

Bounce Back Race

STAY
ACTIVE

To help students experience resilience through movement by practising the act of "bouncing back" after falling. Uranus, with its unusual tilt and ability to stay steady despite spinning differently, reminds us that bouncing back is what makes us strong and special.



Learning Intentions

I can move my body in a fun and active way:

This develops gross motor skills and physical confidence.

I can practise bouncing back when something doesn't go my way:

This supports emotional resilience and persistence.

I can try again with a smile, even if I fall or feel frustrated:

This encourages self-regulation and a positive mindset.



Success Criteria

I can hop, fall gently, and bounce back up safely:

This supports coordination and body awareness.

I can stay positive when I fall or get stuck:

This builds resilience and self-belief.

I can cheer on my peers and keep trying with a smile:

This promotes kindness, teamwork, and emotional strength.



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Objective:

To help students experience resilience through movement by practising the act of “bouncing back” after falling. Uranus, with its unusual tilt and ability to stay steady despite spinning differently, reminds us that bouncing back is what makes us strong and special.

Players:

Ideal for 4–26 students in an open space

Materials:

- Soft mats or grassed area for safe play
- Cones or markers to set up lanes (optional)
- Music for energy (optional)

Time Required:

10–15 minutes

Setup:

Begin by reading the Uranus page from *The Playful Astronauts* and ask students:

- “What do we do when things go wrong?”
- “How do we bounce back like strong astronauts?”

Introduce the activity as a fun race where we practise hopping forward, falling gently, and bouncing back, just like real astronauts learning something new.

Gameplay:

Step 1 – Explain the Pattern:

Demonstrate the sequence:

1. **Hop forward three times**
2. **Gently fall to the ground** (onto knees or tummy, model safe falling)
3. **Bounce back up** with a smile or superhero pose
4. **Repeat until the finish line**

Remind students that falling is part of the fun, and the goal is to get up with courage and confidence.

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Step 2 – Start the Race:

In small groups, have students race across the space by repeating the pattern:

- Hop-hop-hop → fall → bounce!
- Add cheering music or countdowns for excitement.

Celebrate their efforts, not their speed.

Step 3 – Reflect as a Group:

Gather students together and ask:

- “Was it tricky to keep going?”
- “How did it feel when you bounced back up?”
- “What helps you when things are hard?”

Winning the Game:

Everyone who keeps trying and smiles when things go wrong is a winner. Uranus teaches us that resilience is not about being perfect; it's about getting up and moving forward every single time.

Variation:

In class, you can turn it into a team relay where students encourage each other after each fall. Have a designated start line and ‘turn’ line where the students must make it up to before turning around and making their way back to the next team member waiting in line.

Additional Notes:

The *Bounce Back Race* is a joyful, physical metaphor for resilience. It teaches students that falling is normal, and getting up is powerful. Just like Uranus continues to spin its own way, this activity empowers young learners to move forward with strength, energy, and the courage to try again.