BOUNCE BACK · BY THE CENTRE OF ATTUNED SPORT

BOUNCE *BACK.*

A six-week basketball program that teaches children in grades 1 to 8 to name what they feel, reset after mistakes, and stay in the game. Free for families, delivered on site in schools, clubs and community programs.

6	60	8–10	1–8
WEEKS	MINUTES / WEEK	CHILDREN / GROUP	GRADES



Why it matters

67%
Rise in violent incidents in Toronto District School Board schools, 2017–18 to 2022–23.

1,000+
Times the TDSB activated its suicide-risk protocol in 2023 alone.

522
Student well-being positions funded at the TDSB in 2021, then cut in 2023.

What children learn

- Naming emotions and noticing body cues
- Understanding stress, frustration and pressure
- Building a personal reset strategy
- Practising confidence after mistakes
- Managing intensity and anger
- Communicating and contributing to a team

Built for the kid who

- Gets anxious before games, tryouts or tests
- Falls apart after a mistake
- Shuts down when corrected, or has outbursts
- Won't try in case they fail
- Struggles with conflict or feeling left out
- Holds it together at school, then melts down at home

PSYCHOEDUCATIONAL, NOT THERAPY

Bounce Back teaches skills and language. No diagnosis is needed, nothing goes on a student record, and any staff member can reinforce it afterwards. Designed by a Registered Social Worker; trauma-informed and aligned with CASEL's social and emotional learning framework.

One hour. Five parts. Every week.

Check-in
Naming feelings and body cues before a ball is touched.

Warm-up
Drills tied to the week's emotional skill.

Play
Real games, with coaching in the moments that matter.

Cool-down
Journaling and peer sharing about what just happened.

Closing circle
One strategy to keep, one prompt to take home.

Six weeks, two age-matched curricula

WEEK	GRADES 1–5	GRADES 6–8
1	Big feelings on the court: *Feelings Dribble*	Awareness in action: *Emotion Mapping*
2	Trying again: *Miss & Reset Drill*	Reset after frustration: *3-Second Reset*
3	Confidence in motion	Confidence and growth mindset
4	Cooling down	Intensity vs. anger
5	Friends on the court	Teamwork and leadership
6	Team celebration and gratitude	Tournament and gratitude

What changes in six weeks

WHAT YOU SEE NOW		AFTER SIX WEEKS
Melts down after a mistake	→	Names the feeling and tries again
Can't say what's wrong	→	Identifies 3–5 emotions and a body cue
Freezes or explodes under pressure	→	Uses 2–3 coping strategies
Pulls away from the group	→	Engages positively with peers

What every host receives

- A pre-planning session to align goals and schedule
- Six on-site sessions by trained facilitators and a paid youth mentor
- Clinical oversight from a Registered Social Worker
- Pre- and post-program assessment for every child
- Caregiver toolkit and take-home skill cards
- Staff debrief and a one-page results summary

Investment

$5,000 PER COHORT

Ten children, six weeks, all staffing, equipment, assessments and toolkits. Free for families.

- **$500** sponsors one child
- **$1,500** funds a paid youth mentor
- **$5,000** funds a full cohort
- **$10,000** founding partner: two cohorts plus the evaluation report

BRING BOUNCE BACK TO YOUR COMMUNITY

Request a program conversation at centreofattunedsport.com/bounceback