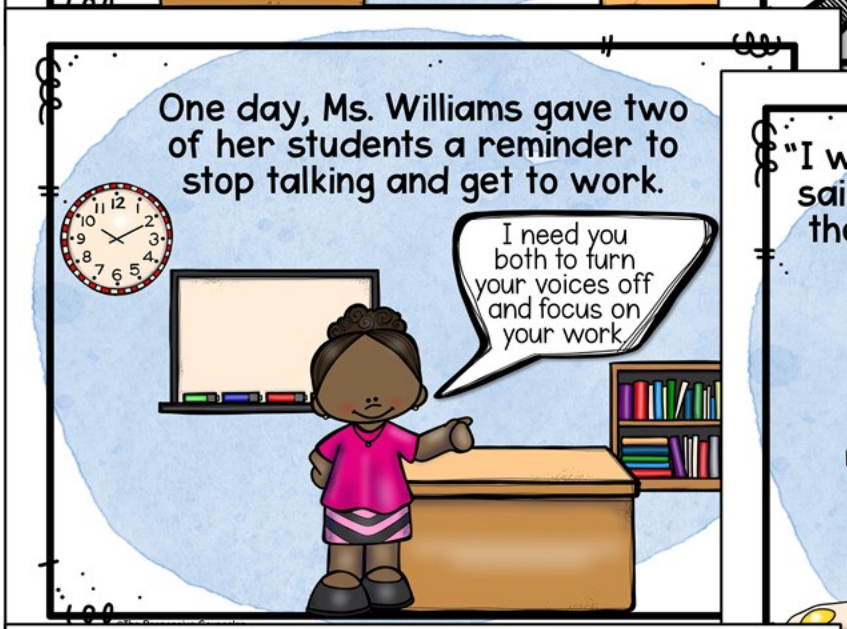
- ***Any of the pieces of this resource set can be used with individuals and in any order.
- ***With small group counseling and class lessons, I recommend doing the story and sorting cards together in one session and then the scenario cards and practice coping in the next session.
- ***Details and directions for all of the activities are included.

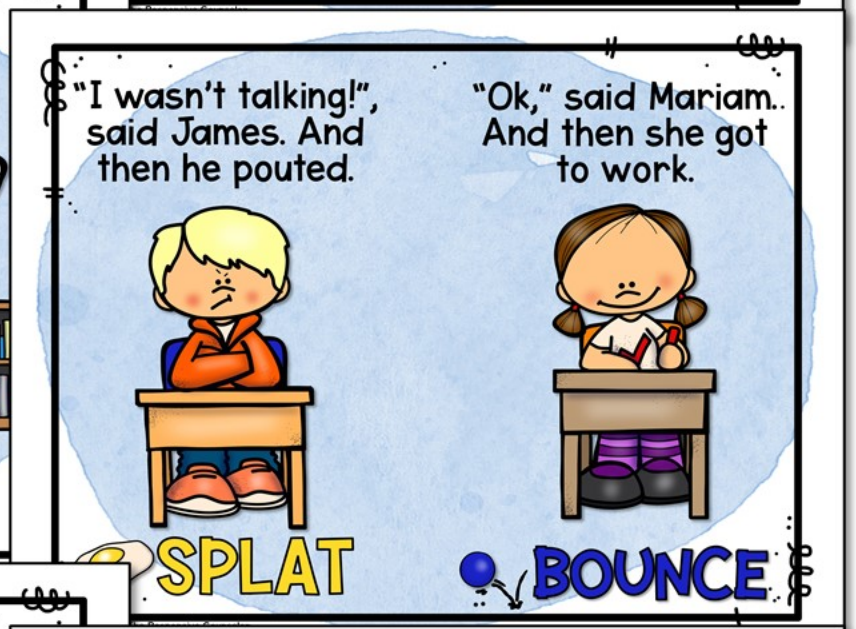
PREVIEW

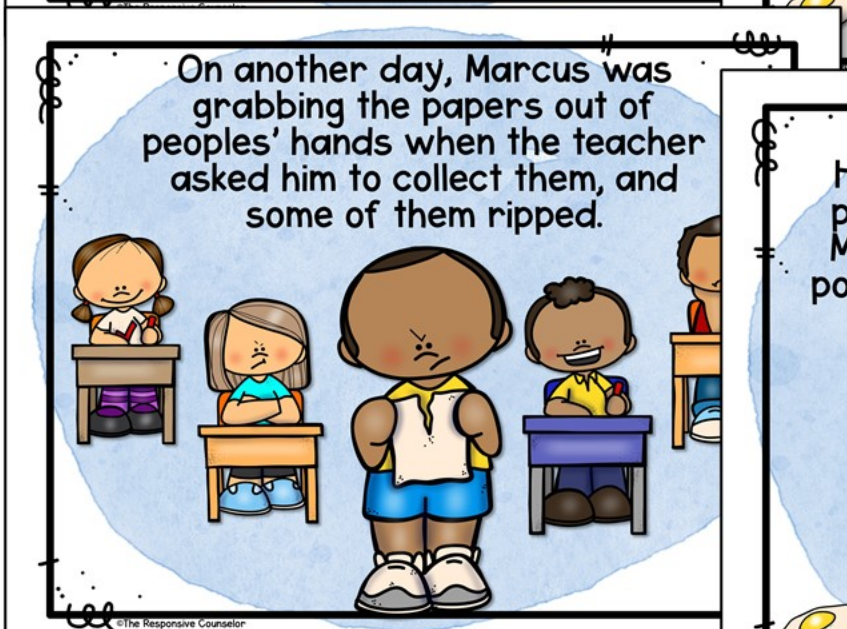
©The Responsive Counselor

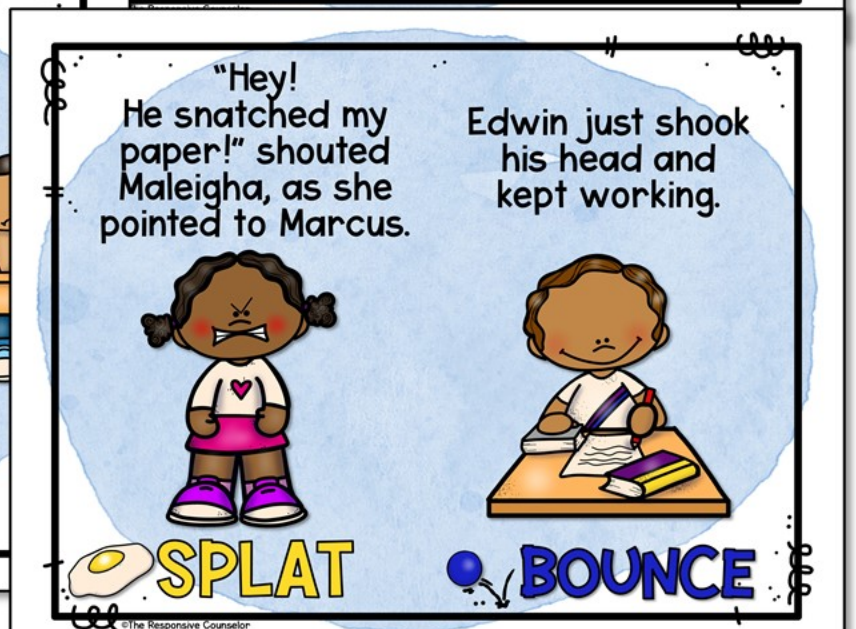
"BOUNCE" STORY (22 PAGES)



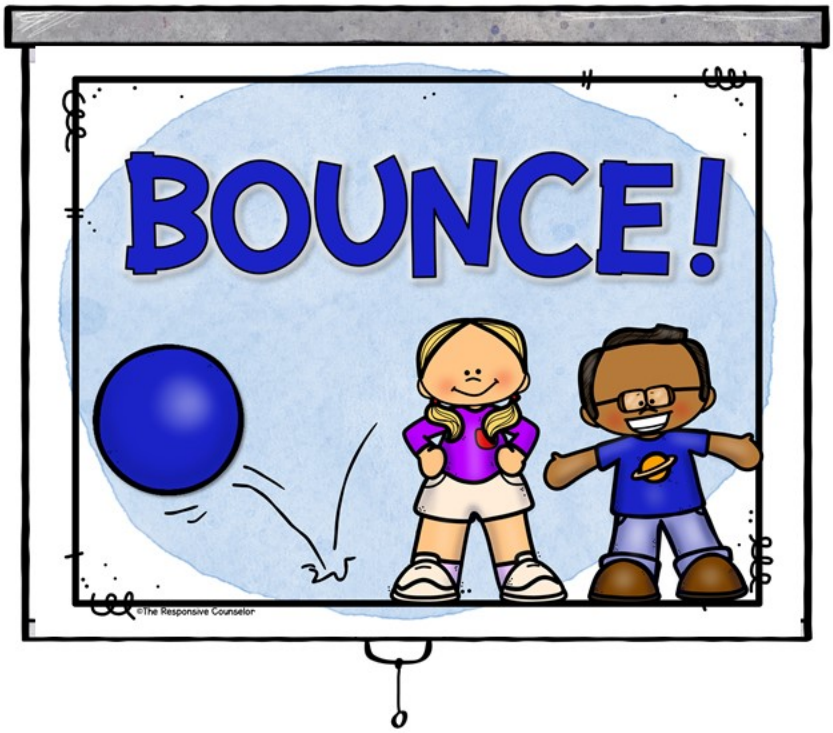


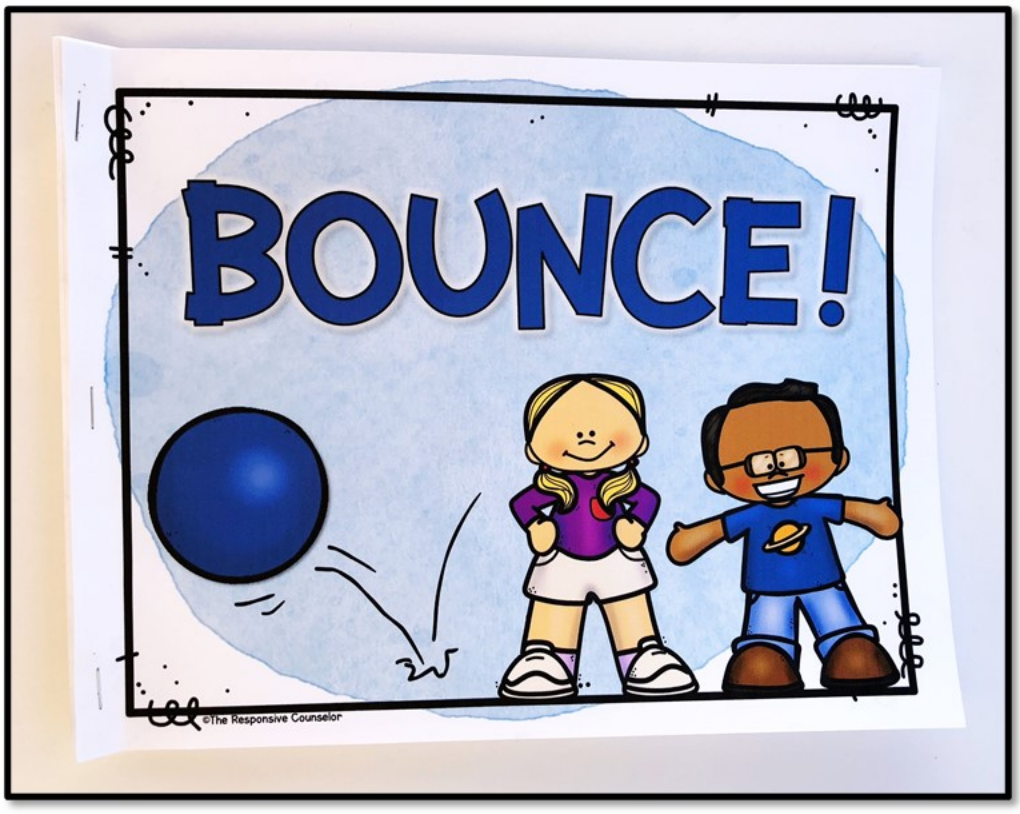






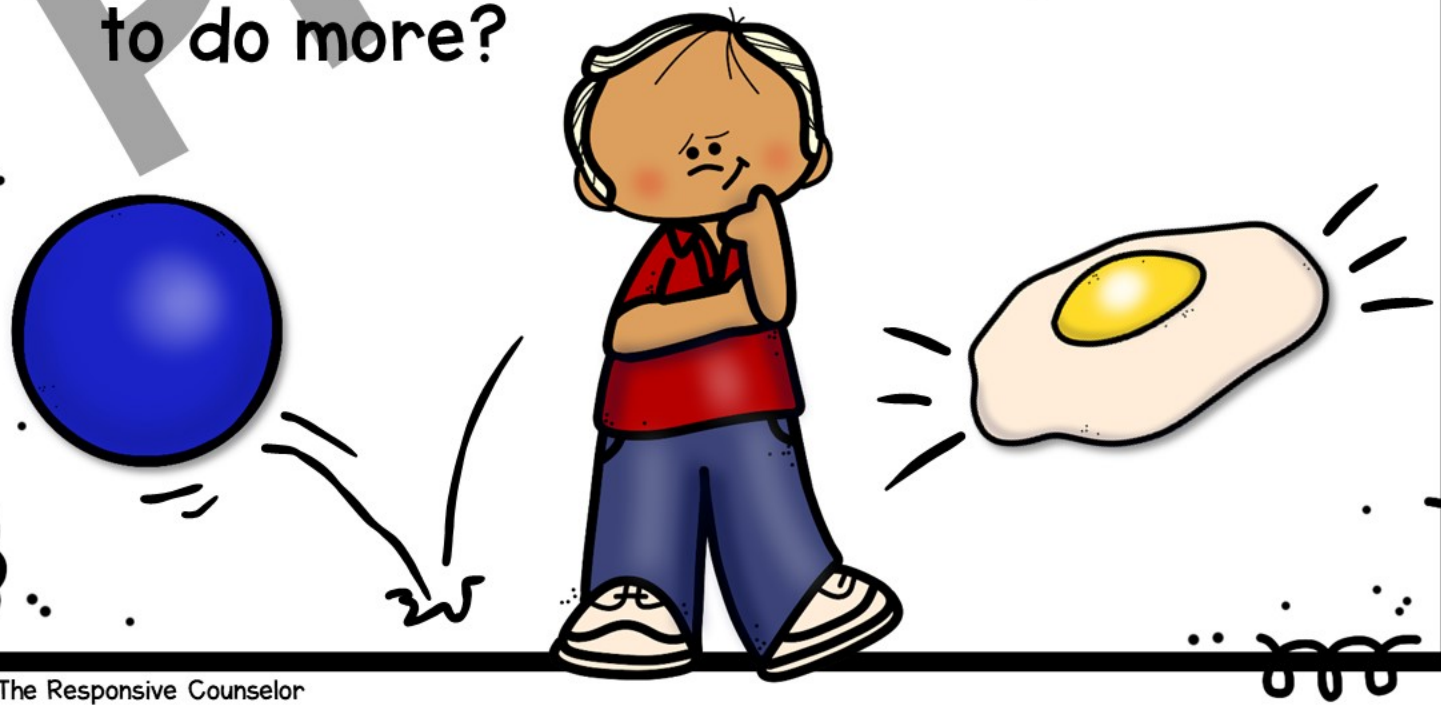
POWERPOINT, FULL-SIZE BOOK, OR MINI-BOOK





BOUNCE or SPLAT

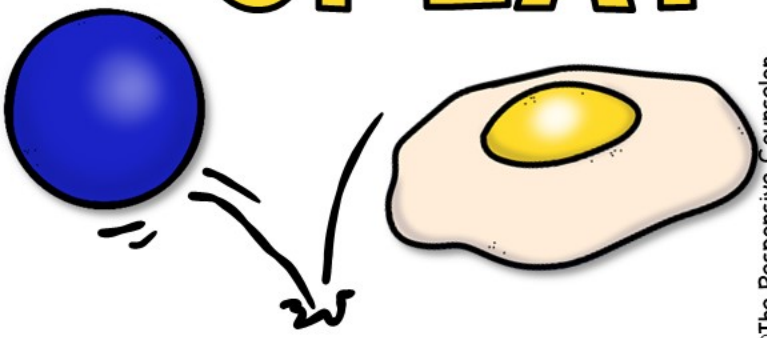
- Why is it better to bounce when you have a problem?
- What bad things might happen if you splat when you have a problem?
- Can you think of a character on TV or in a book that bounces back after they have problems?
- Which BOUNCE example do you need to do more?



PREVIEW

©The Responsive Counselor

BOUNCE or SPLAT



©The Responsive Counselor

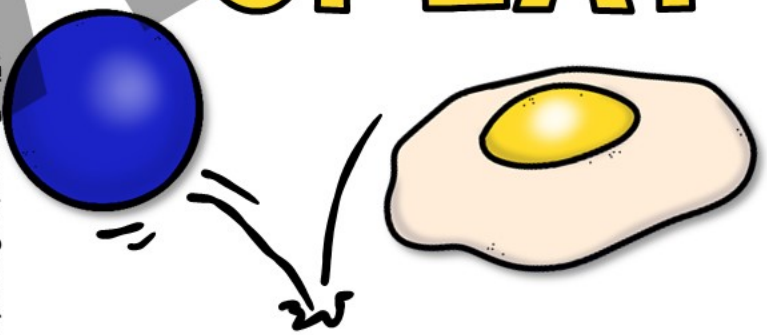
BOUNCE or SPLAT

©The Responsive Counselor

BOUNCE or SPLAT

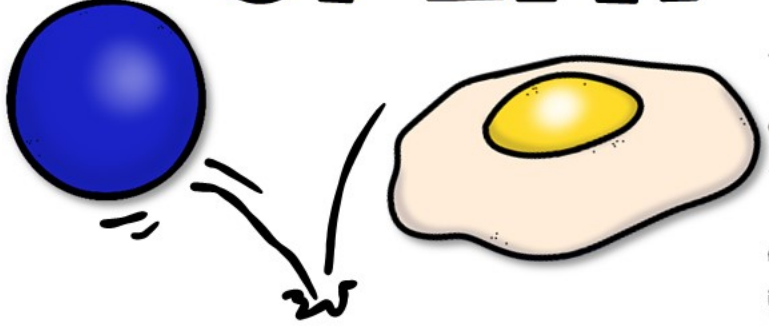
©The Responsive Counselor

BOUNCE or SPLAT



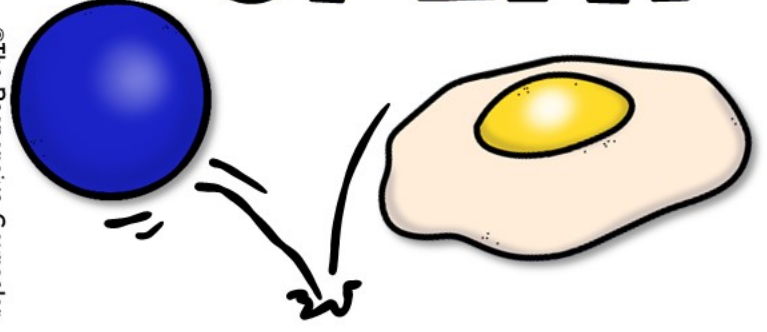
©The Responsive Counselor

BOUNCE or SPLAT



©The Responsive Counselor

BOUNCE or SPLAT



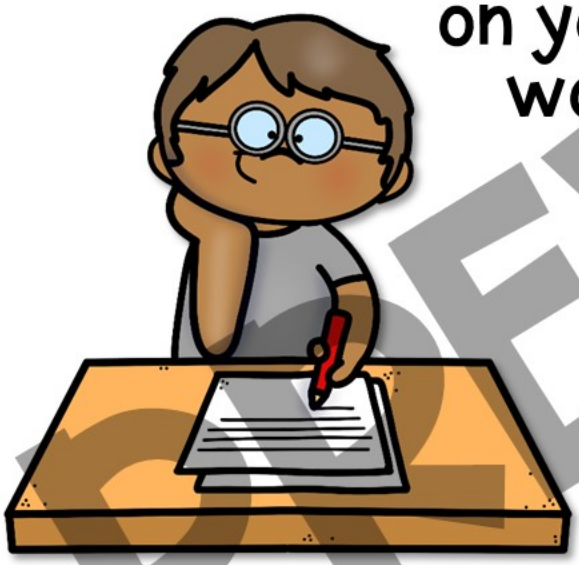
©The Responsive Counselor

PREVIEW

Ask your teacher for a hug.

Tell someone how you feel.

Try your best on your work.



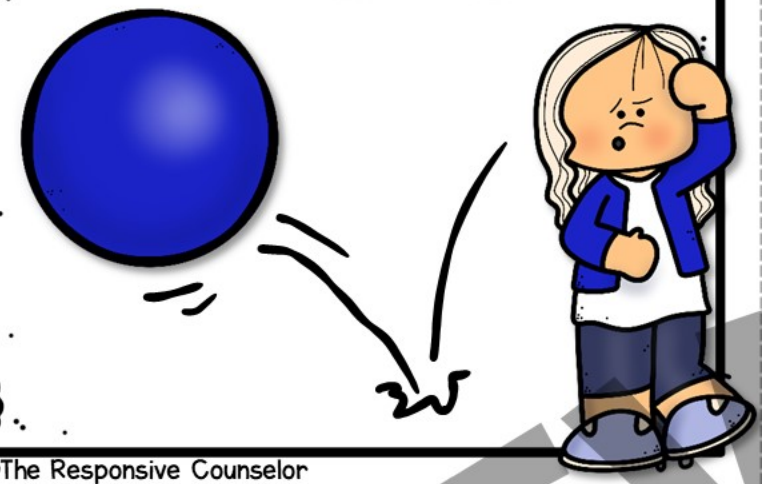
Pretend to be sick.

Read a book to calm down.

Join the rest of your class.

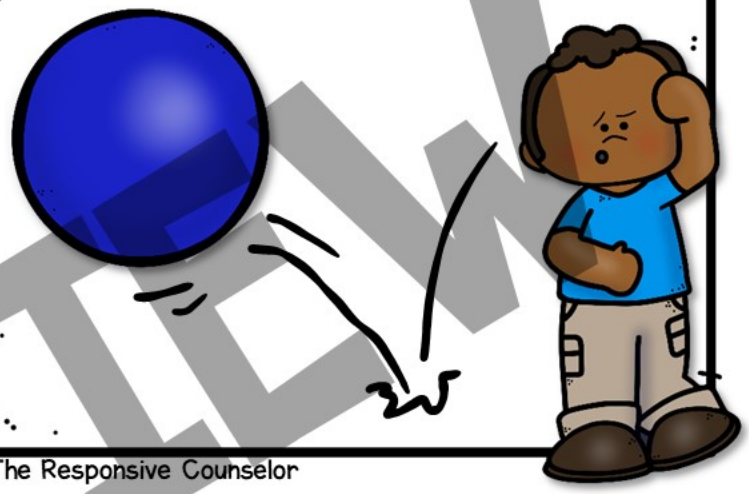
PREVIEW

How will you BOUNCE?



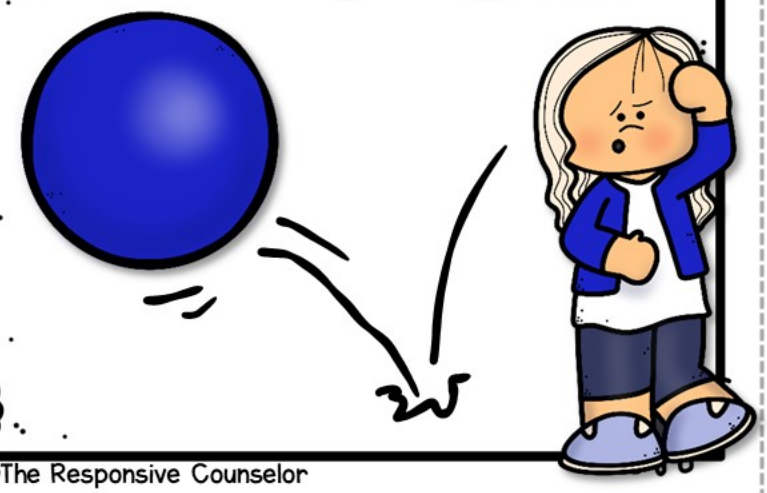
©The Responsive Counselor

How will you BOUNCE?



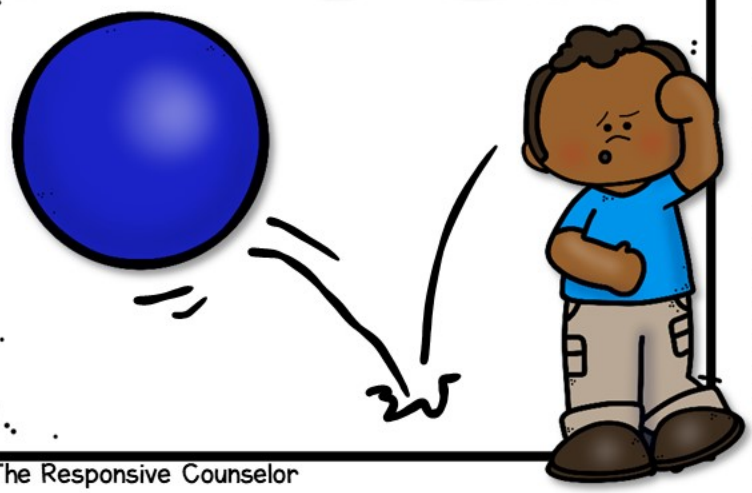
©The Responsive Counselor

How will you BOUNCE?



©The Responsive Counselor

How will you BOUNCE?



©The Responsive Counselor

PREVIEW

During centers time, your teacher told you to switch centers even though you weren't done and didn't want to.

How will you BOUNCE?

Your teacher accused you of talking even though it was actually someone else.

How will you BOUNCE?

Someone cut in front of you in line and when you asked them to move back to their spot, they made a mean face at you.

How will you BOUNCE?

Your teacher called on you even though you didn't raise your hand. You're worried that you don't know the answer.

How will you BOUNCE?

PREVIEW

Coping and Affirmation Practice

- It's easy for most children to practice coping strategies in lessons and when they are calm. It's a lot tougher for them in the moment/when they are dysregulated. This activity is meant to help students practice when their bodies are dysregulated in order to help them generalize the skill better.

- You can use the slides in the PPT or printed out pages for this.

- Show students the slide/page with the physical activity (jumping jacks, running in place, imagining something that would frighten them and getting a frightened body, imagining something that would anger them and getting an angered body)

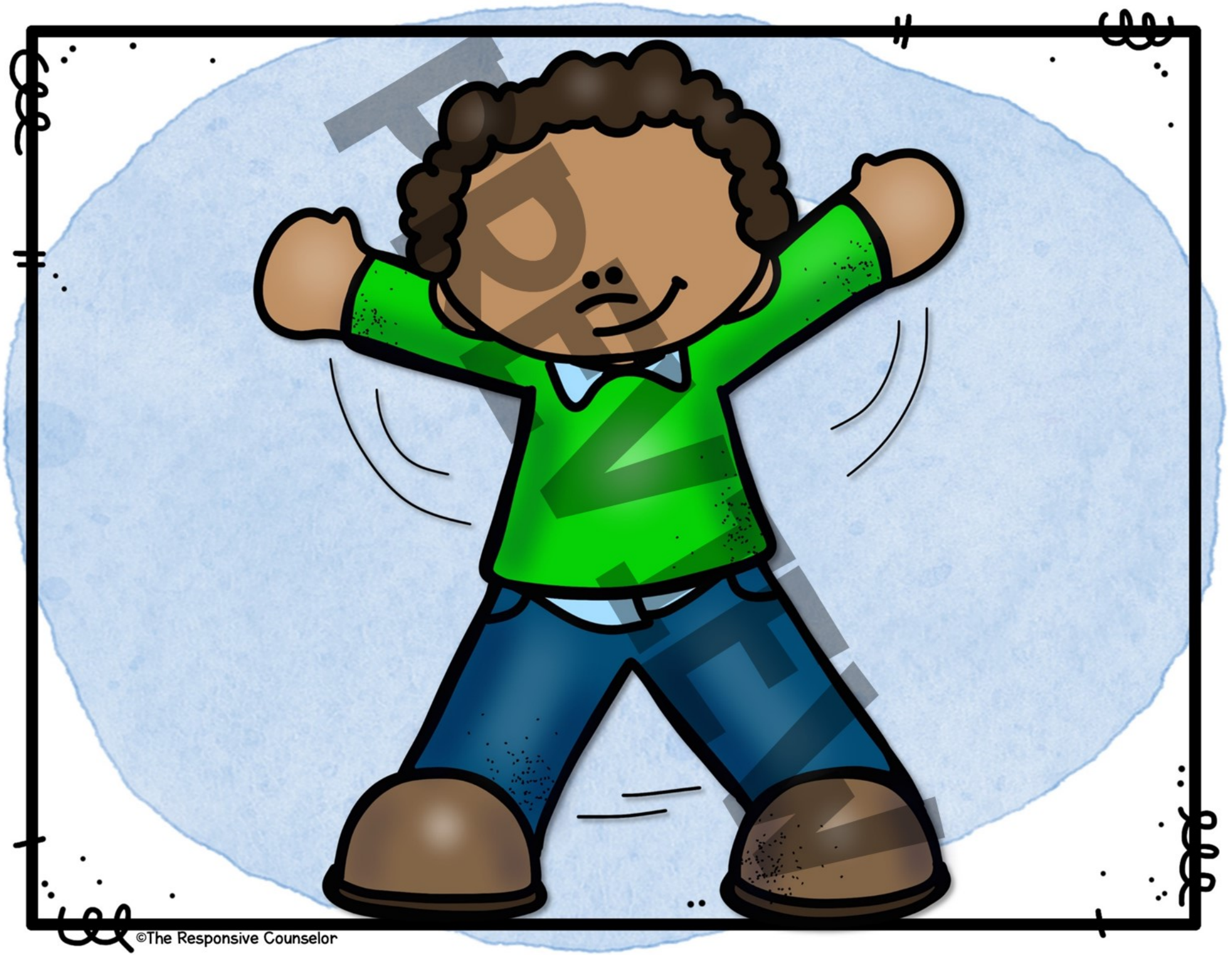
- Then flip to the next page/slide and help the students take three deep breaths,

- Then go to the next page/slide and help the student(s) read the affirmation three times.

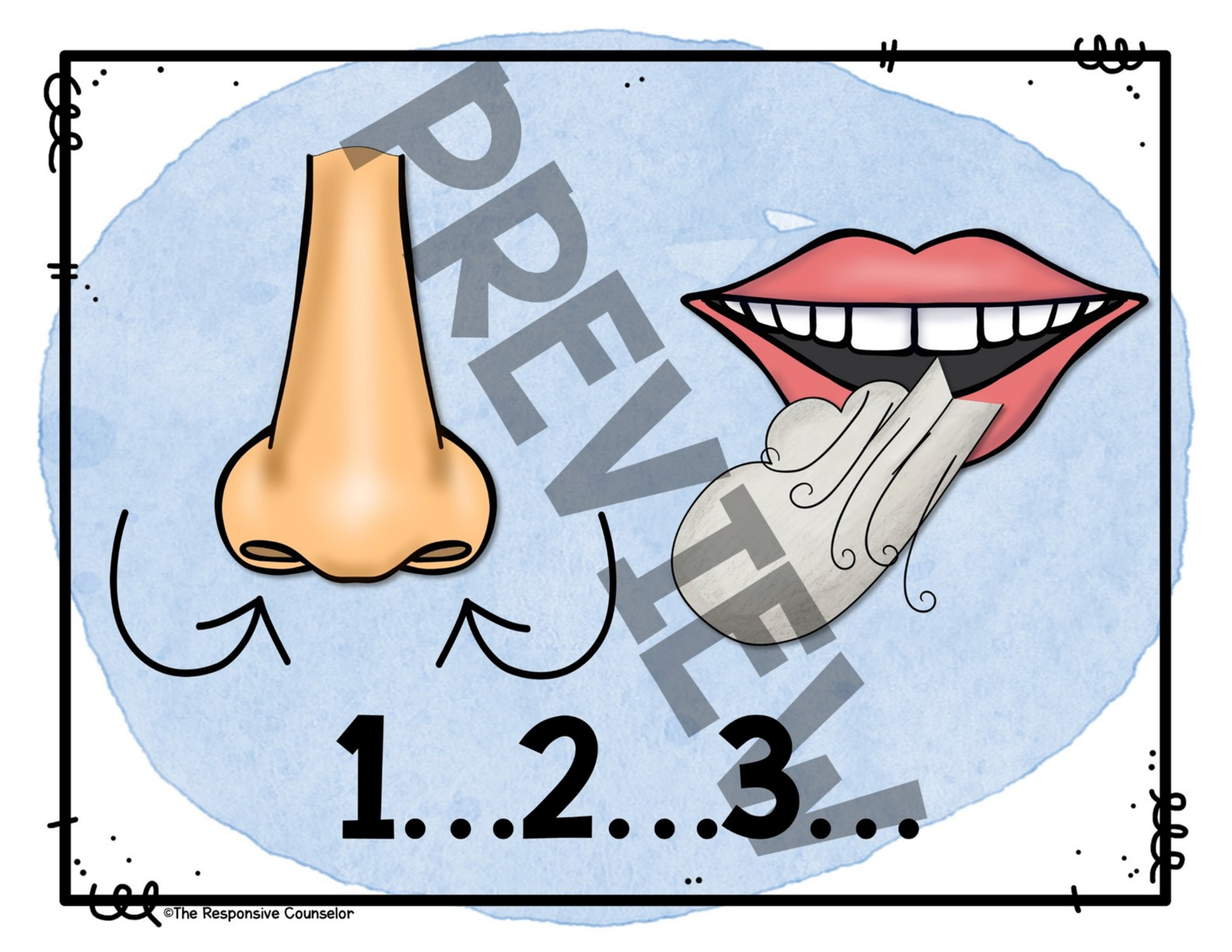
- Discuss how their bodies and brains feel!

PREVIEW

©The Responsive Counselor



©The Responsive Counselor


PREVIEW
1...2...3...
©The Responsive Counselor

©The Responsive Counselor

the RESPONSIVE counselor

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling: School Counseling and Clinical Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I also share my ideas and resources to reach students and help educators across the world!

Let's Connect: