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)

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</table>
| • 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 | • Agenda  
• Group Rules Poster | • 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)

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</table>
| • Session 2 Manual  
• Group Rules  
• “A Terrible Thing Happened”  
• “Sometimes I’m A Pillow”  
• Rewards for Behavioral Program | • Agenda  
• CBT Triangle  
• Feelings Flashcards  
• Feelings Grab-bag  
• ‘Our Feelings Poster’ | • ‘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)

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</table>
| • Session 3 Manual  
• Group Rules and CBT Triangle  
• Small Stuffed Animals or Toys for Breathing  
• Rewards for Behavioral Program  
• Muscle Relaxation Script | • Agenda  
• Feeling Thermometer Poster  
• Body Feelings Poster | • ‘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)**

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</table>
| • Session 4 Manual  
• Group Rules, CBT Triangle, and Feeling Thermometer  
• Rewards for Behavioral Program  
• Muscle Relaxation Script  
• Small Stuffed Animals or Toys for Breathing | • Agenda  
• Courage Cards | • 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])**

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| • Session 5 Manual  
• Group Rules, CBT Triangle, and Feeling Thermometer  
• Rewards for Behavioral Program  
• Muscle Relaxation Script  
• Small Stuffed Animals or Toys for Breathing | • Agenda  
• ‘I Can Do It Ladder’ Handout  
• ‘Session 5 Practice Sheet’ Home Practice  
• Session 5 Letter to Parents | |

**Session 6 (Review Coping Skills)**

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</table>
| • 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 | • Agenda  
• Treasure Hunt Clues (with envelopes) | • ‘Session 6 Practice Sheet’ Home Practice  
• Session 6 Letter to Parents |
### Session 7 (Social Support and Problem Solving)

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</table>
| • 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 | • Agenda | • ‘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)

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| • 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 | • Agenda  
• Role Play Cards | • ‘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)

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• Various Art and Writing Materials  
• Rewards for Behavioral Program  
• Muscle Relaxation Script  
• Small Stuffed Animals or Toys for Breathing | • Agenda  
• Poster for Consolidation Project | • ‘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)

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| • 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 | • 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) | • Session 10 Letter to Parents |

### Individual Sessions

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| • Various Art and Writing Materials  
• Feeling Thermometer | | • ‘My Story Outline’ Activity  
• ‘Tips for Listening to Your Child’ Parent Handout |

### Parent Education Sessions

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<tr>
<th>TO BRING</th>
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</table>
| SESSION 1:  
• CBT Triangle  
• Feeling Thermometer  
• Muscle Relaxation Script | SESSION 1:  
• Agenda | SESSION 1:  
• ‘Common Reactions to Stress or Trauma’ Handout  
• Feelings Flashcards |
| SESSION 2:  
• Cave People Cartoon  
• Courage Card Example  
• Session 4 Practice Sheet  
• I Can Do It Ladder | SESSION 2:  
• Agenda | SESSION 2:  
• ‘Tips for Listening to Your Child’ Parent Handout |
| SESSION 3:  
• “The Invisible String” | SESSION 3:  
• Agenda | SESSION 3:  
• ‘Who Is on Your Team’ Activity  
• ‘Session 8 Practice Sheet, Page 2’  
• ‘What To Do When Your Feeling Thermometer is Rising’ Activity |