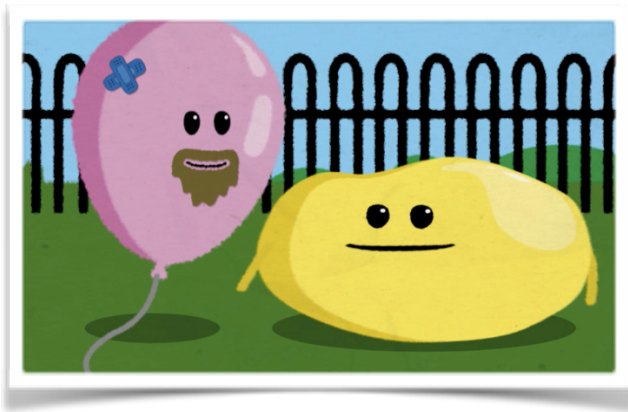


# BOUNCE BACK BARRY

A Pie Factory Music Production

## Purpose of the Film

Bounce Back Barry is all about making resilience accessible.



As a group of Young People we were given the task of developing a creative way to spread the key messages of HeadStart Kent. We came up with likeable, fun characters that could tell our story and make it easy to understand for all ages. We wanted to get across these key messages through writing a

catchy song and designing an animated film:

- Resilience is vital
- No one is alone
- We all need friends and people to talk to
- It is possible to 'bounce back' from difficult situations

We've targeted the film to a younger age group so that they receive the key positive messages about resilience and are better equipped to deal with challenges, as they get older.

1

### PURPOSE OF THE FILM

Why Bounce Back Barry?

2

### HEADSTART KENT

What's it all about?

3

### ACTIVITIES & PRACTICAL ADVICE

To help illustrate the messages in the film



A Pie Factory Music Production

[piefactorymusic.com](http://piefactorymusic.com)

01843 596777



[HeadStart@kent.gov.uk](mailto:HeadStart@kent.gov.uk)



We also hope that the film is viewed by the wider community and helps to introduce more people to the work of HeadStart Kent.

We wanted to keep the messages very simple to highlight the fact that this is useful for everyone in every walk of life.

**“Our short film, ‘Bounce Back Barry’ is part of our legacy. We’ve done a lot of work over the last two years and wanted to sum up some of the key messages.”**

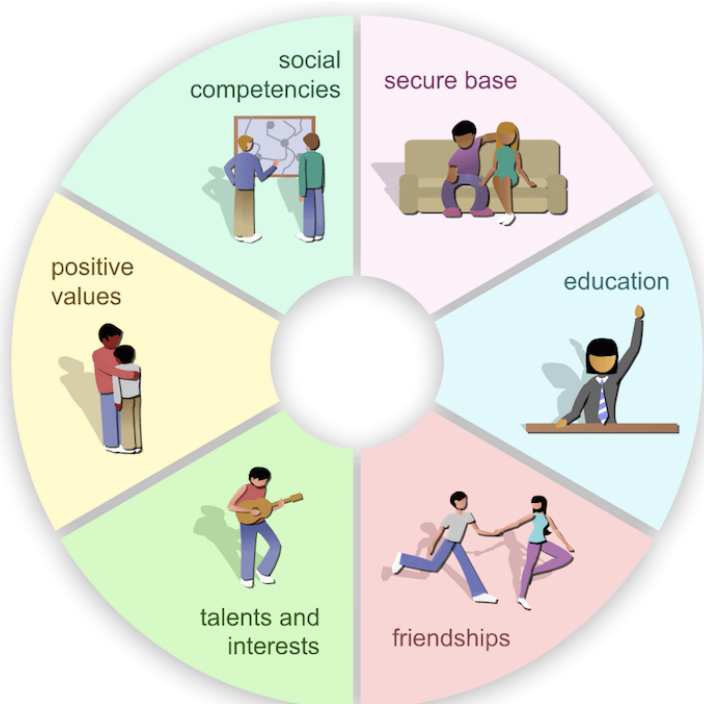
**Jenn Power, HeadStarter, Kent.”**



## HeadStart Kent

HeadStart Kent is funded by the Big Lottery Fund to support 10-16 year olds.

The HeadStart Kent programme is intended to help equip young people to better deal with difficult circumstances in their lives, so as to prevent them experiencing common emotional and mental health problems.



HeadStart Kent has explored and utilised restorative approaches through training a number of teachers, support staff and young people (restorative ambassadors) in order to develop the resilience of young people and families. Restorative approaches builds resilience, as it draws on interpersonal skills such as negotiation and assertiveness.

The idea is if we support young people to develop coping strategies at a young age then they will be able to successfully negotiate and navigate their own way to resources to sustain their mental health through difficult times. Underpinning HeadStart Kent’s approach is the resilience domains framework developed by Daniel & Wassal.

## Activities

### Deflated Dale Balloon

Resources:

- 1 balloon per person large enough to write on
  - Pens to write on balloon
1. Give every person a balloon (either already inflated or ask them to inflate it themselves).
  2. Ask people to write down things that make them feel stressed, nervous or unhappy on the balloon.
  3. Then on the count on 3 ask everyone to pop their own balloon



### Bounce Back Barry Ball

Resources:

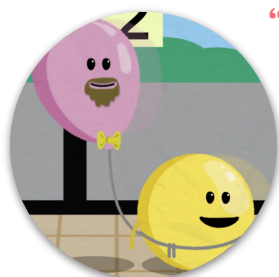
- Large Ball
  - Post it notes
1. Ask every person to write down things that make them happy or things that they like on separate post-it notes
  2. Ask each person to stick their post-it notes onto the Ball
  3. Ask each person to share in more detail one thing they wrote on the post-it note

## Practical Advice

Here is some advice from the Young People on how to go from feeling like Deflated Dale to Bounce Back Barry...

**“Everyone needs help sometimes, it’s OK to ask”**

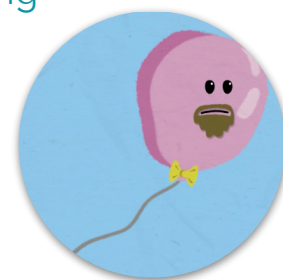
**“If you’ve fallen out with someone try to make things right between you and if you can’t, find someone else who can help you. The longer you leave things the worse it will get”**



**“Sometimes we just have to accept our differences and move on”**

**“We can still respect each other if we don’t always agree”**

**“Kindness goes a long way”**



Special Thanks to Elijah, Jack, Jenn, Sophie, Lauren, Ellie, Ali, Alfie, Jade, all of the other young people who contributed to the making of this film and to A&C Studio's.