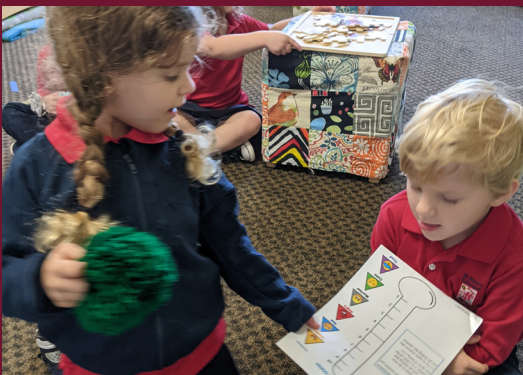


Center for the Study & Promotion of Communities, Families, & Children

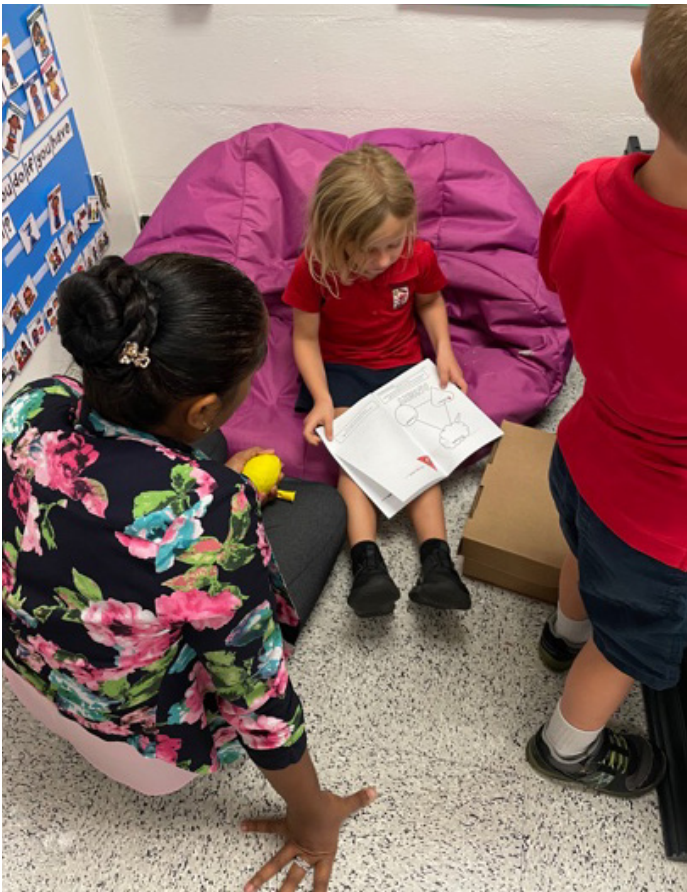


REBOUND & RECOVERY

Brevard County Program Implementation Summary



FALL 2021-SUMMER 2022



Implementation Summary

From September 2021 through July 2022, Rebound & Recovery was instituted in Brevard County as follows:

- 18 Classrooms received the program
- 2 Summer camp groups received the program
- 3 Schools participated in the program
- 19 Adult educators earned certification
- 10 Dual-enrolled HS students earned certification
- 294 Students participated
- 3 Students received the program privately



Fall 21 Summary

From September through December, 2021, Rebound & Recovery was instituted in Brevard County as follows:

- 3 Classrooms received the program
*1 voluntary pre-kindergarten (VPK), 3-4 year olds
2 VPK, 4-5 year olds*
- 2 Schools participated in the program
1 public high school VPK program, through which dual-enrolled students earn their childcare certification; 1 private pre-K through 6th school
- 5 Adult educators participated/earned certification
*3 VPK teachers, 1 VPK teaching aide
1 Head-of-School*
- 10 Dual-enrolled high school students participated
They assisted in providing the lessons, they implemented the program throughout the semester as needed, and earned certification
- 33 Students in classrooms participated
*8 in the 3-4 year old VPK classroom
25 in two different 4-5 year old VPK classrooms*
- 3 Students received R&R lessons privately
*1 2nd-grade student, 1 3rd-grade student, and 1 5th-grade student
At the request of the Head-of-School or parents who heard of the program*

What was your favorite part of the program?

“Watching the students implement the tools they have learned, on their own for themselves, and with their classmates.” ~ Ms. K.

Spr-Su 2022 Summary

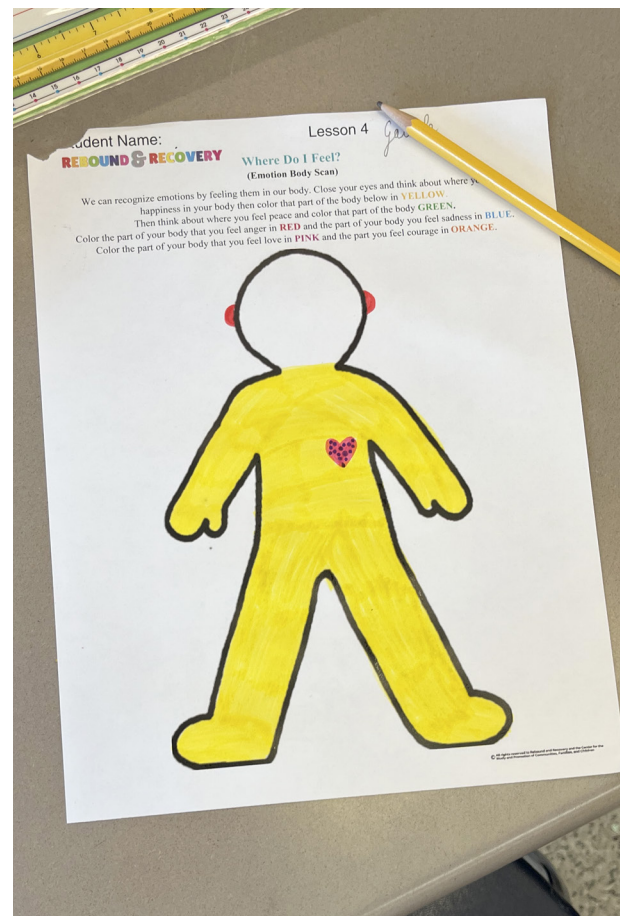
From January through July 2022, Rebound & Recovery was instituted in Brevard County as follows:

17 School groups received the program
2 pre-kindergarten, 6 kindergarten, 2 first-grade, 2 second-grade, 3 third-grade, 2 fourth-grade

2 Schools participated in the program
1 pre-kindergarten-8th grade charter academy (public school); 1 pre-kindergarten-6th grade private academy

258 Students in classrooms participated
24 pre-kindergarteners, 72 kindergarteners, 50 first-graders, 32 second-graders, 48 third-graders, 32 fourth-graders

14 Adult educators earned certification



Program Evaluations

What are the educators who assisted in implementing the Rebound & Recovery program in Brevard saying?

**Average responses on a scale of 1-10, 10 being best or most likely*

Professional Educator Participants

High School Student Participants

Ease of Implementation

9.7

7.3

Interesting/Varied Elements

10

8.5

Likelihood to Use Program in Future

10

9

Overall Positive Impact on Children

10

8.4

“My favorite part is getting to understand each student on a deeper level by getting to know their feelings ... Overall I think the program helps the student’s bonds and teacher-student bonds ...”

~ Melanie H., High School Student participant

“This is an amazing program that significantly helps the children in recognizing and managing their emotions...My favorite part about the program is how interesting and captivating it is for the kids.

They love getting to talk and learn about their emotions.”

~ Perisa W., High School Student participant

Parent Feedback

What have parents of children who participated in the Rebound & Recovery Program said?

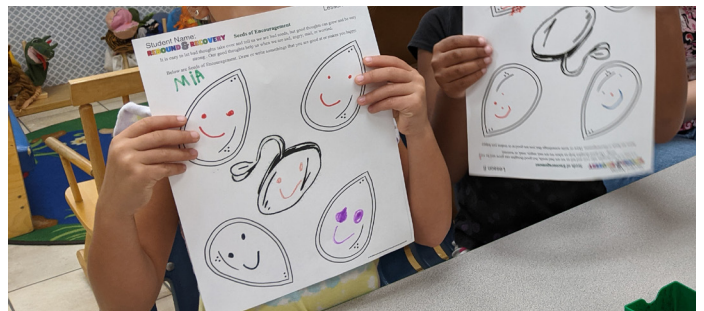
Ms. P and Ms. M conveyed that the kids' parents say the kids go home and talk about the lessons, and the families practice using the various calming tools together.



"I can tell a huge difference in how his behavior has been. Thank you!!!!!"



"He always comes home and talks about the lessons, and sings the songs, and shows us the sheets they worked on in class. Also, my husband and I were arguing, and [my child] got his emotion meter, and took it to me, and said my emotion was a 10 and I needed to lower it. That immediately broke us out of our argument!"



"You would be happy to know that [one student] got upset this morning and went over to his box to get his calming hot chocolate and returned to the table happy and ready to continue working." - Ms. M.

Educator Feedback

What did the educators say was their favorite part of the Rebound & Recovery Program?

“I love seeing the students use what they have learned.” ~ Mrs. P., Educator



“I like the box each child has that holds different coping tools. The kids actually use them, and it helps calm them down a lot.”

~ Karina E, High School Student participant

“My favorite part is seeing the kids actually ask for their tools to use. And watching them utilize their resources.”

~ Sophia L., High School Student participant

“My favorite part is all the calming activities.”
~ Kaila, High School Student participant

“The breathing technique, guided journey, [and] personal boxes.”

~ Ms. B., Educator & Administrator

“My favorite part of the program is seeing the kids learn how you can calm yourself down by doing different types of things.” ~ Kennedy G., High School Student participant



What was your favorite part of the program?

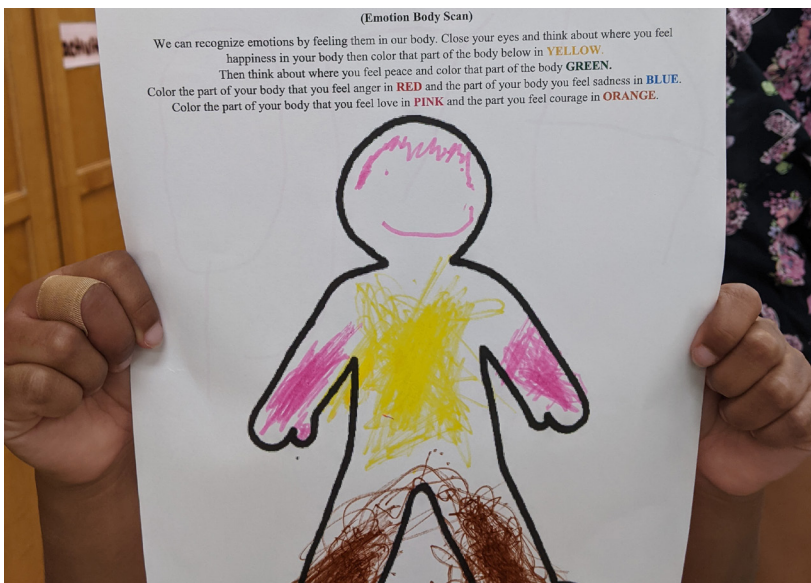
“The variety of activities that usually aren’t offered to kids this age and keep the kids engaged.” ~ Tiffany E., High School Student participant

Educator Feedback

What was the overall impression of educators involved in the Rebound & Recovery Implementation?

“Much-needed addition to PreK Curriculum. Great hands-on activities easily implemented and we have noticed a change both ... as reported by parents ... and teachers.” - Ms. B., Educator & Administrator

“I really like this program. I think these children really do need this.” ~ Kennedy G.



“[T]his program is finding new ways of teaching kids about their mental health & emotions. This is an important thing to learn at a young age.” ~ Kaila

“Each child really loved each lesson, and making the boxes was useful for them. Personally, I thought it ... improved the classroom as a whole.” ~ Karina E.

“Getting children engaged with their feelings and why they feel the way [they] feel ... can lead to beneficial lessons.” ~ Melanie H.

“I think it is a good opportunity for the kids to understand their emotions which later in life will help them pick up on others' emotions.” ~ Tiffany E.

“My overall impression was that I loved it. It taught the kids how to really express their feelings. I have even been using it at home with my three year old brother and I can see a major change in my brother and students [in the] way that they respond to their emotions.” ~ Gracilynne W., High School Student participant

What was your overall impression of the program?

“Honestly, I loved having a section of the day where the kids could talk about their emotions, it helped them a lot.” ~ Sophia L

Educator Feedback

Some Additional Educator Comments About Implementing the Program

"I love the program and think it should be implemented in other VPK programs."

~ Karina E.

"I am definitely going to use this program in the future when I am working with children."

~ Perisa



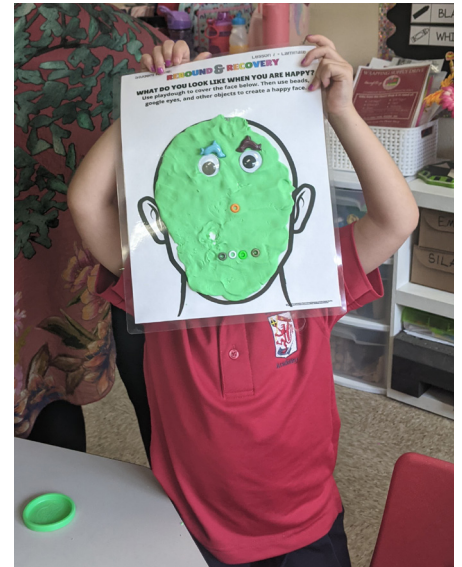
"I've been using counting fingers at my workplace with the younger kids to calm them down." ~ Sophia L.



"I sure hope Brevard County has the opportunity to use this program in many classes. Thank you!" ~ Mrs. P.

Fall 2021 Program Photos

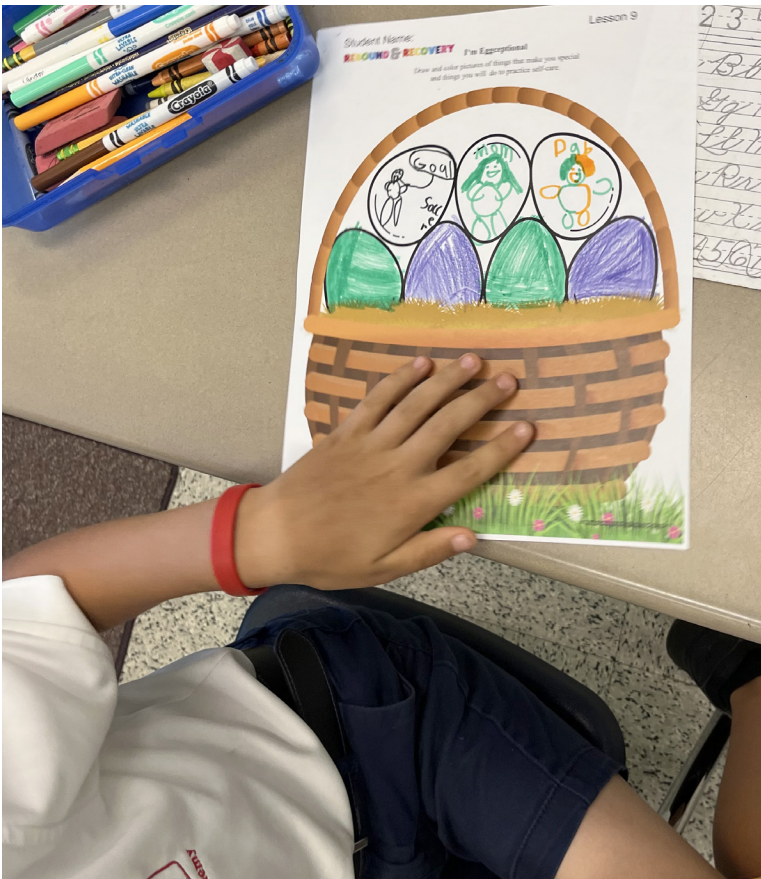
Here are some of the VPK children participating in the Rebound & Recovery program activities, Fall 2021



Ms. P. relayed the day that she was feeling flustered, and one of her students, 3 years old, told her she should sit and do some hot cocoa breathing until she felt better. The whole class sat with her, and they all did hot cocoa breathing together.

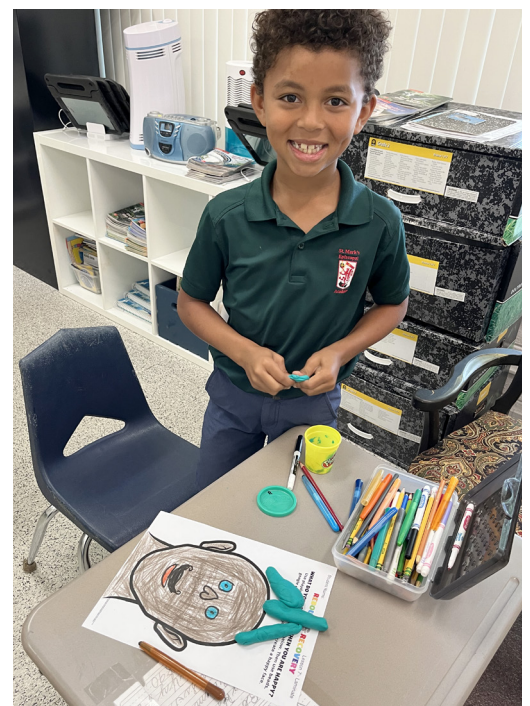
Spring-Summer 2022

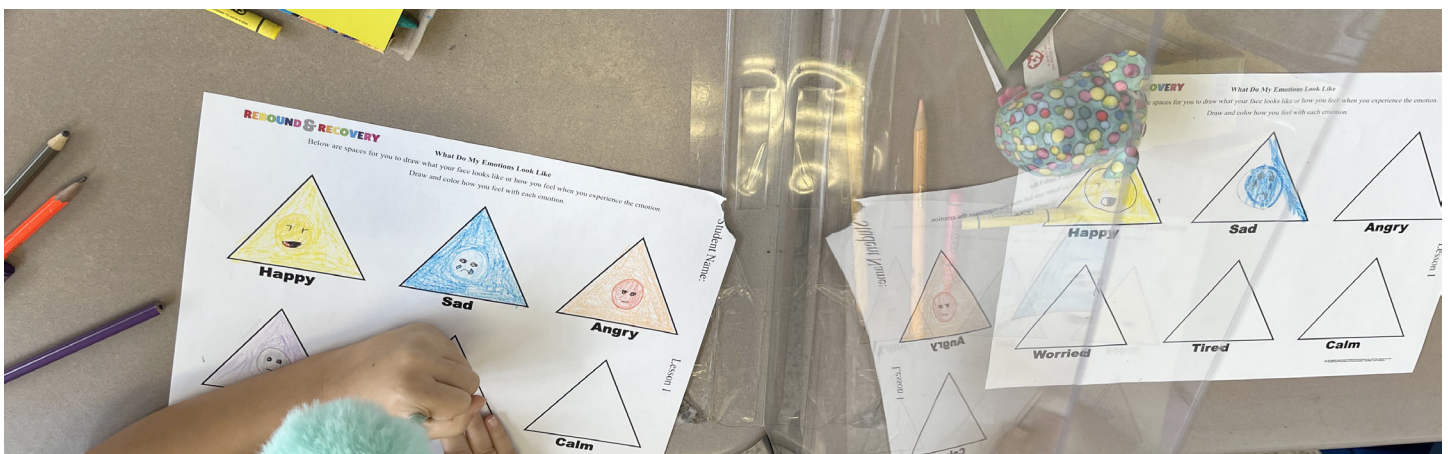
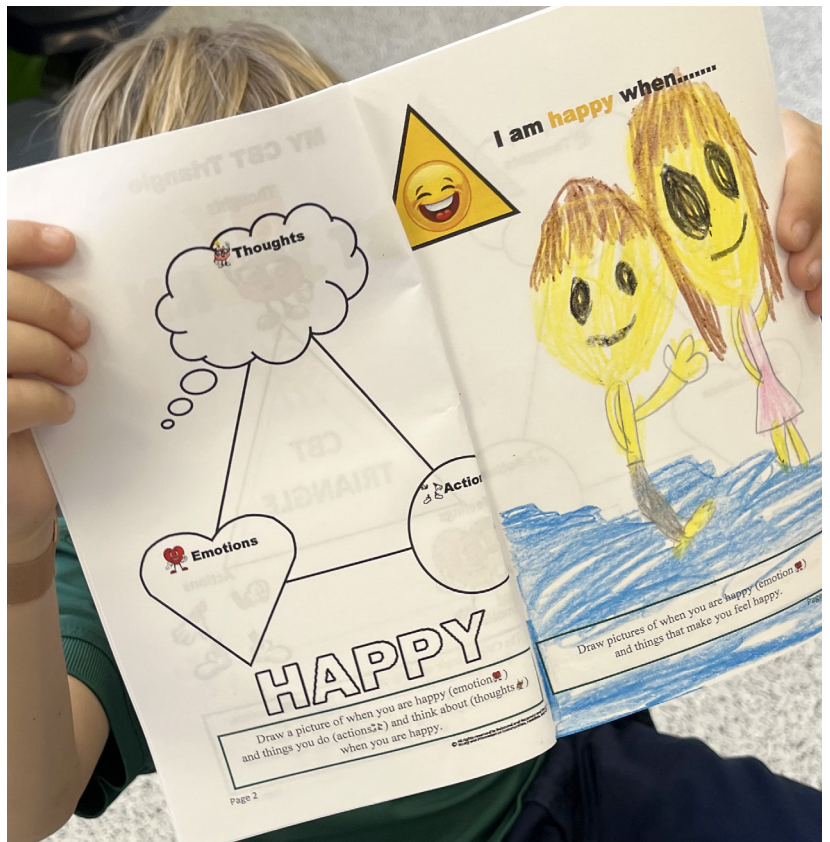
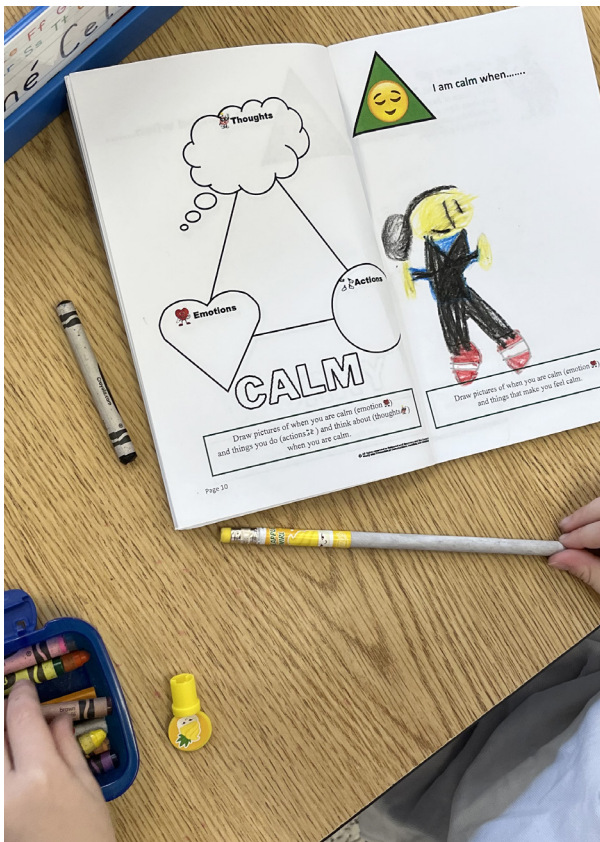
Here are some of the children participating in Rebound & Recovery during the Spring-Summer 2022



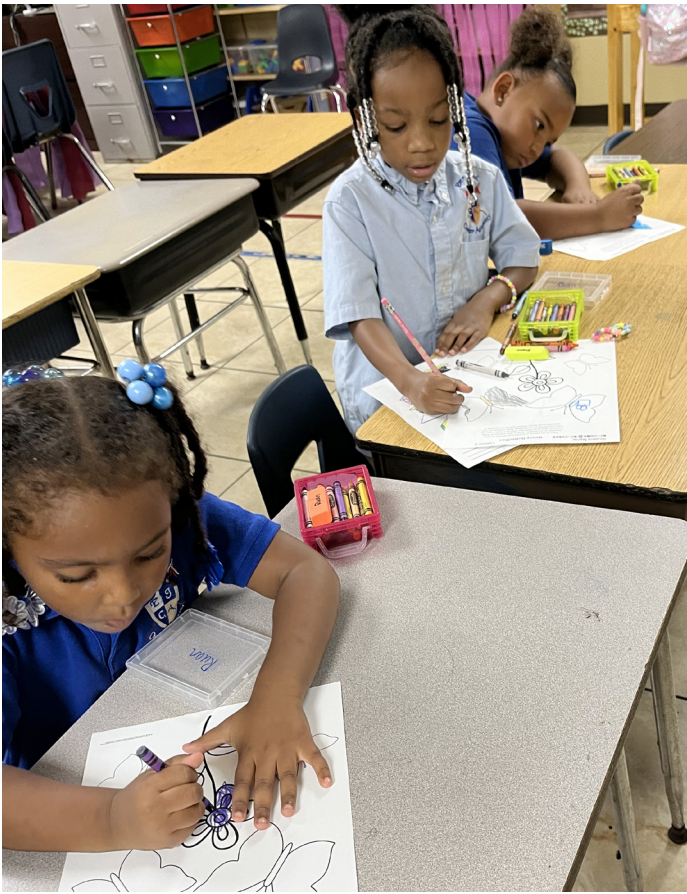
Program Photos

Here are some of the children participating in Rebound & Recovery during the Spring-Summer 2022









Appendix

Educator Feedback Forms

Name: Lorena Backus, Head of School Date: 12/13/21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 10
- Ease of implementation: 10
- Interesting/varied elements: 10+
- Likelihood that you will use the program in the future (if you work with children):
 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

Much needed addition to PreK Curriculum, Great hands on activities easily implemented and we have noticed a change in both home (as reported by parents) and teachers

Briefly (1-2 sentences), what is your favorite part of the prog

The breathing technique, Guided journeys, personal

boxes. _____

Briefly (1-2 sentences), what about the program do you feel needs improving?

Add a parental component

Do you have any other comments/ideas/thoughts you'd like to share?

 Expand the curriculum through at least 5th grade.

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Perisa Williams

Date: 11-30-21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 9
- Ease of implementation: 7
- Interesting/varied elements: 9
- Likelihood that you will use the program in the future (if you work with children): 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

This is an amazing program that significantly helps the children in recognizing and managing their emotions. The children are able to pinpoint what is making them feel this way and why.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part about the program is how interesting and captivating it is for the kids. They love getting to talk and learn about their emotions.

Briefly (1-2 sentences), what about the program do you feel needs improving?

In the very beginning, the children didn't understand how to perceive and talk about their feelings. They were using the emotion meter just because they could. I would explain why they are learning this more.

Do you have any other comments/ideas/thoughts you'd like to share?

I am definitely going to use this program in the future when I am working with children.

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Kaila Date: _____

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 8
- Ease of implementation: 7
- Interesting/varied elements: 8
- Likelihood that you will use the program in the future (if you work with children): 7

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

It seems like this program is finding
new ways of teaching kids about
their mental health & emotions. This is an
important thing to learn at a young age.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part is all the
calming activities

Briefly (1-2 sentences), what about the program do you feel needs improving?

Maybe having more discussion lessons
w/ the kids where they try to talk
more on their thoughts & feelings & more
than one prompt for the discussion

Do you have any other comments/ideas/thoughts you'd like to share?

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Melanie Hamilton

Date: 11/30/21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 9
- Ease of implementation: 8
- Interesting/varied elements: 9
- Likelihood that you will use the program in the future (if you work with children): 8

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

My over all impression is that its a very good and useful program for young children. Getting children engaged with their feelings and why the feel that way I feel like can lead to benefical lessons.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part is getting to understand each student on a deeper level by getting to know their feelings and help guide those feelings. Overall I think this program helps the students bonds and teacher-student bonds stronger.

Briefly (1-2 sentences), what about the program do you feel needs improving?

I feel like maybe less things that involved reading or anything to difficult because when upset you get fusterated easy so maybe more things like calming bottle, emotion song, hot cocoa and stress ball. counting fingers I feel some get lost in and stuff like mazes and in and out breathing papers dont engage easily distracted students

Do you have any other comments/ideas/thoughts you'd like to share?

No, I overall really like this program and I think the kids do too!!!

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Therina Elliott Date: 11/30/21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 8
- Ease of implementation: 8
- Interesting/varied elements: 9.5
- Likelihood that you will use the program in the future (if you work with children):

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

Each child really loved each lesson, and making the boxes were useful for them. Personally, I thought it has improved the classroom as a whole.

Briefly (1-2 sentences), what is your favorite part of the program?

I like the boxes each child has that holds different coping tools. The kids actually use them, and it helps calm them down a lot.

Briefly (1-2 sentences), what about the program do you feel needs improving?

The main thing for me was the finger counting because it was a little confusing for the kids.

Do you have any other comments/ideas/thoughts you'd like to share?

I love this program and think it should be implemented in other VPK programs.

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Gracilynne Wilcox

Date: 11-30-21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- > Overall positive impact on children: 10
- > Ease of implementation: 8
- > Interesting/varied elements: 8
- > Likelihood that you will use the program in the future (if you work with children): 11

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

my overall impression was that I loved it. It taught the kids how to really express their feelings. I have even been using it at home with my three year old brother and I can see a major change in my brother and student way that they respond to their emotions.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part was the emotion meter.

Briefly (1-2 sentences), what about the program do you feel needs improving?

(NA)

Do you have any other comments/ideas/thoughts you'd like to share?

I love Mrs. Lara and how interactive she is and how she spent time getting to know each of us teachers and all the students. She shows really well dedication. ♥

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Faith Kreiner Date: 11/30/2021

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 10
- Ease of implementation: 9
- Interesting/varied elements: 10
- Likelihood that you will use the program in the future (if you work with children): 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

It was very helpful for the students to learn
self-calming tools and techniques.

Briefly (1-2 sentences), what is your favorite part of the program?

Watching the students implement the tools
they have learned, on their own for themselves,
and with their classmates.

Briefly (1-2 sentences), what about the program do you feel needs improving?

It's hard sometimes when one child wants
a "tool" from their box, then it becomes a
domino effect with other children. It can
be disrupting when trying to teach a lesson.

Do you have any other comments/ideas/thoughts you'd like to share?

I really appreciate Ms. Lara being able to
implement this program with the teachers, parents, and
our VPK students. We will continue to use the tools given.
Some parents are very excited to have been given this helpful
information
Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed
working with you!

Name: Sheila Pearlman Date: 12/1/21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 10
- Ease of implementation: 10
- Interesting/varied elements: 10
- Likelihood that you will use the program in the future (if you work with children): 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

The self-calming tools and techniques are very helpful!

Briefly (1-2 sentences), what is your favorite part of the program?

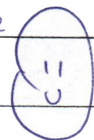
I love seeing the students use what they have learned.

Briefly (1-2 sentences), what about the program do you feel needs improving?

I don't think there is anything that needs improving.

Do you have any other comments/ideas/thoughts you'd like to share?

Ms. Lara has done a fabulous job implementing the program! I sure hope Brevard County has the opportunity to use this program in many classes.



Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Thank you!

Name: Kennedy Gmy Date: 11-30-21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 8
- Ease of implementation: 7
- Interesting/varied elements: 8
- Likelihood that you will use the program in the future (if you work with children): 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

I really like this program. I think these
children really do need this.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part of the program is seeing
the kids learn how you can calm yourself
down by doing different type of things.

Briefly (1-2 sentences), what about the program do you feel needs improving?

At times the activities can be a little
crazy, but other than that I don't
think there needs improving.

Do you have any other comments/ideas/thoughts you'd like to share?

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Iliana Delgado

Date: 12/1/2021

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 9
- Ease of implementation: 10
- Interesting/varied elements: 8
- Likelihood that you will use the program in the future (if you work with children): 9

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

I felt like it really helped the children get in touch with their emotions which was really impressive.

Briefly (1-2 sentences), what is your favorite part of the program?

my favorite part was the bean organizer. I felt like it got the children calm enough to say what they want to say without it being disruptive

Briefly (1-2 sentences), what about the program do you feel needs improving?

I feel like the program should replace the finger counting method with something else. The children seemed confused when told to count fingers.

Do you have any other comments/ideas/thoughts you'd like to share?

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Sophia LaRocque Date: 11-30-21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 8
- Ease of implementation: 6
- Interesting/varied elements: 7
- Likelihood that you will use the program in the future (if you work with children): 7

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

The program was more effective than I thought.
Honestly I loved having a section of the day where
the kids could talk about their emotions, it helped
them a lot.

Briefly (1-2 sentences), what is your favorite part of the program?

My favorite part is seeing the kids actually ask for
their tools to use. And watching them utilize their
resources.

Briefly (1-2 sentences), what about the program do you feel needs improving?

I think the program is good as it is.

Do you have any other comments/ideas/thoughts you'd like to share?

I've been using the counting fingers calming tool at my
work place with the younger kids to calm them down.

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!

Name: Tiffany Engelhardt

Date: 11.10.21

On a scale of 1 (worst) -10 (best), how would you rate the Rebound & Recovery program for:

- Overall positive impact on children: 17
- Ease of implementation: 5
- Interesting/varied elements: 10
- Likelihood that you will use the program in the future (if you work with children): 10

Briefly (1-2 sentences), what is your overall impression of the Rebound & Recovery Program?

I think its a good oportunity for the kids to understand their emotions
which later in life will help them pick up on others emotions. I
also think it will help them not have fits over nothing.

Briefly (1-2 sentences), what is your favorite part of the program?

The variety of activities that ^{usually arnt offered to kids this age and} keep the kids engaged.

Briefly (1-2 sentences), what about the program do you feel needs improving?

the wording and maturity level of some of the activities I think
is too high for this age for example the use a color tied to an emotion
coloring sheet I dont think they really understand that, but the emotion
songs where you change tone based on emotion is good for them.

Do you have any other comments/ideas/thoughts you'd like to share?

I think this program will be really helpful for the younger
kids as they grow up.

Thank you for your time! I appreciate your feedback and assistance, and have really enjoyed working with you!