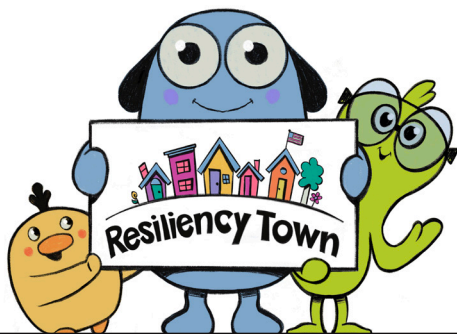


Day 3: Helping Myself Feel Better with Bounce Back Thinking

- Today in Resiliency Town students learned ways to manage their **BIG** feelings.
- Students learned 3 different types of relaxation skills: Candle Breathing, Belly Breathing and Progressive Muscle Relaxation. **You can find instructions for each of these by scanning the QR code at the bottom of this page.** There are many different breathing and relaxation methods. These are just a few that are easy enough for young children to utilize but can certainly be utilized by adults as well.
- We also learned about “Bounce Back Thinking”. “BB Thinking” is what you may call positive affirmations or positive self-talk. It means having positive statements that you can say to yourself to help you cope with difficult feelings. These statements are generally very short such as “I can do this”, “I am strong”, or “I can figure this out”. While we practiced saying these out loud, typically, people are more likely to say them to themselves during difficult times.
- The list of other healthy coping skills is endless. **To be resilient, we need to have multiple coping techniques that we can use for different situations.** What works for one situation, or one person might not work for others or for all situations.
- It is especially important to learn and practice coping skills when you are calm and not overly stressed. These are skills that, when practiced regularly, can be called on in a moment’s notice.
- We appreciate you taking the time to bring your child to Resiliency Town. We hope that you will use this opportunity to talk more with your child about your feelings and the ways that you cope with them. You serve as a model for them when they see you manage your **BIG** feelings well.
- There are activities in the take home book each day that your child can work on independently and there will always be an activity that you, or another adult or teen in your home can do with your child.
- We have put together a list of websites and videos that support the lesson for each day of Resiliency Town. They are purposefully short, but informative, as we understand that your time is valuable. **This information can be accessed by scanning the QR code below.**
- **We welcome and value your feedback.** If there are ways we can improve upon your child’s experience in Resiliency Town, please feel free to speak to one of the group leaders directly, or contact **Chris Ruma-Cullen, Director of Prevention Services** at **216-320-8203** or **cullenc@bellefairejcb.org**.



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