



FUN FRIENDS



FUN FRIENDS IS A PLAY-BASED SOCIAL SKILLS TRAINING PROGRAM FOR BUILDING RESILIENCE IN CHILDREN AGED 4-7 YEARS.

This program helps guide and nurture the social and emotional development of children aged 4 to 8. It uses fun, play-based group activities that teaches them to engage resilience early on.

The evidence-based, play-focused activities equip children with basic resilience skills in a way that is easy to understand and use in everyday life.

CHILDREN WILL DEVELOP SKILLS IN...

- Smiling and making eye contact when communicating
- Speaking with a brave and confident voice
- Talking about and understanding their feelings
- Helping other people including family, peers and teachers
- Self awareness of body clues, eg. butterflies means nervous
- Relaxation techniques to help relax during stressful situations
- Approaching groups of peers and making friends
- Trying new things, different approaches to problem solving
- Identifying negative thoughts and turning them into positive thoughts

FUN FRIENDS CAN HELP TO...

- Improve confidence
- Enhance social skills
- Increase ability to cope with stress and fear
- Improve ability to communicate better with adults
- Boost self-esteem
- Increase happiness and enthusiasm

FEELINGS

talk about your feelings and care about other people's feelings

RELAX

Do 'milkshake breathing', have some quiet time

I CAN TRY!

we can all try our best

ENCOURAGE

step plans to a happy home

NURTURE

quality time together doing fun activities

DON'T FORGET

be brave! Practice skills everyday with friends/family

STAY HAPPY



FOR MORE INFORMATION...

Please contact your child's teacher

www.friendsresilience.org

