

Supporting Students Returning to Class After Bounce Back Group Sessions

Playful, engaging strategies to help young students regulate emotions, strengthen coping skills, and transition back to the classroom after group sessions.



Movement-Based Regulation Activities

- **Stuffed Animal Breathing:** Place a stuffed animal on the tummy and watch it rise and fall with each breath.
- **Simon Says Stretch:** Lead students through gentle stretches or movements.
- **Shake It Out:** Students shake out arms, legs, and shoulders to release tension.
- **Tension & Release:** Students tense a body part for 5 seconds, then relax.



Story & Literacy-Based Activities

- **Story Time Reset:** Read a short book highlighting coping skills, calmness, or problem-solving.
- **Character Coping Discussion:** After reading, ask students how the character could calm down or solve a problem.
- **Story Reenactment:** Students act out calm solutions with puppets or stuffed animals.



Predictable Transition Routine

Create a **consistent, visual routine** to support smooth classroom re-entry:

1. Water break
2. Breathing with stuffed animals
3. Check feelings chart or share emotion
4. Quick movement or game
5. Return to classroom activity

SENSORY TOOLS



Provide stress balls, textured objects, or putty to squeeze while practicing calm thoughts.

STUDENTS' CHOICE



Create a spinner with these strategies. Students spin to choose how to reset before class.

ADDITIONAL RESOURCES + SUPPORT

[Click here to browse the Google drive for more resources and tools for working with younger children.](#)

For additional support, contact:

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Bouncing Back to Class



1 DRINK WATER



2 BREATHE
with a stuffie, if you want!



3 CHECK YOUR FEELINGS



4 MOVE YOUR BODY



5 READY FOR CLASS!