

Building Connections and Bounce Back!

Building Connections is the ideal complement to *Bounce Back!* Teachers can use the books for shared reading, Circle Time, as warm-ups, for consolidation, independent reading or take-home reading. Please use your own judgement when considering the suitability of the titles for your students but this correlation will give you a starting point, matching *Building Connections* titles to *Bounce Back!* units and lessons.

For PreK/Foundation/K

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| Bounce Back! A Positive Education approach to wellbeing, resilience and social-emotional learning Years F–2 | | 9781488618741 |
| Building Connections Grade PreK Classroom Pack | | 9798765910443 |
| <i>Building Connections</i> title | Blurb | Suitable <i>Bounce Back!</i> Years F–2 curriculum units and lessons |
| Words Are Not for Hurting | This book teaches children that their words belong to them: they can think before they speak, then choose what to say and how to say it. It also explores positive ways to respond when others use unkind words and reinforces the importance of saying ‘I’m sorry.’ | Unit 2: Social values <ul style="list-style-type: none"> • It’s important to be kind • Showing respect Unit 6: Emotions Unit 7: Relationships <ul style="list-style-type: none"> • Good and bad ways to disagree Unit 9: Being safe <ul style="list-style-type: none"> • Put-downs are not okay |
| We Check in With Each Other | Help young children understand that it’s okay to establish personal boundaries and change their minds. | Unit 1: Core values <ul style="list-style-type: none"> • It’s okay to be different Unit 4: Courage <ul style="list-style-type: none"> • The courage to be yourself Unit 6: Emotions <ul style="list-style-type: none"> • Empathy: How are others feeling? Unit 7: Relationships |
| We Accept No | A story about accepting no for an answer and how to handle the feeling of rejection. | Unit 2: Social values <ul style="list-style-type: none"> • Showing respect Unit 6: Emotions <ul style="list-style-type: none"> • All lessons except ‘Be the boss of your jealous feelings’ |
| Share and Take Turns | A story about practising sharing, understanding how and why to share, and realising the benefits of sharing. | Unit 2: Social values <ul style="list-style-type: none"> • It’s important to be kind |

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| | | Unit 7: Relationships <ul style="list-style-type: none"> • Being a good friend |
| Join In and Play | This book teaches the basics of cooperation, getting along, making friends and being a friend. | Unit 7: Relationships |
| I Love You All the Time | Reassure children that they are loved and loveable no matter the ups and downs of the day with words of affirmation for children. | Unit 2: Social values <ul style="list-style-type: none"> • Our family is kind and supports us Unit 3: People Bouncing Back |
| Grow Strong: A Book About Healthy Habits | Establishing patterns of a healthy diet, exercise, and sleep helps children stay physically active, make friends, learn well, and enjoy emotional health – all of which lead to greater happiness. | Unit 3: People Bouncing Back <ul style="list-style-type: none"> • Good food and sleep help us to bounce back |
| From A to Z with Energy!: 26 Ways to Move and Play | Watch the alphabet come to life as children run and twirl and jump and play and learn their way through the ABCs! | Good warm-up to get students moving. |
| Hands Are Not for Hitting | It's never too soon for children to learn that violence is never okay, hands can do many good things, and everyone is capable of positive, loving actions. | Unit 6: Emotions <ul style="list-style-type: none"> • Be the boss of your angry feelings |
| Feel Confident!: A Book About Self-esteem | Empower children to recognise their individual worth and develop confidence in themselves, their abilities and the choices they make. | Unit 2: Social values <ul style="list-style-type: none"> • Showing respect Unit 10: Success (STAR) |
| Be Positive!: A Book About Optimism | A sense of optimism is a key ingredient to success in life. Guide young children to develop a positive outlook and discover how the choices they make can lead to feeling happy and capable. | Unit 3: People bouncing back Unit 5: Looking on the bright side |
| Germs Are Not For Sharing | This book teaches the basics of not spreading germs: cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! | Unit 2: Social Values <ul style="list-style-type: none"> • Showing respect Unit 3: People bouncing back <ul style="list-style-type: none"> • Bouncing back from being sick or injured |

For Pre-Foundation or K

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| Bounce Back! A Positive Education approach to wellbeing, resilience and social-emotional learning Years F–2 | | 9781488618741 |
| Building Connections Grade K Classroom Pack | | 9798765910450 |
| Building Connections title | Blurb | Suitable <i>Bounce Back!</i> Years F–2 curriculum units and lessons |
| You Wonder All the Time | This affirming book celebrates curiosity and the thought-provoking questions children ask. | Good warm-up |
| You Have Feelings All the Time | Help children develop emotional literacy by naming and normalising emotions. | Unit 6: Emotions Unit 8: Humour |
| Worries Are Not Forever | Give young children strategies to ease anxieties and worries and feel better again. | Unit 3: People bouncing back Unit 4: Courage Unit 5: Looking on the bright side Unit 6: Emotions |
| Talk and Work It Out | This book covers the best way to solve problems between people – by talking them over and working them out. | Unit 3: People bouncing back <ul style="list-style-type: none"> • Other people can help if you talk to them Unit 10: Success <ul style="list-style-type: none"> • Solving problems |
| Sometimes When I’m Mad | Help young children recognise difficult feelings and learn anger management techniques. | Unit 6: Emotions |
| Respect and Take Care of Things | This book encourages children to pick up after themselves, put things back where they belong and ask permission to use things that don’t belong to them. It also teaches simple environmental awareness: respecting and taking care of the earth. | Unit 1: Core values <ul style="list-style-type: none"> • Being responsible • Showing respect Unit 7: Relationships Unit 10: Success <ul style="list-style-type: none"> • Be the boss of yourself. Be organised |
| Know and Follow Rules | This book starts with simple reasons why we have rules: to help us stay safe, learn, be fair and get along. Then it presents just four basic rules: ‘Listen,’ ‘Best Work,’ ‘Hands and Body to Myself’, and ‘Please and Thank You’. | Unit 2: Social values Unit 6: Emotions Unit 7: Relationships Unit 10: Success |
| I’m Like You, You’re Like Me | Children learn to appreciate the ways they are alike and affirm their individual differences | Unit 1: Core values <ul style="list-style-type: none"> • It’s okay to be different Unit 2: Social values <ul style="list-style-type: none"> • Showing respect |

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| | | Unit 4: Courage <ul style="list-style-type: none"> • The courage to be yourself |
| F Is for Feelings | An alphabet-book format to share and reinforce emotional language and the ideas that while some feelings are more comfortable than others, all emotions are natural and important. | Unit 4: Courage Unit 6: Emotions Unit 7: Relationships <ul style="list-style-type: none"> • Good and bad ways to disagree |
| Be Polite and Kind | This book helps children understand the importance of showing politeness, speaking kindly, using basic courtesies ('please', 'thank you', 'excuse me') and respecting the feelings of others. | Unit 2: Social values |
| Be Honest and Tell the Truth | Words and pictures help young children discover that being honest in words and actions builds trust and self-confidence. They also learn that telling the truth sometimes takes courage and tact. | Unit 1: Core values <ul style="list-style-type: none"> • Being honest Unit 4: Courage <ul style="list-style-type: none"> • The courage to be yourself |
| Accept and Value Each Person | This book introduces diversity and related concepts: respecting differences, being inclusive and appreciating people just the way they are. | Unit 1: Core values <ul style="list-style-type: none"> • It's okay to be different Unit 2: Social values <ul style="list-style-type: none"> • Showing respect Unit 4: Courage <ul style="list-style-type: none"> • The courage to be yourself |

For Year 1

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| Bounce Back! A Positive Education approach to wellbeing, resilience and social-emotional learning Years F–2 | | 9781488618741 |
| Building Connections Grade 1 Classroom Pack | | 9798765910467 |
| <i>Building Connections</i> title | Blurb | Suitable <i>Bounce Back!</i> Years F–2 curriculum units and lessons |
| Zach Apologises | This book teaches children social skills using a strategy presented as the ‘four-square’ apology. | Unit 2: Social values <ul style="list-style-type: none"> • It’s important to be kind • Showing respect Unit 7: Relationships Unit 10: Success (STAR) <ul style="list-style-type: none"> • Mistakes help you learn • Solving problems |
| We Can Get Along: A Child’s Book of Choices | This book is about teaching tolerance and encouraging acts of kindness. | Unit 1: Core values <ul style="list-style-type: none"> • It’s okay to be different Unit 2: Social values <ul style="list-style-type: none"> • It’s important to be kind • Showing respect Unit 6: Emotions <ul style="list-style-type: none"> • Empathy: How are others feeling? |
| Voices Are Not for Yelling | This book introduces and reinforces where and when to use an ‘indoor voice’ or an ‘outdoor voice’. Children learn that they can quiet their voice and use their words to talk about a problem. | Unit 6: Emotions Unit 10: Success (STAR) <ul style="list-style-type: none"> • Solving problems |
| Sometimes When I’m Bored | Helping young children learn how to redirect feelings of boredom deepens problem-solving skills and builds the ability to shift negative thoughts to more positive ones. | Unit 6: Emotions |
| Screen Time Is Not Forever | This book offers children and families a starting point for limiting screen time and making the most of the time with screens and without. | Unit 7: Relationships |
| Reach Out and Give | This book begins with the concept of gratitude because feeling grateful is a powerful motivator. It shows children can contribute to their community in simple, yet meaningful ways. | Unit 2: Social values Unit 5: Looking on the bright side <ul style="list-style-type: none"> • Being thankful and grateful |

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| Listen and Learn | Knowing how to listen is essential to learning, growing and getting along with others. | Unit 7: Relationships <ul style="list-style-type: none"> • Being a good listener |
| I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings | This book teaches children that mixed feelings are natural, but they can be confusing. | Unit 6: Emotions Unit 7: Relationships <ul style="list-style-type: none"> • Dealing with feeling shy and lonely |
| Forgive and Let Go!: A Book About Forgiveness | Help children develop their forgiveness skills, learn how to accept an apology and move on without holding grudges. At the same time, encourage children to let go of disappointment and to accept when things don't go the way they hope. | Unit 5: Looking on the bright side Unit 6: Emotions Unit 7: Relationships |
| Dream On!: A Book About possibilities | Thinking about dreams and goals can help children cope with challenges when they arise and view life through a hopeful lens. | Unit 5: Looking on the bright side Unit 10: Success (STAR) |
| Be Careful and Stay Safe | This book teaches children how to avoid potentially dangerous situations, ask for help, follow directions, use things carefully and plan ahead. | Unit 3: People bouncing back <ul style="list-style-type: none"> • Other people can help if you talk to them Unit 4: Courage <ul style="list-style-type: none"> • Don't be foolish |
| 1-2-3 My Feelings and Me | Using a counting format, this book helps children understand their feelings better, giving them coping strategies for communicating and managing emotions more effectively. | Unit 6: Emotions Unit 5: Looking on the bright side |

For Year 2

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| Bounce Back! A Positive Education approach to wellbeing, resilience and social-emotional learning Years F–2 | | 9781488618741 |
| Building Connections Grade 2 Classroom Pack | | 9798765910474 |
| Building Connections title | Blurb | Suitable <i>Bounce Back!</i> Years F–2 curriculum units and lessons |
| Zach Makes Mistakes | This book is about how everyone makes mistakes and how to use mistakes to grow and develop a growth mindset. | Unit 3: People bouncing back <ul style="list-style-type: none"> Nobody is perfect – not you and not others Unit 10: Success <ul style="list-style-type: none"> Mistakes help you learn |
| Zach Hangs in There | A book that teaches children how to persevere when things get difficult through positive self-talk. | Unit 5: Looking on the Bright Side <ul style="list-style-type: none"> Be a positive tracker Unit 10: Success |
| Waiting Is Not Forever | Learning self-control and delayed gratification will set up children for success in school and in social settings. This book shows that practising patience is the key. | Unit 6: Emotions Unit 10: Success |
| Stand Tall!: A Book About Integrity | Support children in knowing right from wrong, making positive decisions, keeping promises and staying true to themselves. | Unit 1: Core values Unit 2: Social values Unit 4: Courage <ul style="list-style-type: none"> The courage to be yourself Don't be foolish Unit 7: Relationships |
| Ollie Outside: Screen-free Fun | This book invites families to get away from the screen, to read together, get outdoors and focus on family fun. | Unit 7: Relationships |
| Just Because I Am | This book of sweet simple affirmations for children helps them respect their bodies, acknowledge their own needs and name their feelings. | Unit 2: Social values <ul style="list-style-type: none"> Self-respect is important Unit 4: Courage <ul style="list-style-type: none"> The courage to be yourself Unit 6: Emotions |
| Jayden's Impossible Garden | This timeless story is about a community garden and the power of perseverance. | Unit 7: Relationships Unit 10: Success |
| I Like Being Me: Poems About Kindness, Friendship, and Making Good Choices | Twenty-five rhyming poems invite children to believe in themselves, learn from mistakes, cooperate, share, help others, | Unit 1: Core values Unit 2: Social values Unit 7: Relationships |

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| | solve problems, be kind, tell the truth, make positive choices and more. | Unit 10: Success |
| I Can Play It Safe | This book teaches children (and helps adults reinforce) important rules to personal safety in a nonthreatening way. | Unit 9: Being safe |
| Have Courage!: A Book About Being Brave | Help children develop the attitudes and skills of courage and assertiveness to make wise choices and work through challenges. | Unit 4: Courage |
| Coasting Casey: A Tale of Busting Boredom in School | This story will speak to bored students and to any child who can – and wants to – do better and turn their ‘snores into scores’. | Unit 10: Success |
| Bounce Back!: A Book About Resilience | Resilience – the ability to recover or ‘bounce back’ from problems, hurt, or loss – is critical for social and emotional health and helps people feel happy, capable and in charge of their lives. | Unit 3: People bouncing back |

For Year 3

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| Bounce Back! A Positive Education approach to wellbeing, resilience and social-emotional learning Years 3–4 | | 9781488618734 |
| Building Connections Grade 3 Classroom Pack | | 9798765910481 |
| <i>Building Connections</i> title | Blurb | Suitable <i>Bounce Back!</i> Years 3–4 curriculum units and lessons |
| Zach Stands Up | This book is about learning how to be an upstander and finding courage to stand up to bullying. | Unit 4: Courage Unit 7: Relationships <ul style="list-style-type: none"> • Making and keeping friends Unit 9: Being safe |
| Y Is for Yet | Children learn how to adopt a growth mindset through the familiar structure of the ABCs. | Unit 10: Success |
| Weird!: A Story About Dealing with Bullying in Schools | One of three books that tells the story of an ongoing case of bullying from three third graders’ perspectives. In this title, Luisa describes being targeted by bullying. | Unit 1: Core values <ul style="list-style-type: none"> • It’s okay to be different Unit 7: Relationships <ul style="list-style-type: none"> • Making and keeping friends Unit 9: Being safe |
| Violet the Snowgirl: A Story of Loss and Healing | This story gives children permission to grieve and helps them develop positive coping skills. | Unit 3: People bouncing back |
| Tough!: A Story About How to Stop Bullying in Schools | One of three books that tells the story of an ongoing case of bullying from three third graders’ perspectives. In this title, Sam speaks from the point of view of someone initiating bullying. | Unit 7: Relationships <ul style="list-style-type: none"> • Making and keeping friends Unit 9: Being safe |
| Smarts: Everybody’s Got Them | This book explains and depicts the ways that everyone is smart and shows children how they can get better at each one – even when they make a mistake. | Unit 10: Success |
| Penelope Perfect: A Tale of Perfectionism Gone Wild | This encouraging story told in cheerful rhyme will speak to children who deal with perfectionism or other forms of anxiety. | Unit 3: People bouncing back <ul style="list-style-type: none"> • Nobody is perfect - not you or others Unit 4: Courage <ul style="list-style-type: none"> • Everyone feels anxious sometimes Unit 6: Emotions <ul style="list-style-type: none"> • Dealing with worries |
| Me and You and the Universe | This book teaches children about the importance of connecting with others, with nature and with themselves. | Unit 3: People bouncing back Unit 7: Relationships |

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| Lulu and the Hunger Monster | In this story illustrating the reality of childhood hunger and food insecurity, Lulu invites children into her world to help them understand what it's like to battle the Hunger Monster. | Unit 1: Core values <ul style="list-style-type: none"> • Social justice |
| Ease the Tease | Ten easy-to-learn strategies to help children ease the pain of teasing and stand up for themselves. | Unit 2: Social values <ul style="list-style-type: none"> • It's important to respect others Unit 9: Being safe |
| Dare!: A Story About Standing Up to Bullying in Schools | One of three books that tells the story of an ongoing case of bullying from three third graders' perspectives. In this title, Jayla shares her experience as a bystander to bullying. | Unit 9: Being safe |
| All You Can Imagine | Children learn how imagination gives them the power to connect to themselves, to others and to the world around them. | Unit 3: People bouncing back Unit 7: Relationships |