

FRIENDS Programme Overview

Session	Skills and techniques covered	Tips for parents/guardians and home learning
1. Feelings – understanding feelings in ourselves and others. Learning to help others.	Working in groups; getting to know one another and interacting; understanding and accepting differences; setting goals; identifying happy experiences.	Discuss individual and family goals, make goals specific and positive. Catch your child being brave.
2. Introduction to feelings	Understand our own and other people's feelings; thinking in powerful and helpful ways.	Try to verbalise what you think your child is feeling. Talking about feelings and discussing that all feelings are okay, however it is what we do with our feelings that count.
3. Introduction to body clues and relaxation	Feeling confident and brave; learning how to feel good; listening to our body's clues to understand feelings; different methods of relaxation.	Encourage your child to verbalise what is happening inside of their bodies when they experience a variety of feelings. Encourage child to practise relaxation strategies.
4. Helpful (green) and unhelpful (red) self-talk and thoughts	Understanding how thoughts and feelings affect behaviour; understanding self-talk; green thoughts makes us feel strong, brave and happy; red thoughts make us feel worried or upset.	Help your child to become aware of their self-talk. Notice negative thinking in yourself or your child.
5. Changing red thoughts into green thoughts	Thinking in helpful ways, paying attention to positive thoughts and things; challenging unhelpful thoughts; changing unhelpful thoughts into helpful thoughts.	Encourage your child to focus on positives of situations. Help your child replace unhelpful thoughts with more positive thoughts.
6. Introducing coping step plans	Exploring ways to cope; coping step plans (breaking difficult things down into smaller steps)	Encourage your child to identify specific tasks, fears or difficult upcoming events. Breaks skills and activities into small steps.



FRIENDS Programme Overview

<p>7. Learning from our role models and building support teams</p>	<p>The importance of role models and support teams; identifying role models; my support team; friendship skills.</p>	<p>Have a family discussion as to the sources available to you. Help your child recognise when to seek help and the people they can talk to.</p>
<p>8. Using a problem solving plan</p>	<p>6-block problem-solving plan (identifying the problem and possible solutions, listing possible consequences, picking the best solution, putting the plan into action, evaluating the results)</p>	<p>Try to focus on the solution to the problem and not the problem itself.</p>
<p>9. Using the FRIENDS skills to help ourselves and others</p>	<p>Reward ourselves for trying; thinking like a winner; seeing the funny side of life; learning to pay attention to happy and positive things. Putting it all together; using the FRIENDS plan to help ourselves and others.</p>	<p>Help your child to focus on what they can do well. Discuss with your child ways that they can feel good about themselves when they have done their best.</p>
<p>10. Review and party</p>	<p>Preparing for future challenges; party to celebrate new skills learned.</p>	<p>Try to incorporate the FRIENDS language into everyday life.</p>