



# Mental Health Awareness Week

## Building Resiliency



**Grades 5-8**

## **BOUNCING BACK**

**Time:** 30 minutes

**Materials:** Tennis ball, “Resiliency” YouTube video: [sdsfec.org/MHAW-W2](https://sdsfec.org/MHAW-W2)

### **Directions:**

Write the word “Resiliency” on the board. Ask students what it means to them. Help them understand that resiliency is the ability to recover or “bounce back” from difficult or stressful events.

Gently bounce the tennis ball off the floor and ask students to notice what happens. It “bounces back.” Engage in discussion about “bouncing back” using the questions on the right. Add your own as you see fit.

Finish by watching a video featuring people that mastered “bouncing back.” Discuss their stories if time is available.



### **DISCUSSION QUESTIONS**

- What makes the ball bounce back? (hint: what’s inside or what it’s made out of)
- How does that relate to being resilient?
- How does being resilient relate to mental health?
- If I had a bowling ball here, and dropped it, would it bounce back?
- What would prevent it from bouncing back very far? (too heavy)
- Sometimes life can get too heavy. Can you think of some things that are so heavy, it would be hard to bounce back from?