

Bounce Back Materials Organizer

Materials such as pencils, pens, markers, highlighters, newsprint, tape, snacks, water, hall passes, etc. are needed throughout, in every session.

Session 1 (Treatment Expectations, Introductions, and Psychoeducation)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Session 1 Manual • M&Ms (Multicolored) • Folders • Rewards for Behavioral Program • Know the number of students in the school and calculate the number that is 25% and 10% of that number 	<ul style="list-style-type: none"> • Agenda • Group Rules Poster 	<ul style="list-style-type: none"> • Confidentiality Agreement • 'Prevalence and Normalization' Sheet • 'Goals' Home Practice • Session 1 Letter to Parents

Session 2 (Rationale, Feelings and Positive Activities, and Normalizing Common Reactions)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Session 2 Manual • Group Rules • "A Terrible Thing Happened" • "Sometimes I'm A Pillow" • Rewards for Behavioral Program 	<ul style="list-style-type: none"> • Agenda • CBT Triangle • Feelings Flashcards • Feelings Grab-bag • 'Our Feelings Poster' 	<ul style="list-style-type: none"> • 'Common Reactions to Stress or Trauma' Parent Handout • 'Practice Sheet Session 2' Home Practice • Session 2 Letter to Parents

Session 3 (Body Feelings [Physiological Arousal] and Relaxation Training)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Session 3 Manual • Group Rules and CBT Triangle • Small Stuffed Animals or Toys for Breathing • Rewards for Behavioral Program • Muscle Relaxation Script 	<ul style="list-style-type: none"> • Agenda • Feeling Thermometer Poster • Body Feelings Poster 	<ul style="list-style-type: none"> • 'Feeling Thermometer' Sheet • 'Body Feeling Worksheet' Activity • 'Session 3 Practice Sheet' Home Practice • Muscle Relaxation Pictures Handout • Session 3 Letter to Parents

Session 4 (Using Helpful Thoughts)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none">• Session 4 Manual• Group Rules, CBT Triangle, and Feeling Thermometer• Rewards for Behavioral Program• Muscle Relaxation Script• Small Stuffed Animals or Toys for Breathing	<ul style="list-style-type: none">• Agenda• Courage Cards	<ul style="list-style-type: none">• Cartoons #1-6• Cave People Cartoon• 'Session 4 Practice Sheet' Home Practice• Session 4 Letter to Parents

Session 5 (" I Can Do It Ladder " [In vivo Exposure Hierarchy])

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none">• Session 5 Manual• Group Rules, CBT Triangle, and Feeling Thermometer• Rewards for Behavioral Program• Muscle Relaxation Script• Small Stuffed Animals or Toys for Breathing	<ul style="list-style-type: none">• Agenda	<ul style="list-style-type: none">• 'I Can Do It Ladder' Handout• 'Session 5 Practice Sheet' Home Practice• Session 5 Letter to Parents

Session 6 (Review Coping Skills)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none">• Session 6 Manual• Group Rules, CBT Triangle, and Feeling Thermometer• Treasure Hunt Supplies (Our Feelings Poster, Body Feelings Poster, stuffed animals or toys, Courage Cards, cartoon thought bubble scenarios, I Can Do It Ladder, "A Terrible Thing Happened", a small prize for each child)• Rewards for Behavioral Program• Muscle Relaxation Script• Small Stuffed Animals or Toys for Breathing	<ul style="list-style-type: none">• Agenda• Treasure Hunt Clues (with envelopes)	<ul style="list-style-type: none">• 'Session 6 Practice Sheet' Home Practice• Session 6 Letter to Parents

Session 7 (Social Support and Problem Solving)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Session 7 Manual • Group Rules, CBT Triangle, and Feeling Thermometer • “The Invisible String” • Various Art and Writing Materials • Rewards for Behavioral Program • Muscle Relaxation Script • Small Stuffed Animals or Toys for Breathing 	<ul style="list-style-type: none"> • Agenda 	<ul style="list-style-type: none"> • ‘Who Is on Your Team’ Activity • ‘What To Do When My Feeling Thermometer is Rising’ Activity • ‘Session 7 Practice Sheet’ Home Practice • Session 7 Letter to Parents

Session 8 (Practice with Problem Solving)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Group Rules, CBT Triangle, and Feeling Thermometer • Props for Role Play (Tray and Milk Carton) • Rewards for Behavioral Program • Muscle Relaxation Script • Small Stuffed Animals or Toys for Breathing 	<ul style="list-style-type: none"> • Agenda • Role Play Cards 	<ul style="list-style-type: none"> • ‘What To Do When Your Feeling Thermometer is Rising’ Activity • ‘Session 8 Practice Sheet’ Home Practice • Session 8 Letter to Parents

Session 9 (Review, Check Hierarchy Progress, Relapse Prevention)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Group Rules, CBT Triangle, and Feeling Thermometer • Various Art and Writing Materials • Rewards for Behavioral Program • Muscle Relaxation Script • Small Stuffed Animals or Toys for Breathing 	<ul style="list-style-type: none"> • Agenda • Poster for Consolidation Project 	<ul style="list-style-type: none"> • ‘Putting It All Together: Tools You Can Use’ Handout • ‘Session 9 Review Trivia Game Examples’ Activity • Session 9 Practice Sheet • Session 9 Letter to Parents

Session 10 (Graduation/Celebration)

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Agenda, Group Rules, and CBT Triangle • Consolidation Project Materials • Various Art and Writing Materials • Rewards for Behavioral Program • Muscle Relaxation Script • Small Stuffed Animals or Toys for Breathing 	<ul style="list-style-type: none"> • Agenda • Bounce Back Take Home Bags (e.g., CBT triangle, feelings cards, team banner, stuffed animal, courage card, ladder, crayon and pad of paper, thermometer, bouncy ball) 	<ul style="list-style-type: none"> • Session 10 Letter to Parents

Individual Sessions

TO BRING	TO MAKE	TO COPY
<ul style="list-style-type: none"> • Various Art and Writing Materials • Feeling Thermometer 		<ul style="list-style-type: none"> • 'My Story Outline' Activity • 'Tips for Listening to Your Child' Parent Handout

Parent Education Sessions

TO BRING	TO MAKE	TO COPY
<p>SESSION 1:</p> <ul style="list-style-type: none"> • CBT Triangle • Feeling Thermometer • Muscle Relaxation Script <p>SESSION 2:</p> <ul style="list-style-type: none"> • Cave People Cartoon • Courage Card Example • Session 4 Practice Sheet • I Can Do It Ladder <p>SESSION 3:</p> <ul style="list-style-type: none"> • "The Invisible String" 	<p>SESSION 1:</p> <ul style="list-style-type: none"> • Agenda <p>SESSION 2:</p> <ul style="list-style-type: none"> • Agenda <p>SESSION 3:</p> <ul style="list-style-type: none"> • Agenda 	<p>SESSION 1:</p> <ul style="list-style-type: none"> • 'Common Reactions to Stress or Trauma' Handout • Feelings Flashcards <p>SESSION 2:</p> <ul style="list-style-type: none"> • 'Tips for Listening to Your Child' Parent Handout <p>SESSION 3:</p> <ul style="list-style-type: none"> • 'Who Is on Your Team' Activity • 'Session 8 Practice Sheet, Page 2' • 'What To Do When Your Feeling Thermometer is Rising' Activity